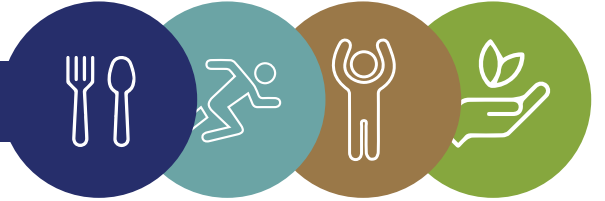




# Mineral Benefit Chart

Why Embrace Superior?



## Natural Sustainable Clean

Fresh from a Lake Superior Aquifer

One of the largest freshwater aquifers in the Upper Midwest

A decades-long process of purification occurs as water enters and flows through the aquifer

Mineral	Amount in SNMW <sup>1</sup>	Benefit
Total Dissolved Solids (TDS)	740 ppm	To be a natural mineral water, TDS must be >500 ppm
Bicarbonates	190 ppm	Can prevent heartburn and acid reflux while helping muscle and blood recovery
Magnesium	16 ppm	Heart health: blood pressure and flow; helps manage blood sugar levels
Calcium	84 ppm	Bone health; muscle performance including fast-twitch muscles
Sodium	150 ppm	Aids in nerve and muscle function; cramping
Chloride	290 ppm	Enhances metabolism, blood pressure, and pH balance
Potassium	3.0 ppm	Improves heart, muscle, and nerve function; stroke prevention
Sulfate	13 ppm	Liver detoxification and digestion assistance
Silica	19 ppm	Strength and flexibility in connective tissue (cartilage and tendons), plus skin and hair health
pH <sup>2</sup>	7.9 (slightly alkaline)	pH balance is the difference between health and sickness. Everything from digestion to immune system support are often attributed to higher pH in what we drink



<sup>1</sup>Verified by Eurofins/Eaton Analytical report #861918; May, 2020

<sup>2</sup>An average from daily testing