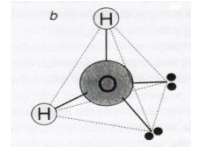


Heartland Springs Naturally Pure Spring Water

Sometimes water drinkers are not aware nor told what IS in their drinking water. Some are advised of an analysis BEFORE filtering and treating - but most health-giving trace elements are deleted by filtering and treatment!



WHAT'S IN OUR SPRING WATER?

Our 2014/2015 spring's natural mineral analysis/test results are very similar to the analytic tests taken about 12 years ago - showing the consistency over time of our spring water's health-giving properties.

	<u>Main Elements</u> (parts per million)	<u>Heartland Spring</u>	<u>Max 1*</u>	<u>Max2**</u>
✓	H2O & 2xElectron Pairs=	1 water molecule	(water happily structures***)	
✓	Biocarb	59.0 mg/l	No max	No max
✓	Silica (SiO2)^	45.5-48.0 mg/L	No max	No max
✓	Chloride	19.7 mg/L	250 mg/L	200 mg/L
✓	Sodium^^	17.1 mg/L	200 mg/L	No max
✓	Magnesium	10.3 mg/L	No max	No max
✓	Calcium^^^	9.61 mg/L	No max	No max
✓	Nitrate	3.68 mg/L	11.3 mg/L	45mg/l
✓	Sulphate	2.32 mg/l	250 mg/L	No max
✓	Potassium	1.75 mg/L	No max	No max
<u>MicroTrace Elements</u> (parts per billion) (+extra +ve micro trace elementals)				
✓	Dissolved Reactive Phosphorus	0.133 mg/l	No max	No max
✓	Fluoride ^^^^	0.07 mg/l	1.5 mg/l	2 mg/l
✓	Borate	0.04 mg/l	No max	30 mg/l
✓	Ammonia Nitrogen	0.03 mg/l	1.5mg/l max NZ recom	
✓	Boron	0.0123 mg/L	1.4mg/L	No max
✓	Strontium	0.0076 mg/L	No max	4 mg/l (USA)
✓	Iodine	0.0070 mg/L	No max	1 mg/l
✓	Aluminium^^^^^	0.0020 mg/L	0.1mg/l max NZ recom	
✓	Manganese	0.0006 mg/L	0.4 mg/l	2mg/l
<u>Other Properties***</u>				
✓	TDS (Total Dissolved Solids) around	180 mg/L	1,000mg/L	500mg/l(USA)
✓	pH	7.2	7.0-8.5	No max
✓	Softness/Hardness CaCO3	66.0	200	No max
✓	Total Alkalinity CaCO	59.0	No max	No max
✓	Dissolved Oxygen^^^^^^	6.5		
✓	Colour	Free of colour	10	
✓	Turbidity	0.09 NTH	2.5 NTH	

Index to references

*Max 1 =Allowable Max Value NZ Health Ministry. Our water quality meets NZ Health Ministry and NZ Food Act 1981 requirements.

** Max 2 =Unless stated separately above, this is some of the allowable values by Singapore Health Ministry for bottled drinking water.

*** Each of our Water Molecules has 2 atoms of Hydrogen and 1 atom of Oxygen AND 2 lone pairs of electrons (see diagram above) and forms into a tetrahedron, but with the angle between the hydrogen atoms slightly tighter (104.5) than between the electrons. Due to the raw /alive state of our water, molecules are freely and happily dancing hand in hand - enabling **HYDRATION** of users of this water. Also important is the water temperature. As it exits **THIS** spring, it is about 4 degrees C - which is when water is at its maximum density/weight.

^ Silica, the 2nd most common element in earth's crust and a very positive mineral to receive naturally in spring drinking water. In the scientific study on web site: <http://ajcn.nutrition.org/content/75/5/887.full> it relates that Asians and Indians have much higher silicon intakes than Western populations, RESULTING in a lower incidence of hip fracture than in West. (Asians also look younger as they age.)

^^ EU Rule 2009/59 states for people on low sodium diets, sodium in drinking water must be under 20mg/l - as ours is. See our web site.

^^^ Good for calcium to be relatively low and balanced with magnesium level - as ours is.

^^^^ Fluoride is dangerous if too high or if obtained from toxic waste of phosphate manufacturing plants. We need some. A cuppa tea has more fluoride than our spring water. Carrots also. Mother's milk varies, but can have trace elements of about 0.004 Mg/l of fluoride.

^^^^^ Aluminium is the 3rd most common element in earth's crust. Can be positive when in naturally low trace amounts. It is in most foods and drinks (beer/wine, etc) and higher in chocolate and some breads/pastries. Mother's milk varies, but naturally mother's milk has trace elements of Aluminium and Strontium. Refined aluminium should be avoided, as should aluminium cooking pots and trays.

^^^^^^ Below 4 is sign of pollution in water - too high can cause problems - the 6.5 level is a very good Dissolved Oxygen reading