

## AGUAS DE SOUSAS

### TECHNICAL DATA SHEET MINERAL WATER



#### Therapeutic qualities

The mineral water "Aguas de Sousas" is classified as a natural mineral water with low mineral content and it contains bicarbonate, calcium and fluoride. Its unique organoleptic qualities and its physical, chemical and bacteriological properties make it an ideal drinking water. Another important feature is that it is highly diuretic and has a perfect balance of trace-elements, helping to maintain a healthy water balance in the body and stimulates enzymes in the digestive juices. Aguas de Sousas is especially suitable for infant food preparation.

**Declared a public utility:** Aguas de Sousas is mainly characterized by its weak mineralization (50 to 500 mg of dry residue per liter), thus promoting the elimination of toxins, oxalic acid, uric and phosphoric acid. It is a bicarbonate water (facilitates digestion), lithium and slightly fluoridated (has antiseptic properties). The magnesium content balances the benefits of Central Nervous System (CNS) and brain activity, while potassium is responsible for storing the nitrogen. It is eupeptic water, activates the secretion of gastric juices and facilitates digestion. It is ideal for slimming treatments, as it promotes diuresis and has no calories. All these properties, provide beneficial health effects and is suitable for consumption in elderly, kidney treatment (kidney stones), hypertension, high cholesterol, diabetes and infant food preparation (for their appropriate quantities in terms of fluorine content). The mineral water of Aguas de Sousas is classified as a natural mineral water with low mineral content. It is declared as public utility since 1.859.

#### Other information

Dry residue at 180°	141
Bicarbonate	77,5
Chloride	4
Fluor	0,7
Calcium 3,1 / Magnesium 1,1	
Sodium 30 / Potassium 1,8	
Sulphate 1,3 / Lithium 0,12	

#### Formats

Glass: 250 c.c., 330 c.c., 500 c.c. and 1 liter  
PET: 250 c.c., 330 c.c. 500 c.c. and 1,5 liter  
Export formats: Container 20"  
PET: 500 c.c. Minimum 3.400 packs of 12 bottles  
PET: 1,5 liter. Minimum 2.300 packs of 6 bottles

This water has the weakest mineralization (low dry residue at 180 ° c), facilitates the production and elimination of urine, being diuretic and detoxifying. It has a purifying effect by favoring the removal of catabolic products. This action is predominant in cold water of low mineralization. For its bicarbonate content, regulates and neutralizes gastric acidity and peptic activity. For its sodium content, is involved in multiple biological processes and together with calcium in the membrane potential. For its fluorine content (<1 ppm), is appropriate for regular consumption of infants and children under 7 years, avoiding dental fluorosis, tooth decay etc.



With its calcium and magnesium content should be classified as very fine water and very soft. (1,2 °f). This water has been available at the market for more than 150 years and currently complies with ISO 9001 and 14001 standards.

**Awards:** First Prize Termatalia 2.006, First Prize Termatalia 2.007 and Second Prize Termatalia 2.014 (Argentina, October 2.014).