



## PH of Popular Bottle Water

FACT: most bottled waters are highly acidic as is most delivered 'office cooler' water which is either purified water or Reverse Osmosis water. Remember, our body needs to maintain a pH balance of 6.8 to 7.4. Anything we ingest that is below that means our bodies have to work that much harder an/ or borrow calcium from our bones to help balance our pH.

### Find your favorite bottle water and see where it lands on the pH chart

Product	Acid levels (+ or - 10%) Low = BAD 7.0 = neutral Over 7.0= Good
Alkalized Ionized water	9.5 to 11.5
Tap Water	7.00 (neutral)
Penta Water	4.0
Distilled Water	4.0
Purified Water	4.0
Aquafina (made by Pepsi)	4.0
Dasani (made by Coke)	4.0
Glaceau Fruit Water	4.0
Le Blue Water	4.0
Metro Mint Water	4.0
Pellegrino	4.0
Perrier	4.0
Smart Water	4.0
Vitamin Water	4.0
Reverse Osmosis Water and Purified water	4.5 - 6.0 (depending on source)
Ice Age Glacial Water	4.5
Apalachian Springs Water	5.0
Poland Springs Water	5.0
Pure American Water	5.5
Dannon Spring Water	5.5
Arrowhead Water	7.0
Crystal Geyser Water	7.0
Deer Park Water	7.0
Eldorado Springs Water	7.0
Supermarket Springs Water	7.0
Biota Water	7.5
Fiji Water	7.5
Whole Foods 365	7.5
Zephyrhills Water	7.5
Eden Springs Water	7.9
Deep Rock Water	8.0
Evamore Water	8.0
Alkalized Ionized Water	9.5 to 11.2

