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OPINION ON SUITABILITY OF SPRING WATER *JANTAR* FOR PERSONS WITH DIABETES MADE IN POLISH DIABETIC ASSOCIATION

Basis for the opinion of spring water *JANTAR*

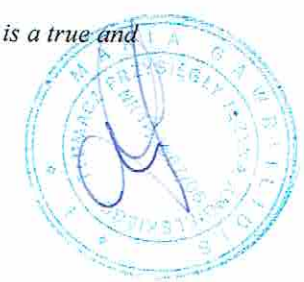
The subject of the opinion is spring water, not carbonated, from the artesian spring Jantar No.39 in Kolobrzeg, its usefulness for people suffering from diabetes, commissioned by the Company JANTAR MINERAL WATERS LTD [JANTAR WODY MINERALNE Sp. z o.o.] hereinafter referred to as the Producer, at Zurawia 24, 78-100 Kolobrzeg, Poland. Water 'Jantar' is produced in PET bottles with a capacity of 0.5 l, 1.5 l, 5 l; in glass bottles of 0.33 l and gallons of 18.9 l and 11.9 l. The producer presents *Jantar* as the water recommended for people with diabetes. The opinion was prepared on current recommendations regarding hydration of the human body, including people with diabetes, provisions of Polish and European Union Laws (EU) as well as documentation and information provided by the Manufacturer.

List of documentation provided by the Manufacturer:

1. Hydrogeological documentation (sign OS-G-7510/22/2006) determining exploitation resources of groundwaters that are not minerals from quaternary formations from the "Jantar" well No. 39 for the Jantar Water Plant at Żurawia 24 in Kolobrzeg, commissioned by Saxofon Ltd.,at Pomorska 2L, 78-100 Kolobrzeg, by mgr iż. Zofia Matkowska Geol. Qualif. - CUG No. 040270 in Szczecin, July 2006.
2. Aquatic legal survey (OS-6223-72 / 2006) of water abstraction for the Jantar Water Plant in Kolobrzeg, developed by Kazimierz Blahut, an engineer, qualif. §2, section 13, § 13, item 4, abc, No. UAN / N / 7219 / 74/85, August 2006. In Koszalin commissioned by Saxofon Ltd. Pomorska 2L, 78-100 Kolobrzeg.
3. Aquatic legal permit (OS.I.-6223-72 / 2006) dated 20 September 2006 for "Saxofon" Ltd. at Pomorska 2L 78-100 Kolobrzeg issued by District Authority in Kolobrzeg, Department of Environmental Protection, Gryfitow 4- 6, 78-100 Kolobrzeg.
4. Letter (sign: OS.1.6223-72 / 2006 of 20 September 2006 issued by the District Authority in Kolobrzeg for special use of water: collection of groundwater from the 'Jantar" well No.39 for Jantar Water Plant located in Kolobrzeg at Zurawia 24, commissioned by Jantar Mineral Waters Ltd.of July 14, 2008 with a request to change the above decision in specific points.
5. Decision issued by the District Authority in Kolobrzeg (sign: OS.1.6223-72 / 2006/2008 DATED 24 JULY 2008) amending the decision – aquatic legal permit (sign: OS.1.6223-72 / 2006 dated 20 September 2006) issued by the District Authority in Kolobrzeg for special use of water abstraction from the 'Jantar 'well No. 39 for Jantar Water Plant located in Kolobrzeg at Zurawia 24.
6. Results of chemical-physical analysis (sign: HU-19/06 dated 6 April 2006) of raw water from the Jantar borehole (No. 39) 78-100 Kolobrzeg ul. Zurawia 24, within general and sensory tests, detailed tests (cations, anions,) and undissociated components and organic pollutants performed by the Natinal Department of Hygiene at Chocimska 24, 00-791 Warsaw, Zaklad Tworzyw Uzdrowiskowych [Natural Spa Resources Establishment], Slowackiego 8, 60-823 Poznan.

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7. Physicochemical analysis of groundwater from the intake 'Jantar' No. 39 in Kolobrzeg within the general and specific analyzes: undissociated and dissociated (cations, anions) mineral components, carried out by the Hydrogeology and Water Protection Department of the St. Staszic AGH University of Science and Technology in Krakow of 30/03/2007

8. Results of chemical-physical analysis of raw water from the "Jantar" borehole (No. 39) 78-100 Kolobrzeg, atŻurawia 24, mark HU-100/09, dated 30/10/2009, within general and sensory tests, detailed tests (cations, anions) and undissociated ingredients carried out by Zakłady Tworzyw Uzdrowiskowych, at Slowackiego 8, 60-823 Poznan, the National Institute of Public Health and National Institute of Hygiene, at Chocimska 24, 00-791 Warszawa.

