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Warsaw, dated 9 August 2016-/-

OPINION on JANTAR water-/-

I have drunk Jantar water from Kołobrzeg! Not only me but also me closest relatives and friends, including sportsmen… All share the same organoleptic opinion. This water is simply delicious. Its flavor does not resemble any other flavor, it is more refreshing, not bland, it even has some spicy note which makes you want to drink it all the time. My sportsmen, very sweaty, also claim that only after drinking this water they did not feel tired at all and were more successful. That's it as far as general admiration is concerned.-/-

Now it's time for my medical evaluation. I got to know in detail the composition of this water – the test was carried out by the renowned AGH University of Science and Technology [*Akademia Gorniczo-Hutnicza w Krakowie*] and the results were published on 12.07.2016 in two reports:

- "Major physicochemical analysis of groundwater of the artesian spring No. 39 in Kołobrzeg",-/-
- "Report on water samples natural radioactivity measurements" concerning the above-mentioned source.-/-

1. The seemingly higher content of sodium than in the majority of mineral water brands, i.e. 135 mg/l of Jantar water, should not scare those people whom doctors do not allow to overdose sodium. These are people who suffer from cardiac diseases, hypertension, nephrolithiasis or diabetes. These patients should be more afraid of eating three slices of cold meat, crisps or hamburgers, diet coke or even bread bought at a baker's. In terms of the daily supply of salt with food and its excess among others in the above-mentioned products, the sodium content of Jantar water represents just a scarce percentage of intake.-/-
2. Thanks to its sodium content, the water has such a pleasurable taste, it facilitates digestion and a huge amount of alcalysing substances is good for people who suffer from gastrological disorders, such as gastro-oesophageal reflux or hyperacidity.-/-
3. This amount of sodium in Jantar water prevents dehydration and is particularly recommended for people who carry out hard physical works or practice sports, also during heat.-/-
4. The alkaline reaction of Jantar water is good for getting rid of renal stones, especially those built of uric acid which are very common and sometimes appear also in course of gouty arthritis, so called gout. Due to the content of hydrogen carbonates, this reaction of water is good for insulin production, reduces the acetone level, blood glucose level and regulates the reaction of blood normalizing it in case of other types of acidification of the organism.-/-

5. Jantar water contains more potassium than popular brands of mineral water. Potassium is beneficial for veins and the heart; it may be useful for patients who have to take diuretics (except for those which do not result in loss of potassium by urinating). Potassium is recommended also to those patients who suffer from urolithiasis.-/-
6. Jantar water contains calcium and magnesium is such quantities and proportion that the water does not cause urolithiasis (calcium-oxalate type).-/-
7. The composition of minerals may have a beneficial effect on curbing the development of atherosclerosis and other cardiac diseases; it can also prevent allergies.-/-
8. Beside calcium and magnesium the small content of strontium is beneficial for better bone structure. This phenomenon is utilized in preventing and treating osteoporosis. However, in this case as well as in similar cases where limited sodium intake is recommended, the crucial role is played by other dietary factors, not Jantar water.-/-
9. The small content of iodine in Jantar water may prevent the growth of goitre or other thyroid disorders connected with iodine deficiency. It appears not to be dangerous for people who suffer from hyperthyroidism.-/-
10. The small content of zinc in Jantar water may appear helpful in increasing the general zinc reserve which is important for fighting with infections or tumours, for proper sexual development and preventing infertility in males. Zinc also improves the condition of the skin both of adults and children.-/-

To summarize, I can truly recommend Jantar water not only to healthy people but also to those who suffer from the numerous diseases mentioned above. This water is very good for sportsmen. It is worth giving it to older children. I suppose that many poor eaters would have better appetite after drinking this water. Giving this water to infants would require a more detailed analysis.-/-

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