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Certified translation from Polish
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Bartosz Huzarski – after one month of testing Jantar water-/-

I am not a specialist in dietetics or a scientist, neither am I very good at chemistry but I can understand what I read and analyse what I see. As a professional cyclist I train for over 300 days a year and put particular emphasis on feedings. In the team I represent in competitions we participate in training sessions dedicated to diet and hydration. A characteristic feature of cycling, as one of the physically most demanding sports in the world, is that we ride our bikes in all climate conditions. With the extreme physical effort day by day, a 2% downfall in body hydration may drastically affect the process of proper regeneration. This is why what we eat is so important but even more important is what we drink.-/-

My Cycling Academy [*Akademia Kolarstwa*] collaborates with many specialists. One of such partner institutions is The Centre for Nutritional Education and Sport (CEZiS) [*Centrum Edukacji Żywieniowej i Sportu*] and encouraged by Mateusz Gawełczyk, the founder of CEZiS, I decided to test Jantar water.-/-

My first impressions were that water is just water. However, after a while I started to feel noticeably better. I am recovering from an injury, so currently my body needs more various forms of energy to regenerate. I stay a lot at home and often forget about drinking proper amounts of water. As a rule I open a 1.5-litre bottle of water in the morning and it should be empty by the evening. Although this is the minimum amount of water I need to provide my body, I feel great. Also my body, skin and muscles accept Jantar water and I feel very good when I drink it.-/-

As a professional sportsman over years I have learnt to listen to my body. Despite the technical novelties which make our daily training and living easier, the signs that the body gives us are very important. It's not so easy to understand them and analyse correctly. Here my body tells me – this is good, go ahead with it.-/-

Bartosz Huzarski-/-
Huzar Bike Academy / Bora-Argon18 Pro Cycling Team [*a signature*]-/-

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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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