



Bluewater



Whether washing vegetables, cooking or drinking, Bluewater's water purifiers remove all contaminants from tap water to help ensure healthier lifestyles (Istock Photo, Credit:FamVeld)

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New White Paper Explores Potential Health Impact of Removing Minerals From Tap Water

Stockholm, Sweden, October 29, 2017 – [Bluewater](#), a world leader in premium residential water purification technologies, today published a white paper exploring the potential adverse effects on human health of drinking water lacking in minerals. The new white paper concludes that based on available evidence, the low levels of minerals in most tap water do not play a significant role in meeting overall human needs for nutrients.

“The scientific consensus appears to be that humans get most of the minerals they need from food or supplements, not from drinking water,” said David Noble, Bluewater head of global communications. The amount of minerals present in a water glass is inconsistent and varies hugely from one place to another, depending entirely on where the rain or snow lands.

Published to help stimulate greater public awareness about tap water quality, the Bluewater white paper says that while mineral nutrients in water may contribute to total dietary exposure, there has been little research to quantify the contribution. A 2005 WHO report called [‘Nutrients in Drinking Water’](#) concluded ‘that only a few minerals in natural waters had sufficient concentrations and distribution to expect that their consumption in drinking water might sometimes be a significant supplement to dietary intake...’.

Noble said Bluewater understands public concerns that water purification technologies like reverse osmosis can strip water of ingredients like minerals, which is why the company’s solutions allow for trace minerals to be re-added to the purified water generated.

“Clean drinking water is under threat globally due to ageing delivery infrastructures and contamination by chemicals, toxic metals, plastics or organic compounds, which puts the onus on wary consumers to use efficient point-of-use water purifiers like those from Bluewater,” said David Noble, a co-author of the white paper.

The white paper is available for download [here](#), and can be accessed immediately. This white paper is the most recent addition to the suite of [resources Bluewater offers](#) on its [website](#) to help people make informed choices about the water they consume or use at home or work.

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Founded 2013 in Stockholm, Sweden, Bluewater has set its sights on being

the world's most planet-friendly water purification and beverage company by innovating and marketing disruptive hydration solutions for home, work, and play. Bluewater products are available globally to consumers, hotel and catering operations, event and venue organizations, and educational institutions. www.bluewatergroup.com[IG1]

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