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Water and the level of hydration are crucial for any human cell to function. Everyone knows that, however, we do not always follow the rule: "you are what you eat and drink". We tend to forget about this important rule and neglect the quality of products that build our organism and influence its functions. The nutrients present in water are to a large extent taken in already in the digestive track, so choosing good quality water is even more important, especially for sportsmen.-/-

When reading the results of the chemical analysis of Jantar water, we notice its composition of chloride, hydrogen carbonate, sodium and calcium. This information is of particular significance for sportsmen who each day lose a lot of electrolytes as they sweat and this chemical composition of water is best to restore the water-electrolyte balance in the body. Obviously, the amount of sodium or chloride in sweat is much bigger, however, among other known to me water brands available in the market, Jantar offers the best composition which facilitates better body hydration. Moreover, worth noticing is the very low concentration of elements (heavy metals) which should not be present in water at all, namely lead, mercury, arsenic or cadmium, but penetrate into groundwater due to pollution. Not every water is so clean, on the contrary – some of the most popular brands of water are just on the verge of maximum level! Apart from that, few water brands I have had the opportunity of testing, have pH 7, whereas Jantar water has pH 7.4 which is also important in terms of a sportsman's diet. Many factors make Jantar water a very good choice for sportsmen and physically active individuals, however, the most important is its positive effect on health and sports results!-/-

Wojciech Zep [*a signature*]-/-

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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