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[*a stamp*: ADADEMIA ODŻYWIANIA – *Academy of Nutrition* – Jolanta Meller, dietetyk – *Dietitian* – 65-601 Zielona Góra, ul. Łużycka 22, tel. 781 876 056, NIP 9271260841, Regon 970406745]-/-

Zielona Góra, 03.08.2016-/-

OPINION-/-

Re: JANTAR Champion Sports Water – tested water-/-

Water is a very important element of a well-balanced and healthy diet. Within 24 hours a human body loses about 2.5 l of water among others through sweating, breathing and urinating. In case of intensive physical effort, even 2 l/h of water may be lost. While sweating we lose precious mineral elements such as sodium and potassium. Already with 1& loss of water in the body, our physical or mental capacity is significantly reduced. The daily intake of water should be adjusted individually to our lifestyle and physical activity. We should never let ourselves feel thirsty. Regular drinking of proper amount of water allows us to supplement the insufficient minerals intake and hydrate the body. Choosing proper water is very important.-/-

In my opinion JANTAR Champion Sports Water due to its composition and origin is a proper kind of water for sportsmen and for people who care about their health. This water has the adequate mineral content. The ratio of potassium to sodium is close to the one recommended for human blood profile. It contains electrolytes which hydrate the body and chloride and sodium which prevent hyponatremia. The product is hypotonic. It does not contain heavy metals or chemical substances. Iodine and selenium present in the water improve the work of the thyroid. Water should be sipped every day.-/-

I am glad to give this positive recommendation to the product – JANTAR Champion Sports Water.-/-

[*signed*: Jolanta Meller]-/-

I hereby certify that this is a true and accurate translation of the source document made in Polish and presented to me as an ~~original/copy~~/scan (its printout enclosed).
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