



SODIUM 3,1 mg/L

TDS TOTAL DISSOLVED SOLIDS 28,5 mg/L

from the Italian Alps

FOR OUR CHILDREN

Children are our window to the future: when we look at them, we imagine a future of love, **technological innovation and care for the environment that they will live in**. But their future depends on what we do today, down to the "little" things. This is because water is a true nutrient complete with many essential substances for the human body. **And in choosing the right water, a few significant factors have to be considered:** age, gender, level of physical activity and individual body characteristics can tell us which choice is best.



Its extraordinary qualities make it **perfect for the preparation of food and drink for infants**, as recognised by the Ministry of Labour, Health and Social Affairs.

Did you know that **water helps prevent tooth decay?**



Recent studies conducted by the department of Paediatric Dentistry at the University of Buenos Aires have shown that children's consumption of soft drinks, such as fruit juices and sour drinks, lowers the saliva's pH level, **the teeth's natural protective barrier against cavities**.

For infants, **water is fundamental in diluting cow's milk or mixing with powdered milk** and the characteristics of some kinds of water can negatively influence the absorption and digestion of the milk itself. Studies suggest that **the best water, from a neonatologist's point of view, has low or minimal mineral content**, as it poses no risk of excess salt or depletion of reserves of newborns, even if premature. Additionally, **low sodium content protects their delicate heart activity**, which is easily affected by excess salt in the body.

Drinking mineral water is recommended **to restore and maintain pH at the right levels** and to allow the calcium ions and fluorides in it to work.

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Vallechiara natural mineral water, for its level of minerals, **its low nitrate and sodium content and its purity** (ensured by numerous checks), is recommended for the preparation of food for infants, as recognised by the Ministry of Labour, Health and Social Affairs – Directorate General of Prevention – (15 December 2008) with order 3860.

TERME VALLECHIARA USES CLEAN ENERGY



**ENERGIA
PULITA**

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