

Water Safety

Water plays an extremely important role in our bodies. It helps control body temperature, aids in digestion and absorption of nutrients and even lubricates our organs to assist our bodies in optimal functioning. Ideally, we should consume 8-10 eight-ounce glasses of water or other liquid per day.

Making sure that water is safe to drink is extremely important for individuals with compromised immune systems because of waterborne bacteria such as *Cryptosporidium parvum* (*Crypto*) and *Giardia lamblia* (*Giardia*). *Crypto* and *Giardia* are parasites that, once ingested, can cause severe diarrhea and malabsorption, and can ultimately be fatal.

Public water supplies contain low levels of these parasites and most municipal water filter systems cannot guarantee their 100% removal.

Bottled waters are not necessarily safer than tap water, as they may come from sources that were not treated to remove *Crypto* or *Giardia*. Some bottled water companies use processing methods to ensure water quality. Yet, **only certain methods of purification ensure the removal of *Crypto* or *Giardia*.** These methods are distillation, **absolute 1-micron filtration, and reverse osmosis.**

Bottled Water Companies—A Consumer Friendly Guide to How They Compare

Company/Type of Water	Absolute 1-Micron Filter	Distilled	Reverse Osmosis	Safe for HIV/AIDS
Dasani/Purified	Yes	No	Yes	Yes
Calistoga/Drinking	Yes	No	Yes	Yes
Crystal Geyser/Spring	Yes	No	No	Yes
Palomar Mountain/Spring	Yes	No	No	Yes
Poland Springs/Spring	Yes	No	No	Yes
Ralph's/Distilled	No	Yes	No	Yes
Sparkletts/Crystal Fresh	Yes	Yes	No	Yes
Sparkletts/Distilled	Yes	Yes	Yes	Yes
Sparkletts/Spring	No	No	Yes	Yes
Vons/Albertson's	No	Yes	Yes	Yes

Companies who use no purification process at all (Or do not guarantee the removal of *Crypto* and/or *Giardia*)

Evian Natural Spring Water, Fiji Natural Artesian Water, Naya Spring Water, Perrier, San Pellegrino, Saratoga, Vittel

Remember to pay attention to prepared drinks and drinking at restaurants. *Crypto* is removed or killed in preparation of canned or bottled soda, seltzer, and fruit drinks and steaming hot (>175 degrees F) tea or coffee. *Crypto* may not be removed or killed in preparation of fountain drinks and fruit drinks when mixed with tap water.

Resources for Water Safety

Drinking Water Hotline
(U.S. Environmental Protection Agency)
(800) 426-4791

The International Bottled Water Association
(800) WATER-11 or
(800) 928-3711

www.nsf.org (NSF—The Public Health and Safety Company)

www.bottledwaterweb.com