

SwissMountain®

THE KING OF MINERAL WATERS

...THE BEST FOR YOUR HEALTH!

SwissMountain's natural mineral water surges out from a natural spring in the Valais Alps surrounded by high Alpine peaks. Deep inside the mountains, the water is naturally purified and enriched with minerals, which gives this absolutely natural product its unique flavour.

A NATURAL MINERAL WATER - LIGHT, PURE, AND SO REFRESHING!

SwissMountain's superior **taste** and **health benefits** are a result of its balanced mineralization. Importantly, SwissMountain is virtually free of harmful nitrates and does not contain traceable or readable amounts of "Uranium". (See over for a comparison).

**SWISSMOUNTAIN: THE BEST CHOICE FOR
YOUR FAMILY'S HEALTH AND WELL-BEING.**

AVAILABLE IN

NATURAL
(BLUE CAP)

SPARKLING
(GREEN CAP)



IMPORTED FROM



SWITZERLAND

WWW.SWISSMOUNTAIN.SWISS

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A COMPARISON OF KEY INGREDIENTS BETWEEN SWISSMOUNTAIN AND OTHER MAJOR BRANDS

| mg/L | SwissMountain | Evian | Volvic | San Pellegrino | Perrier |
|------------------|---------------|-----------------|--------|----------------|---------|
| PH | 7.2 | 7.2 | 7.0 | 7.7 | 5.5 |
| Calcium (Ca++) | 226 | 78 | 12 | 208 | 150 |
| Sodium (Na+) | 3.8 | 5 | 12 | 44 | 9.6 |
| Nitrate (NO3) | < 0.1 | 3.8 | 7.3 | 2.2 | 7.3 |
| Uranium (U) mg/L | 0.0017 | See table below | | | |

Sources: Company websites, Government of Canada, FineWaters.com, Federal Agricultural Research Center, Germany. Labor Veritas, Zuerich

Note:

Nitrate: One of the most common groundwater contaminants. It originates primarily from fertilizers, septic systems, and manure storage or spreading operations. (Cornell University)

Only recently has scientific evidence emerged to assess the health impacts of drinking water with high nitrate on adults. A growing body of literature indicates potential associations between nitrate/nitrite exposure and other health effects such as increased heart rate, nausea, headaches, and abdominal cramps. Some studies also suggest an increased risk of cancer, especially gastric cancer, associated with dietary nitrate/nitrite exposure, but there is yet no scientific consensus on this question. (Minnesota Dept. of Health)

Uranium: A natural and widespread toxic and radioactive heavy metal. It is proven that uranium can impair renal function when the body ingests larger amounts. Exposure to a high level of uranium in drinking water for a long time could affect kidneys and bones. (Government of Canada website)

Chemical composition and 226 Ra activity of mineral waters

| Water | Volvic | Contrex | Evian | Perrier | Vittel | Apollinaris | S. Pellegrino | Heppinger |
|---------------------|--------|---------|-------|---------|--------|-------------|---------------|-----------|
| 226 Ra** mBq.l-1 | 3.7 | 5.5 | 8.1 | 11.5 | 23.3 | 118 | 152 | 307 |
| U µg l-1 | 0.39 | 1.4 | 1.92 | 2.62 | 0.72 | 0.1 | 8.61 | 0.23 |

Source: Bundesanstalt fuer Landwirtschaft (FAL), Braunschweig, Germany

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