



Sparkling, Still or Tap?

For most Executives, trading soda, juice and other sugary drinks for bottled water was an easy and healthy change. Some people enjoy the taste of bottled waters, and some people think it is a safer and healthier choice over tap water. While the numbers and types of bottled water can be overwhelming, there are three basic considerations – type, purity and storage.

The main types of bottled water are mineral, spring and purified. Mineral water comes from a single underground source and regulations don't allow any additional chemical treatment. Spring water also comes from a single underground source, but it may be treated before bottling. Purified bottled water has no regulations on the source, and may be treated or just filtered prior to bottling. Mineral and spring waters are considered to be more healthful than purified water. Europeans have been drinking spring waters for centuries, with Italians quaffing nearly 155 liters annually per person. Romans promoted the curative qualities of spring waters and many sources and springs found by the Romans are still in use today including Vichy and St. Yorré.

Setting aside cost issues - bottled water can cost up to 10,000 times more than turning the tap! Is purified bottled water a better alternative? Not necessarily. After a four year review of the bottled water industry comparing national bottled water rules to national tap water rules along with independent testing, the bottom line is that there is no assurance that purified bottled water is any cleaner, safer or even tastes much different. In fact, an estimated 25 percent of purified water is really just tap water in a bottle, and about 22 percent of the brands tested had chemical contaminants that were at levels above state health limits, potentially leading to cancer or other health issues.

Finally, there are issues associated with plastic bottles. Studies have shown that chemicals called phthalates, which are known to disrupt testosterone and damage liver, kidneys, and the reproductive systems in women, can leach into bottled water over time. One study found that water that had been stored for 10 weeks in plastic and in glass bottles contained phthalates, suggesting that the chemicals could be coming from the plastic cap or liner. Although there are regulatory standards limiting phthalates in tap water, there are no legal limits for phthalates in bottled water.



Water, 64 to 100 ounces per day, is critical to your health. For the most sophisticated advice, the doctors at Executive MD can discuss your health and what types of waters would best support your nutritional needs.

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