



WATCH WATER® USA
A Water Company

WATCH®
FILTERSORB SP3
Health Benefits of SP3 Water:
Part VII

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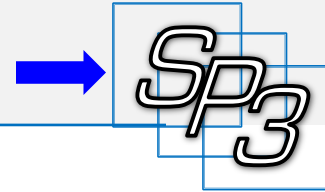
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Health Benefits of SP3 Mineral Waters

With 100 properties In

DEFENSE OF CARBON DIOXIDE MADE BY



Natural

Mineral Water

Minerals that occur naturally in Groundwater, City water or pumped from a well. Mineral that are dissolved in Natural Carbon Dioxide and not Made artificially by adding minerals and carbonated.



Mineral Water means { Calcium Carbonate (CaCO_3)
Magnesium Carbonate (MgCO_3) }

And in water as TEMPORARY Hardness $\text{Ca}(\text{HCO}_3)_2$

is known to Treat Temporary Hardness just **in seconds!**

$\text{Ca}(\text{HCO}_3)_2 \Rightarrow$ Calcium/magnesium carbonates + pure water + carbon dioxide

To make artificially temporary hard water you have to add Calcium/Magnesium carbonates and dissolve them with carbon dioxide till it gets clear. Without CO_2 (Carbon dioxide) the water will stay milky.

Why is “Natural Mineral” Water Good for You?

**Why Calcium and Magnesium
including Carbon dioxide (CO_2)
are one of the most important
substances on Earth?**

and

- **HUMANS**
- **ANIMALS**
- **And All PLANTS on this Earth**



CO₂ as, Scientific FACT

Ca²⁺ as, Scientific FACT

Mg²⁺ as, Scientific FACT

SP3 Water does much more than just hydrate you. In scientific fact, it helps to develop strong bones, healthy heart and nervous system, without adding any calories or unnecessary sodium in your diet. Perhaps the biggest Myth about “Natural” Mineral Water is that it is only made by **FILTERSORB SP3** Systems.

And it is a “Scientific Fact” that all TAP waters in the world contains enough dissolved minerals to satisfy the

“DEFINITION OF MINERAL WATER”

Worldwide it is by “**LAW**” that any “**MINERAL WATER**” must contain at least 250 mg/L (min.) and more healthy mineral water up to 350 mg/L of dissolved solids without adding anything artificially.

Check the Nutrition facts panel to verify what is **IN THE WATER YOU ARE DRINKING**

WATCH Hydration

Your body loses water everyday through perspiration, respiration and urination. You need to replenish this water with food beverages. Water is simplest way to replenish these lost fluids, because it is easily absorbed into your system and is used in nearly all CELLULAR processes.

It's a scientific FACT that water comprises up to 70% of the body weight by an adult MAN or WOMAN.

A simple illustration that $\text{Ca/Mg (carbonate)} + \text{H}_2\text{O} + \text{CO}_2$ is all very essential to just about everything your body does.

SP3 Water, Safe for Drinking

SP3

SP3 Water is SAFE and NATURAL.

**SP3 Media is certified to ANSI/NSF 61
certified for Drinking water applications.**



All Bottled water manufacturers remove Calcium and Magnesium from water.

CALCIUM is important for building and maintaining strong bones. **SP3** water contains clinically significant amounts of **CALCIUM**.

Researchers from all over the world published a STUDY in the "Journal of General Internal Medicine" concluding that TAP Water which is rich in minerals contains 40 to 80 percent of daily allowance for **CALCIUM**.

Another group of researchers in CANADA published a study in

OSTEOPOROSIS

International



CALCIUM in SP3 Water



- is just as readily absorbed in your body as the Calcium in foods, such as MILK or other "DAIRY PRODUCTS". Calcium is available in hard-water and has "hard" taste and feed to water, which is why all bottled water manufacturers **REMOVE IT.**

MAGNESIUM in SP3 Water

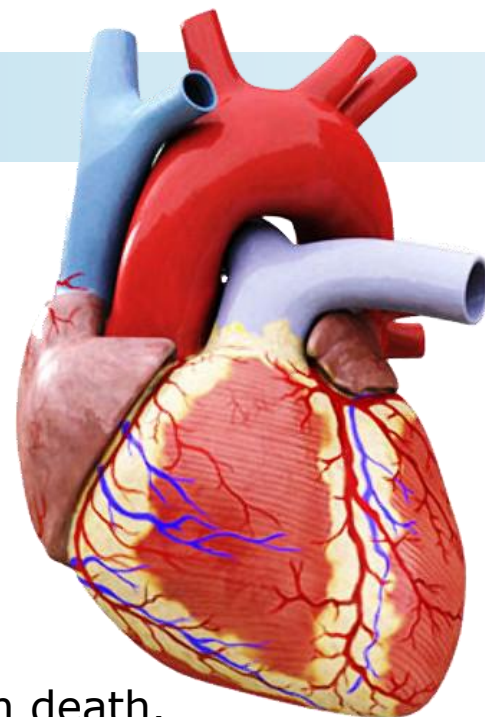
Magnesium is **more important** for strong bones and cardiac health. It helps Calcium bind together to form bones. Also many hundreds of

"EPIDEMIOLOGICAL STUDIES"

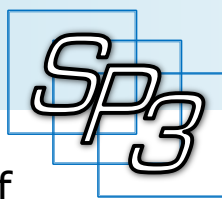
Have found **an inverse relationship** between

MAGNESIUM INTAKE AND **CARDIAC ARRHYTHMIA**

Which is a ischemic heart disease and can cause of sudden death.



Magnesium in other words...



All epidemiological studies, they found that certain groups of people consuming high levels of Calcium and Magnesium had much lower chances of acquiring **CARDIAC DISEASE** than groups of people consuming soft water or **high levels** of **Sodium** in water.

The amount of **Magnesium** in two liters of **SP3** mineral-rich water all over the world, may range 15% - 75% of the recommended daily allowance.

Researchers from all over the world found that **Magnesium** in water is 50% more bio-available than **Magnesium** in foods. And again, given a **SP3** Water and Food source with equivalent amounts of **Magnesium**, your body will absorb 50 percent more **Magnesium** from **SP3** water than any other food source.

Continues on slide 9...



Magnesium in other words...



Continues from slide 8...

Once again, Mineral water is regulated by the

“FOOD and DRUG ADMINISTRATION”

-and must have

at least 250 mg/L and up to 350 mg/L of dissolved solids,
collected from a Major Natural Water Sources viz. **Ground
Water or Surface Water.**

It must contain **NO ADDED MINERALS**

so DRINK **SP3** Water and be **HEALTHY**

Because **SP3** water keep these minerals which are **essential**
and **great for your health.**



Want to Read More?



Carbon dioxide constantly leaks into the environment from natural water sources, and that's good for all

"SCIENTISTS IN THE WORLD"

-All the time!

The bubbles in the glass of **SP3** water are made of naturally leaking gas from temporary hardness which is happening for thousands of years. For thousands of years CO₂ has been bubbled to the water surface and mixed with air. Plants, animals and human still live on the shores of the lake.

So **SP3** water, another natural CO₂ leak produces the carbonated water that should be packed into

GREEN BOTTLES

And SOLD ALL OVER THE WORLD

Coming Next: Application of **FILTERSORB SP3** in

- **AGRICULTURE**
- **PLANTS**

In Germany, for example, scientists have found that plants grow better with natural CO₂ in water

Thanks for reading!

