



**Monart's Drinking Water has many properties that are beneficial to your health:**

Good quality mineral water should show the following signs: High in calcium, magnesium and potassium while low in sodium.

Monart's water has high levels of calcium and magnesium a good level of potassium and is considered 'low-sodium' water. Please feel free to browse through the results below which contrast Monart's water with some of the leading brands worldwide.

Some brands of bottled water have high sodium content. Many Americans consume on average 1.5 to 3 times the recommended daily sodium intake (2,400 milligrams). Bottled water that has more than 10 mg/liter of sodium is not a good choice for people suffering from hypertension or heart or kidney ailments.

Check the mineral content. The ideal water is high in magnesium and calcium (twice the amount of magnesium) and low in sodium (less than 10 mg/liter). Some manufacturers do not list mineral content on the label, especially if only negligible amounts of minerals are present. For water low in sodium, look for label claims such as "sodium free" or "low sodium."

**Results of Monart's water in Terms of Mineral Content:**

**Monart:**

<b>Calcium</b>	<b>109</b>
<b>Magnesium</b>	<b>33.5</b>
<b>Potassium</b>	<b>1.125</b>
<b>Sodium</b>	<b>7.8</b>
<b>PH</b>	<b>7.21 (+.52)</b>

## Monart's water compared to other brands of drinking water

### Ballygowan:

		Monart
Calcium	114	109 (-5)
Magnesium	16	33.5 (+17.5)
Potassium	3	1.125 (-1.875)
Sodium	15	7.8 (-8.2)
PH	7.2	7.21 (same)

### Volvic:

		Monart
Calcium	10	109 (+99)
Magnesium	6	33.5 (+27.5)
Potassium	6	1.125 (-4.875)
Sodium	9	7.8 (-1.2)
PH	7	7.21 (same)

### Perrier:

		Monart
Calcium	147.3	109 (-38.3)
Magnesium	3.4	33.5 (+30.1)
Potassium	0.6	1.125 (+0.525)
Sodium	9	7.8 (-1.2)
PH	5.46	7.21 (+1.75)

<u>S. Pellegrino:</u>		Monart
Calcium	181	109 (-72)
Magnesium	53.5	33.5 (-20)
Potassium	2.5	1.125 (-1.375)
Sodium	36.1	7.8 (-28.3)
PH	7.7	7.21 (-.49)

Source: <http://www.extension.iastate.edu/Publications/PM1813.pdf>

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