9. Study No. 73 from 27/05/2011 – Short physicochemical analysis of groundwater from the No. 39 Jantar intake in Kolobrzeg in the scope of general and specific analyzes: undissociated and dissociated mineral components (cations, anions) carried out by the Hydrogeochemical Laboratory of the AGH University of Science and Technology in Krakow, together with the report from the tests No. 73/2011.

10. Results of chemical-physical analysis of raw water from the well no. 39, the 'Jantar' intake, 78-100 Kolobrzeg, at Zurawia 24, mark: HU-75/2014 of 12/08/2014 in the scope of general and sensory research, detailed studies (cations, anions) and undissociated components as well as organic pollutants, carried out by Zakłady Tworzyw Uzdrowiskowych, at Slowackiego 8, 60-823 Poznan, the National Institute of Public Health – National Institute of Hygiene, Chocimska 24, 00-791 Warszawa.

11. Evaluation and water quality classification from the 'Jantar' well (NR 39) in Kolobrzeg, mark HU / 75/2014 dated 26 August 2014 conducted by Zakłady Tworzyw Uzdrowiskowych, Slowackiego 8, 60-823 Poznan , the National Institute of Public Health - National Institute of Hygiene, Chocimska 24, 00-791 Warsaw.

12. Report No. 11/06/2014 / NLW of 06.06.2014 from the laboratory water tests from the 'Jantar' intake No. 39 in Kolobrzeg, at Zurawia 24, conducted by Dzał Laboratorium Oboty 1A [Turnover Laboratory Department], Bogucino, 78-100 Kolobrzeg, Municipal Water Supply and Sewers Ltd, in Kolobrzeg.

13. Report No. 119/06/2015 / NLW of 26/06/2015, from the laboratory water tests from the 'Jantar' intake No. 39 in Kolobrzeg, at Zurawia 24 carried out by Dział Laboratorium Obroty 1A, Bogucino, 78-100 Kolobrzeg, Municipal Water Supply and Sewers Ltd.. in Kolobrzeg.

14. Report No. 96/06/2016 / NLW of 23.06.2016r., from the laboratory water tests from the 'Jantar' intake NR 39 in Kolobrzeg, at Zurawia 24., carried out by Dział Laboratorium Obroty 1A, Bogucino, 78-100 Kolobrzeg, Municipal Water Supply and Sewers Ltd. in Kolobrzeg.

15. Natural radioactivity measurement report of water sample from Jantar (W-39) provided by the Company JANTAR MINERAL WATERS LTD., at Zurawia 24, 78-100 Kolobrzeg made by the Faculty of Geology, Geophysics and Environmental Protection of the St. Staszic AGH University of Science and Technology in Krakow of 2016-07-21.

16. Study No. 135 of 12.07.2016 – A broad physicochemical analysis of groundwater from the artesian spring no. 39 in Kolobrzeg in the scope of general and specific analyzes: undissociated and dissociated mineral components (cations, anions) and organic substances, carried out by the Hydrogeological Laboratory, Department of Geology, Geophysics and Environmental Protection, Department of Hydrogeology and Engineering Geology, AGH University of Science and Technology at Al. Mickiewicza 30, 30-059 Krakow.

17. Report from the tests No. 135/2016 to the study No. 135 of 12.07.2016 of water tests from the artesian spring No. 39, Kolobrzeg carried out by the Hydrogeological Laboratory, the Faculty of Geology, Geophysics and Environmental Protection, Department of Hydrogeology and Engineering Geology, St. Staszic, AGH University of Science and Technology at Al. Mickiewicza 30, 30-059 Krakow.

18. Opinion on the chemical status of groundwater from the artesian spring No 39 in Koiobrzeg of 13/09/2016 developed by the Hydrogeochemical Laboratory, Faculty of Geology, Geophysics and Environmental

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Protection, Department of Hydrogeology and Engineering Geology, St. Staszic AGH University of Science and Technology, at Al. Mickiewicza 30, 30-059 Krakow.

19. Application for approval of the plant and entry in the register of plants subject to the official control of the organs of the State Sanitary Inspection of October 24, 2016.

