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One quarter of nitrate measuring stations in Germany exceed a questionable, high nitrate limit value; the Federal Agricultural Minister nevertheless praises in a press release on the current nitrate report with the words: "Policy is working (...) but we have not yet reached our goal".

The current nitrate report from the Federal Ministry of Agriculture (BMEL) and the Federal Ministry for the Environment (BMUV) 2024 shows that 25.6% of the measuring stations in the EU nitrate monitoring network exceed the limit value of 50 mg/l.

In the following federal states, contamination is particularly critical: - In North Rhine-Westphalia, nitrate guidelines are not met on 40% of the total area - In Schleswig-Holstein, limit values are exceeded on approximately half of the areas - In Lower Saxony, the problem exists on even 60% of the areas

To comply with the permissible limit value of 50 mg/l nitrate, water suppliers mix contaminated water with uncontaminated raw water, deepen or relocate wells, or remove nitrate from groundwater using technical means.

Recent research findings suggest that exposure to nitrate levels of just 5 mg/l can already be associated with certain cancers and birth defects.

According to several experts, concentrations of more than 3 mg/l generally already indicated contamination in 1985.

U.S. researchers from the Environmental Working Group (EWG) even demand a limit value of 0.14 ml/l and say that cancer and adverse effects on pregnancies and births could be reduced as a result.

Quote from this study: "At a level exceeding the federal limit value, nitrate can cause blue baby syndrome. Nitrate-contaminated water has been associated with adverse reproductive effects and changes in thyroid function. A 2010 study by the National Cancer Institute found that

women who consume nitrate-contaminated water face a greater risk of thyroid cancer. A publication by the same group in 2012 reported an association between nitrate intake and thyroid dysfunction in women."

A reverse osmosis filter offers reliable protection against contamination from nitrates as well as countless other harmful substances in tap water. You can find contributions on this topic and why clean, absolutely toxin-free water is best for the body in this channel.

It's good.
to be truu.