Part 1/2: When minerals in water matter - and when they don't

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Many people believe: The more minerals in water, the healthier. But that's not quite right.

What matters is not the quantity, but the form and bioavailability. Minerals in water are usually present as inorganic ions - often poorly soluble and only limitedly usable. PubMed - Bioavailability of minerals in water and food. Source

The body's mineral supply comes mainly from solid food. Drinking water contributes only to a small extent. Report from the Federal Institute for Risk Assessment (2020) Source

What water should be able to do: free from contaminants, cell-permeable, easily absorbable.

The Water Quality Association (WQA) states in their Technical Paper (2011): "Water with a low TDS* value (1-100 mg/l) is not only safe, but is often preferred in households using reverse osmosis or distillation." WQA Technical Paper: Low TDS Water Source

*TDS = "Total Dissolved Solids" - the value that indicates the sum of dissolved substances in water. Unit: "ppm" stands for parts per million. 1 ppm ~ 1 mg of dissolved substances per liter of water

For the body, water with low TDS means:

* low osmotic resistance * faster cellular uptake * reduced kidney strain

Water uptake and bioavailability of minerals in mice (2023) Source State of cellular hydration in school children, USA (2023) Source

the message is therefore: In everyday life - meaning without excessive sweating - you don't need hard water, but rather light, clean, low-mineral water.

Go to Part 2:

It's good.
to be truu.