20. Sanitary inspection report of the plant: Mineral Water Plant Jantar, at Zurawia 24., 78-100 Kolobrzeg Nr HZ-1307/16 from 24/10/2016, carried out by a representative of the District Sanitary Inspector in Kołobrzeg with the enclosed technological process diagram of "Jantar" mineral water production.

21. Amendment No. 6 to the sanitary control report No. HZ-1307/16 of 24/10/2016 - Evaluation sheet of production plant / food processing / materials and products intended for contact with food.

22. Declaration of conformity for the materials used:

a) colorless PET preforms produced by GTX Hanex Plastic Sp o.o.,Budowlanych 7, 41-303 Dąbrowa Gornicza.

b) caps for PET bottles (polyethylene HOPE) - MERPOL S.C. Anna Krupa Grzegorz Waniek, ul. Cerekiewska 13, 26-652 Zakrzew.

c) gallons - Greiner Packaging Sp z o.o. al. XX-lecia 54, 96-515 Teresin.

d) Premium glass bottles - VETROPACK MORAVIA GLASS 914 41 Nemsova, SLOVAKIA.

e) BHP glass bottles - Master Sp.J., Spoldzielcza 1, 37-500 Jarosfaw.

f) caps for glass bottles - FOB-Decor Sp. z o. o., Lesna 20, 42-400 Zawiercie.

g) bottle caps for glass bottles bhp - Glas-Pak , Maszewska 22, 72-100 Goleniow

23. Decision No. 141 / HZ / Z / 16 of the Public District Sanitary Inspector in Koiobrzeg (sign: PS-N-HZ-4331-75 / 16), dated November 4, 2016, approving the production hall at the Mineral Water Plant Jantar at Zurawia 24 in Kołobrzeg regarding the production of mineral water in PET packaging.

24. Verification PS-N-HZ-4331-45 / 09-16 from 04/11/2016 on changing the plant's entry: Mineral Water Plant Jantar at Zurawia 24, 78-100 Kołobrzeg under the registry number 588/1608/2009.

25. JANTAR spring water label designs:

- JANTAR non-carbonated water, PET bottle - cap. 0.51, 1.51, 51
- JANTAR moderately carbonated water, PET bottle - cap. 0.51 and 1.51
- JANTAR sparkling water, PET bot.- cap. 0.51 and 1.51
- JANTAR PREMIUM non-carbonated water, glass bottle - capacity 0.331
- JANTAR PREMIUM sparkling water, glass bottle - capacity 0.331
- JANTAR non-carbonated water glass bottle- capacity 0.331
- JANTAR sparkling water, glass bottle - capacity 0.331
- JANTAR non-carbonated water, gallon - cap. 11.91
- JANTAR non-carbonated water, gallon - cap. 18.91

The documentation shows that JANTAR MINERAL WATERS LTD at Zurawia 24.78-100 Kolobrzeg received a water permit valid until 20 September 2026, based on the decision of the District Authority of Kolobrzeg (OS.1.6223- 72/2006/2008) amending the decision of the water permit OS-6223- 72/2006 in the scope of:

a) granting the right to use water from the 'Jantar' well No. 39 the Company Mineral Water Plant Jantar at Zurawia 24,78-100 Kolobrzeg.

b) Establishing a direct protection zone of this water intake.

The 'Jantar' well No. 39 located on the plot nr.175/34 precinct 11 in Kolobrzeg is an input of groundwaters that are not minerals from quaternary formations; it was built at the turn of the 19 and 20 centuries to a depth of 38m and efficiency of 1.5 m / h. After demolition of the utility rooms adjacent to the water intake, its fencing and development of the protection zone, in accordance with the recommendations of the District Authority of Kolobrzeg (OS.1.6223-72 / 2006), in the next decision (OS.1.6223-72 / 2006/2008) the District Authority

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"established a direct protection zone for this intake within a radius of 10 m from the well – part of the plots 175/34 and 175/36 precinct 11 Kolobrzeg" and established permissible water abstraction: Q = 1, 50 m3 / h. Moreover, the following requirements were established: a valve cutting off supply, measuring apparatus and the location of water supply from the intake:

* to the Jantar Water Plant at Zurawia 24
* to the building situated next to the intake on the plot nr.175/34 and 175/35

and discharge to the sewerage water not used during the production process and from the building next to the water intake.

Water from the 'Jantar' well No. 39 in the Jantar Water Plant at Zurawia 24 is not subject to any treatment, is poured directly into bottles and sold as still water, and a part of it is saturated with CO2 and sold as moderately sparkling water and sparkling water [2]. JANTAR water is produced in PET and glass bottles, as well as in gallons with a capacity of 0.51; 1.51; 51; 11.91 and 18.91 (plastic), and 0.331 (glass).

