

[Home Page](#)

[Commercial Users](#)

[School and Gym Fountains](#)

[Domestic Users](#)

[Water Saving Calculator](#)

[F A Q](#)

[Links](#)

[Contact Us](#)

[Water Coolers](#)



Water Splash - plumbed in water coolers

## Frequently asked questions.

[Is mineral Water Good for you?](#)

[How much water should I drink every day?](#)

[On a Diet?](#)

[How pure is British Tap Water?](#)

[How many litres will a filter process?](#)

[What if I forget to change the filter?](#)

[Are they easy to fit?](#)

[So to sum up](#)



**Is mineral Water Good for you?**

[Top](#)

Mineral water contains many chemicals, metals, bacteria and solvents that are leached out of the ground and rocks as the water permeates through the ground.

Typically mineral water can contain Calcium, Sodium, Magnesium, Iron, Potassium, Chloride, Lead, Aluminium, Benzene, Nitrates, Potassium, Sulphate, and surprisingly sometimes bacteria.

So what about the supposed good minerals like calcium?

Unfortunately your body cannot absorb the calcium in water, as it is not organic calcium, the type found in milk for example.

Inorganic calcium just goes straight through. So drinking calcium enriched water for

**health is just a waste of time.**

**Potassium in water is also inorganic and cannot be absorbed**

**Sulphate in water is inorganic and cannot be absorbed**

**Chloride in water is inorganic and cannot be absorbed**

**However, the body can absorb some of the dissolved minerals, metals and solvents in water. Unfortunately they are not good for you!**

**Sodium is salt, and all mineral waters contain sodium too lesser and greater extents. From a high sodium content mineral water like Badoit to a relatively modest one like Volvic.**

**We already have too much salt in our diet and drinking it diluted in water can help to cause hypertension. If your on a low salt diet then probably all mineral waters should be avoided unless very low in sodium.**

**Magnesium is a metal, which can be absorbed from drinking water. In excess magnesium causes gastric irritation.**

**Lead is a poison and though found in very low quantities it can inhibit intelligence and cause brain damage in children.**

**Aluminium has been linked with Alzheimer's disease**

**Nitrates, from fertilisers spread on crops, can cause what is known as Blue Baby Syndrome**

**Trihalomethanes are carcinogenic**

**Benzene can cause increased risk of Leukaemia**

**All these have been found in varying amounts in mineral waters.**

**Mineral water also contains dissolved solids and sometimes bacteria, which can cause gastric irritation.**

**How much water should I drink every day?**

[Top](#)

**The recommended quantity of water you should drink is 2 litres or 3 and a half pints a day!**

**Drinking lots of tea and coffee is not the answer as they actually dehydrate you rather than hydrate you. Drink a lot of tea and coffee and your body will just crave more water!**

**On a Diet?**

[Top](#)

**Studies in the USA have shown that dieters frequently mistake the bodies desire for**

water as hunger pangs. Dieters have found that even one glass of water reduces the hunger pangs and drinking water has helped them to reduce their food intake.

## How pure is British Tap Water?

[Top](#)

Perhaps surprisingly British Tap Water is one of the best drinking waters in the World. The Regional Water Boards have to meet continuous stringent tests to ensure that the water we all drink is safe for human consumption. The regulations for drinking water from the mains is much more stringent than for mineral and spring water. To help achieve this mains water is chlorinated which is why the water sometimes has an odour to it.

## How many litres will a filter process?

[Top](#)

Our Water-Splash 1 micron Carbon block filter will process 2,500 litres of British Tap water, and that's a great deal of water. However we recommend that you change the filter every 6 months regardless of usage.

## What if I forget to change the filter?

[Top](#)

If you are a domestic user we will contact you every 6 months to remind you to order your new filter.

If you are a commercial user we will automatically come and replace the filter after 6 months

## Are they easy to fit?

[Top](#)

Whatever type of dispenser you choose fitting is easy. You just need a 13amp socket and a source of mains water nearby. The Dispenser is plumbed into the mains using a 9mm flexible food grade tube. At home it's just a simple DIY job. For commercial premises we fit the dispensers for you.

## So to sum up:

[Top](#)

Mineral water can be as much a health hazard as a healthy drink.

If you are looking for pure water you should abandon mineral water and look at drinking filtered tap water like Britta or water from our Water-Splash filtered water dispenser.

Email [WatersplashPOU@aol.com](mailto:WatersplashPOU@aol.com)

[Contact us](#)



[Web Page Designers](#)

water coolers, plumbed in water coolers, point of use water coolers, filtered water, water dispenser, mains water supply, pure drinking water, water on tap, bottled water, drinking water, mineral water

**Water Splash offer filtered water coolers and dispensers containing drinking mineral water for schools and domestic use. No more bottled water suppliers just pure cold filtered drinking water always on tap.**

[coffee-tea](#), [plumbed in water coolers](#), [commercial-water](#), [bottled-water](#), [domestic-filtered-water](#), [water](#), [water-cooler](#), [water on tap](#), [cost-of-bottled water](#), [school-water-fountains](#), [mineral water](#) [water fountains for gym](#) [point of use water](#), [drinking water](#), [water on tap](#), [water fountain](#), [water filtered cooler](#), [water chilled filtered](#), [plumbed in water](#), [filtered water](#), [chilled water](#) [Point of use Coolers](#), [Water Cooler](#), [Water Coolers](#), [Watercooler](#), [Watercoolers](#), [Water Fountains](#), [Mains Water Cooler](#), [Main Water Coolers](#), [Water dispenser](#), [Water dispensers](#), [Plumbed in Water Cooler](#), [Plumbed in Water Coolers](#), [Mains Water Filter](#), [Chilled Water Dispenser](#).