

## 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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