The assessment and qualification of water from the 'Jantar' well nr. 39 in Kolobrzeg [11] was conducted by Zakład Tworzyw Uzdrowiskowych in Poznan, the National Institute of Public Health - National Institute of Hygiene (NIZP-PZH), which is an authorized unit by the Central Sanitary Inspector. The assessment was based on materials [5] and the results of tests carried out in 2006 [6], 2009 [8], 2011 [9] and 2014 [10, 12]. This document [11] certifies that "Previous results of physicochemical and microbiological tests from the years 2006-2014 do not indicate the presence of pollutants from the external environment. In the water from the 'Jantar' well nr.39 no potentially toxic ingredients of natural origin are found at concentrations considered harmful to health. Water meets the requirements set out in the regulation of the Minister of Health of 31.03.2011 (D.U. Nr. 85, item 466) for spring waters useful in unit packaging.

Report of natural radioactivity measurement of water samples [15] from a 'Jantar' water sample (W - 39) provided by the company JANTAR MINERAL WATERS Ltd at Zurawia 24, 78-100 Kolobrzeg of 2016-07-21, certifies that the tested water in radiological terms fulfills the criteria of the Minister of Health regulation of 29.04.2004 on natural mineral waters, natural spring waters and table waters Dz.U. No. 276 item 2738.

On the other hand „OPINION" concerning chemical condition of ground water from artesian well No **39** in Kołobrzeg" of **13.09.2016 [18] ,** issued on the basis of report No **135/2016** about water from artesian well No **39** in Kołobrzeg [17], as well as extended physical-chemical analysis of water [16] from the same spring, conducted by the Hydro-geochemical Laboratory (certificate of accreditation PCA nr 1050) of Hydro-geological and Engineering Geology Faculty at AGH in Kraków certifies, "that the ground water satisfies from the artesian well No 39 in Kołobrzeg, complies with the qualitative criteria set out in the Regulations in force of the Minister of Health for mineral waters, spring waters and table waters (Dz. U. from 2011, No 85, item 466) and drinkable waters (Dz.U. from 2015, item 1989)". The water was classified as 0.07% moderately mineralised water (according to the criteria set out in the regulations of the Minister of Health - Dz.U. from 2011 No 85. item 466 and Dz.U. from 2006 item 565) of chlorine-bicarbonate-soda-calcium character [CL-HCO_2 -NA –CA]. Moreover, on the basis of concentration of physical-chemical elements [16,17] in the analysed groundwater, there was performed assessment of its chemical condition according to the criteria set out in the Regulation of the Minister of Environment - Dz.U. from 2016 item 85. – **groundwater from the spring No 39 in Kołobrzeg was classified as the highest class of quality: Class I – water of a very good quality.** In the aforementioned opinion "no excess of maximum allowed levels of concentration for components potentially toxic of natural origin have been found" and the attention was drawn that the "concentrations of allowed levels of concentration for components potentially toxic in the analysed groundwater are by 1-2 order of magnitude lower than the highest allowed concentrations given in the Regulations of the Minister of Health of 31 March 2011 (Dz.U. from 2011, No 85, item 466)". "Concentrations of organic specific components like: benzo(a)pyrene, pesticides and WWA in the analysed ground water are lower from the limit of quantification DL, declared for these components by the

