STUDY

HUMANS OBTAIN MINERALS THROUGH SOLID FOOD, NOT THROUGH MINERAL WATER! In order to investigate the importance of drinking water as a mineral source, Prof. Dr. H. Heseker conducted what is known as a ...

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To investigate the importance of drinking water as a mineral source, Prof. Dr. H. Heseker examined 216 German drinking waters and 234 mineral waters for their calcium, magnesium and sodium content as part of what is known as a dietary study. Here are the results in detail:

CALCIUM: The calcium content of mineral water averages 117.0 milligrams per liter. The bioavailability of calcium from drinking water is on average 35 %. This means that to cover the daily calcium requirement of 1,000 milligrams per day, a person would have to drink at least 8.5 liters of mineral water - theoretically. When calculating bioavailability, the required drinking amount is even over 20 liters. For comparison: two slices of Emmental cheese (=100g) already cover an adult's daily calcium requirement.

MAGNESIUM: The situation with magnesium is similar. To cover the daily magnesium requirement of 400 milligrams through water, a person would have to drink 10 to 19 liters of mineral water, since mineral water contains on average only 40 milligrams of magnesium per liter.

"The mineral content in mineral water thus has no significance for the necessary mineral balance of humans," according to the study's findings.

Mineral water from the bottle is nonetheless the favorite beverage of Germans, because many have the idea that minerals from mineral water are particularly "healthy". To create this misconception in the minds of consumers, the beverage industry pays millions for bus and tram inscriptions, billboards, radio, newspaper, TV advertising and much more. The intensive bombardment by the marketing departments of the industry shows effect: Consumers pay approximately 21 billion euros per year for the packaged beverages of the industry!

Anyone, on the other hand, who wants to find a study like the one by the research team of Prof. Heseker from Paderborn must already have learned of its existence from somewhere

and preferably know the exact title, otherwise it is difficult to find. The fact that someone prints the "valuable content" of minerals in their water bottles on buses can at best improve the air resistance value of the bus, but not the ability of the human body to absorb minerals from mineral water.

Scientific findings and statements such as those from Prof. Dr. Heseker's study are rather damaging to business from the industry's perspective. He and his team say very clearly: "By far the most important mineral source in human nutrition is solid food!"

It's good.
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