

Reverse Osmosis vs. Bottled Water

When it comes to bottled water in the United States, you can be pretty certain that they all come packaged in plastic bottles. These bottles have been known to leach toxic chemicals into the water. Some chemicals like Bisphenol A and Phthalates may cause infertility and cancer. Plus laboratory tests have shown that 22 percent of bottle water brands contained contaminants in the water itself at levels above strict state health limits. Reverse Osmosis water is often times cleaner than bottled water depending on the brand.

Reverse Osmosis water is more affordable than bottled water; up to 1,000 times less expensive. Did you know that bottled water costs as much as \$10 gallon? (cost of crude oil to produce bottles & to transport the water to your office) In fact many name brand bottled waters are just city water treated with reverse osmosis anyway. Plus the millions of plastic bottles that are discarded on a daily basis are a serious concern for everyone with regards to our health, the environment and global pollution. Recycling helps but only about 10-15% of plastics ever get recycled with the rest going into waste dumps and floating out to sea to damage wildlife.

Many types of plastics are made of chemicals that are toxic or poisonous to living organisms. Fortunately plastics are labeled by numbers to represent their polymer makeup and to make them easier to identify for recycling purposes. As a general rule, try to avoid plastics numbers 3, 6 & 7 (Reusable 5-Gallon Bottles for water coolers are #7) while opting to choose type #5 (polypropylene) if possible. Bottled water usually use types 1 & 2 which are okay for only short-term, one-time use as long as you keep it away from sunlight and heat. For more information on plastics visit this Plastics Toxicity Lens. (www.squidoo.com/dangerous_plastics)

What does Reverse Osmosis Remove?

Reverse Osmosis water filters will remove thousands of contaminants from your tap water including Pharmaceutical Drugs. According to AP news reports provided by USA Today article & Fox News report - "Reverse Osmosis removes virtually all pharmaceutical contaminants".

Below is just a small list of other harmful pollutants treated by reverse osmosis filtration:

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| <input checked="" type="checkbox"/> Coliform bacteria | <input checked="" type="checkbox"/> E coli | <input checked="" type="checkbox"/> Perchlorate | <input checked="" type="checkbox"/> VOCs | <input checked="" type="checkbox"/> Viruses |
| <input checked="" type="checkbox"/> Fluoride | <input checked="" type="checkbox"/> Chlorine | <input checked="" type="checkbox"/> Chloramine | <input checked="" type="checkbox"/> Lead | <input checked="" type="checkbox"/> Arsenic |
| <input checked="" type="checkbox"/> Radon | <input checked="" type="checkbox"/> Herbicides | <input checked="" type="checkbox"/> Pesticides | <input checked="" type="checkbox"/> Cryptosporidium | <input checked="" type="checkbox"/> HMs |
| <input checked="" type="checkbox"/> MTBE | <input checked="" type="checkbox"/> Bromate | <input checked="" type="checkbox"/> Sulphur | <input checked="" type="checkbox"/> Radioactive materials | |

<http://www.fda.gov/ohrms/dockets/98fr/05-11406.htm>
DEPARTMENT OF HEALTH AND HUMAN SERVICES- Food and Drug Administration
21 CFR Part 165 [Docket No. 2004N-0416]
Beverages: Bottled Water AGENCY: Food and Drug Administration, HHS.

SUMMARY: The Food and Drug Administration (FDA) is amending its bottled water quality standard regulations by revising the existing allowable level for the contaminant arsenic. As a consequence, bottled water manufacturers are required to monitor their finished bottled water products for arsenic at least once each year under the current good manufacturing practice (CGMP) regulations for bottled water.

DATES: This rule is effective January 23, 2006.

Noted in Docket- "approximately 25 percent of the bottled water sold in the United States is "purified water" and that most purified water is produced using the reverse osmosis method, which removes a substantial amount of any existing arsenic from the final product."

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