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laboratory and are by 1-2 limits of quantification lower from threshold determined for drinkable waters." Sanitary Inspection Report of the Company: JANTAR Mineral waters LTD, Żurawia 24, 78-100 Kołobrzeg, from 24.10.2016r. [20] was produced following unannounced official inspection of National Sanitary Inspectorate in the scope of: compliance with the regulations of food law concerning mass catering. In this report the scope of activity was defined: production and sale of mineral water; storing and sale of alcohol up to 18% and beer as well as transport of beverages. Moreover, the actual state concerning range of natural artesian water with minerals and types of packaging made of materials permitted for contact with food, were described. There was also given information concerning number of employees and other information characterizing the company. Minimum expiration date of produced water has been specified for 1 year. Technological scheme of the production process of the water "Jantar" is attached to the report. It results from the report, that the Company - Plant JANTAR Mineral Waters LTD, hereinafter called Company at Żurawia 24, 78-100 Kołobrzeg is covered by sanitary audit on the grounds of the Decision No 138/HZ/Z/07 of 31.05.2007 and No 4/HŻ/Z/16 of 01.03.2016 and that in the Company, internal sanitary inspection of the system HACCP, GHP/GMP is conducted. System HACCP in the Company is subject to the audit by external company, the last audit was held on 08.06.2016 and from the test reports made available of 23.06.2016 conducted by the Laboratory MPWiK in Kołobrzeg and it concerned both drinkable water from the water intake in the production hall, as well as from spring water taken from the well No 39 [14], it results that they meet sanitary requirements in the scope of tests: bacteria from coliform group Escherichia coli – presence of faecal enterococci, number of colonies in nutritional agar temp.220°C. Moreover, results of extended physical-chemical analysis of ground water from artesian well of 12.07.2006 No 135/2016 [16,17] were presented – intake raw water, well No 39 on: general and sensory tests, detailed tests: mineral dissociated components, mineral not dissociated components, organic substances, tests conducted by the University of Science and Technology in Kraków and the report of measurement of natural radioactivity of Jantar water sample (w-39) as of the date 2016-07/21 [15], supplied by Jantar Mineral Waters Ltd. and performed by the (St. Staszic) Hydro-geological and Engineering Geology Faculty at AGH in Kraków. The presented according to the tests results, prove that the Producer from time to time performs audit of the quality of water sampled from the intake No 39. As far as audit of bottled water is concerned there were taken microbiological tests, as it is included in par.4 subparagraph 3 item 1 of the Regulation of the Ministry of Health of 31 March 2011 on natural mineral waters, spring waters and table waters, that is: number of bacteria of coliform group, number of bacteria of Escherichia coli, number of bacteria of Pseudominas aeruginosa, number of faecal enterococci, number of anaerobics reducing sulphites (Clostridia) within official inspection of food (official sampling). In 2013 laboratory tests of artesian water with minerals of still, alcaline 1,51 were taken, and in 2014, twice (April and September) of artesian water with minerals of still, alcaline 1,51. The tested samples were not questioned. Furthermore, each time, organoleptic assessment was performed, neither of which indicated any irregularities. Declaration of conformity for materials used in production of packaging permitted for contact with food: bottles and caps [22] was made available. To the report of sanitary inspection there was attached "assessment sheet of production plant [21], with the risk analysis on the grounds of which risks targeting technical-sanitary condition of the company, production hygiene, distribution and sale as well as management of the plant, internal inspection and systems of food safety management were assessed. Category of risk was specified as low risk what indicates the frequency of plant inspection – at least once every twenty four months.

As a result of conducted sanitary inspection in the Company Mineral Waters „Jantar" at Żurawia 24 in Kołobrzeg on 04.11.2016 and on motion[19] of Jantar Mineral Waters Ltd. for approval of the plant and entry to the register of plants, subject to official inspection of Public Sanitary Inspection. New production hall for production of mineral water, Decision No 141/HŻ/Z/16 [23] for approving production hall for producing mineral

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water in PET containers was issued. Change of entry of the plant has also been done: Mineral Waters Plant „Jantar" at Żurawia street 24 in Kołobrzeg in the field of production of mineral waters in PET containers in new production hall [24].

Summing up, the presented documents certify that Jantar Mineral Waters Ltd. in Kołobrzeg at Zurawia 24, obtained approval for ground water extraction from the well No 39 „Jantar" and for production of bottled water from this spring. Water from well No 39 "Jantar" in Kołobrzeg has been qualified as spring water, moderately mineralized of chloride-bicarbonate-sodium-calcium character. This water was classified as the highest class of quality: Class I – water of a very good quality. The Company Mineral Waters Plant „Jantar" at Żurawia 24, 78-100 Kołobrzeg is covered by sanitary inspection. Water from the intake No 39 „Jantar" and in containers is subject to periodical inspection with respect to microbiological, chemical and physical–chemical as well as organoleptic requirements set out in the Regulations of the Minister of Health of 31 March 2011 on mineral waters, spring waters and table waters (Dz. U. from 2011 No 85, item. 466).

Recommendations for persons with diabetes concerning proper hydrating of organism.

Observing reality we can notice that for a man it is more important what he eats than what he **drinks** during the day.

We keep forgetting that water constitutes 60-70% of body mass of an adult, 75% of body mass of a child and in case of newborn – more than 80%. These numbers show how important water is for us. Without water our organism couldn't function correctly. Without water important metabolic processes wouldn't take place. Water is solvent, due to which organism transports nutritional substances and due to its properties we quickly remove products of metabolism, which may become toxic for the organism if we don't get rid of them. Water is necessary for keeping constant body temperature – it takes part in thermoregulation. Each activity of our muscles causes increase of body temperature, water through sweat removes excess of warmth and protects organism against overheating. It is impossible that new cells and tissues are created if there is no water. Those four functions of water show, that neither human nor any other organism can survive without it.

