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Prof. Dr. Hauner raises substantial doubts about the alleged health benefits of mineral water. As the knowledge magazine Galileo (ProSieben) reported in a feature titled "What is our water actually worth to us" in 2024, consumers are sometimes willing to pay exorbitant prices for a liter of mineral water. Many consumers believe they are doing something good for their health through the mineral content. However, this widely held assumption is called into question by numerous experts and drowned out by millions of dollars in contrary advertising claims from the mineral water industry.

The multiple award-winning nutritionist and director of a research group at the Technical University of Munich (TUM), Prof. Hauner, is among the experts whose research findings contradict the idea propagated by industry regarding the health value of minerals in mineral water. His findings align with similar statements from experts who also refute the alleged health benefits of mineral water consumption.

The claim that "mineral water contributes to the body's mineral supply" has not only been repeatedly refuted, numerous researchers such as Prof. Ingo Froböse from the German Sport University Cologne point to contrary findings. The fewer substances water contains, the more easily it can fulfill its actual function as a transport medium for nutrients and waste products. "The industry has managed to present water to us as a food item and that is a major myth that we have unfortunately fallen for", as Professor Froböse states in numerous interviews.

4 billion euros through false mineral water promises?

In Germany, the beverage market is controlled by the mineral water industry. In 2023, this industry generated revenue of over 4 billion euros with the Germans' favorite thirst quencher alone - mineral water. Minerals are extremely important for health, however, the body can absorb them primarily only through solid food, with absorption through liquids being negligible.

What is also being withheld from most people by industry lobbying, alongside economic, organizational, and financial advantages, are above all the health improvements that a growing number of informed people experience firsthand through the use of modern high-tech filter systems in their own lives. Today, mature filter systems exist for private households that produce clean, toxin-free, restructured, and simultaneously energized water. In the growing jungle of toxin and pollutant contamination in drinking water, private filter systems offer the best (personal) control over the irreplaceable elixir of life - water.

A two-minute video with the original statements by Prof. Dr. Hauner you can find here

Information on drinking water topics, with numerous links for your own research, you can find in the truuinfochannel

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