

The most popular bottled waters are highly acidic.

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 bottled 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
Appalachian 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
Deep Park Water	7.0
Eldorado Springs Water	7.0
Supermarket Spring Water	7.0
Biota water	7.5
Fiji Water	7.5
Whole Foods 365 Water	7.5
Zephyrhills Water	7.5
Eden Springs Water	7.9

Deep Rock Water	8.0
Evamore Water	8.0
Fiji Water	7.5
Alkalized Ionized Water	9.5 to 11.2
Filtered Ionized Alkaline Water you make with your own Water Ionizer. The advantage of ionized alkaline water is two fold. Cost: Less then 2 cents a day for all the water you can drink, high antioxidant, high alkaline and micro-clustered water with more available oxygen for energy. Improve health, lose weight, and have more energy. Improve the environment as less then 10% of plastic water bottles make it to recycling.	

[http://fit4maui.com/water/pu/bottled_ph.html?
utm_source=February+2013&utm_campaign=February+cc+2013&utm_medium=email](http://fit4maui.com/water/pu/bottled_ph.html?utm_source=February+2013&utm_campaign=February+cc+2013&utm_medium=email)