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Regarding the particularly vital minerals such as calcium and magnesium, Prof. Heseker makes unmistakably clear: "The studies show: The importance of drinking water and mineral water - with and without carbonation, pure or mixed with fruit juices or other flavoring carriers, is significantly overestimated as a mineral source. Minerals are predominantly absorbed through solid foods."

Because people today consume too much sodium, Prof. Heseker advises against the consumption of mineral water, he says: "The average sodium intake with a typical mixed diet in the country is significantly higher than what is recommended by professional societies. Therefore, high sodium intake through beverages is nowadays viewed rather as undesirable. Mineral waters have significantly higher sodium contents than drinking water." Germany's leading scientist in the field of mineral intake through water therefore recommends preferring tap drinking water to mineral water.

Anyone who, in addition to excessive sodium consumption, also wants to avoid lead, hormone toxins, and up to 4,700 approved industrial chemicals, which despite the stricter limit values that the European Parliament approved on December 15, 2020 for health-related substances for tap water, wishes to avoid, can use a private high-performance filter from truu GmbH to eliminate all substances. After that, the completely clean, pure water can invigorate the body and optimally fulfill its function as a solvent and transport medium. More information at: https://t.me/truuinfochannel

It's good.
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