Every human being loses about 2-3 liters of water daily in result of sweating, breathing, metabolic processes and excreting with urine, so water should be regularly supplemented. If we don't drink water we can survive maximum several days and in case of lack of food, the adult person can sustain several weeks. For people with diabetes, proper hydration is essential because diabetes can damage blood vessels and in particular those in kidneys, what in consequence increases risk of disturbances in hydration condition. Moreover, the persons with diabetes take medicine, which decrease thirst and they increase the feeling as if they were taking diuretics.

"For persons with diabetes, the particular importance has systematic, adequate hydration of the organism. Those people however, should avoid liquids and juices with addition of sugar and yoghurts sweetened with sugar. Scientific research prove, that in difficult and challenging task of the body mass control of people with diabetes, low in calories sweetening substances help" – says PHD of medicine Dorota Daniewska from Nephrology Clinic CMKP Hospital at Bielany.

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Moderately mineralized spring water – Jantar, as water of the highest quality [1] can be recommended for people sick with diabetes. The advantage of the water Jantar, in comparison to other spring and mineral waters, from the point of view of nutrition of people sick with diabetes is the fact that it:

- is low sodium water [2]
- has proper proportion of potassium to sodium, due to which sodium-potassium pump in the human body works properly
- as chloride-bicarbonate-sodium-calcium, quickly effectively hydrates and counters hyponatremia
- proper level of sodium, potassium or chloride ensures preserving internal water-electrolyte balance
- contains bicarbonates HCO_3 – perfect factor improving absorbance of calcium and magnesium
- still water has a pH level in the boundaries 7,4 – 7,7 what counters acidification of organism
- contains trace elements such as: iodine, selenium, zinc and strontium
- contains no heavy metals, nor pesticides nor any concentrations of isotopes of radon, radium and uranium
- lacks alpha and beta radiation
- is clear and deprived of contaminants
- is moderately mineralized – that is the best drinkable water for every day
- in the process of bottling no chemical substances, prolonging date of validity, are used

In persons sick with diabetes, there occurs higher possibility of hyponatremia or fall of level of sodium below 135 mmol/l in plasma. Preventive drinking of water Jantar neutralizes such risk. Frequent fluctuations of glycemic level in diabetics very frequently cause acidification of organism. It is caused by acetone produced by the organism. Water Jantar is alkaline what means that it has alkalizing characteristics. In case acidosis occurs in diabetics, Jantar supports restoration of acid-alkaline balance of organism. Additionally, the above mentioned water supports digestion system. Digestion system in persons diagnosed with diabetes, is usually strongly weakened due to the fact that their liver and pancreas do not function properly enough. In such case drinking alkaline water is recommended. Taking care after circulatory system in the following element of their daily prophylaxis. And it is the reason to ensure proper functioning of alkaline-potassium pump in a man. Jantar supports work of this pump because in its composition it has perfect relation of potassium to sodium.

Included in the composition, trace elements such as: iodine, selenium, zinc and strontium, have also positive influence on human health. Iodine is responsible for correct functioning of thyroid. Zinc supports functioning of immune system. Selenium is responsible for proper functioning of thyroid and influences boost of immune system. Strontium actively participates in forming skeletal system.

[1] AGH in Kraków, Faculty Department of Geology, Geophysics and Protection of Environment, Hydro-geological and Engineering Geology Faculty, Hydro-geochemical Laboratory, Opinion concerning chemical condition of ground water from artesian spring No 39 in Kołobrzeg, Kraków 2016

[2] Regulations of the Minister of Health of 31 March 2011, Dz. U. No 85 item 466

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In his opinion on water Jantar of 17.01.2017, Prof. PHD of Medicine Michał Nowicki (Nephrologist, Hypertension specialist) writes: "Due to moderate quantity of sodium, potassium and magnesium, water Jantar may be also recommended for people who are diagnosed with hypertension and belong to risk groups of development of hypertension and diabetes".

Summary

These values and recommendations of the water Jantar are the reasons why we recommend drinking this water by the diabetics.

NOTICE

This opinion was prepared on the basis of the documentation presented by the Producer and the knowledge of Experts in this aspect.

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Website
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