

Bottled Water (Beverages)

Interesting facts: Bottled waters come in many different varieties like distilled, purified, spring. Spring water is probably one of the most recognized forms of bottled water available. Spring water may also contain beneficial nutrients like calcium, potassium and fluoride, which also affect the taste. Bottled waters derived by other methods, like purified tap-water, are not the same as spring water, and may differ in taste.

How to select: If you are using bottled water it is always best to have it in glass rather than plastic. The plastic can leach into the water if the plastic becomes too hot or cold which can happen during storage or transporting.

What to avoid: Avoid plastic containers. Also, avoid freezing the water or keeping bottles in your car that may heat up.

How to consume: Please refer to your Report for calculations and water intake.