

The following table shows the TDS values (Total Dissolved Solids, in mg/l or ppm) of selected, internationally well-known mineral waters, by comparison:

Water	TDS (approx.) - in mg/l or ppm	Category / Impression
Lauretana (Italy)	~14	extremely low in minerals, light and mild in taste
Voss (Norway)	~44	very low in minerals, neutral
Black Forest (Germany)	~46	very low in minerals
Volvic (France)	~130	low, mild
Fiji (Fiji Islands)	~224	rather low
Evian (France)	~340	medium, smooth
San Pellegrino (Italy)	~1,100	high, distinctly mineralized
Contrex (France)	~2,000	very high mineral content
Gerolsteiner (Germany)	~2,500	extremely high mineral content, strong or harsh in taste

With a TDS value of only about 14 mg/l, Lauretana is one of the lowest-mineral waters in Europe – and yet it is a favorite among health-conscious people and gourmets. Its extremely low mineral content makes Lauretana particularly easy to digest. Since minerals in food are usually present in a much more bioavailable form than in water, this low-mineral water is ideal for people who prefer to cover their mineral needs primarily through their diet. Due to its low amount of dissolved solids, it tastes very soft and neutral. For this reason, it is often recommended for people with sensitive stomachs or even for preparing infant formula. In addition, it is low in sodium and therefore well suited to a low-salt diet.

A high mineral content, on the other hand, means that the body has to work harder to metabolize the water. People with sensitive stomachs or kidney problems may have more difficulty tolerating such water. Many find highly mineralized waters such as San Pellegrino, Contrex, or Gerolsteiner to be “heavy,” “hard,” or “filling,” and do not prefer them as thirst quenchers for daily consumption.

Minerals mainly influence the chemical and taste stability of water—they act as buffers for the pH value and give it its characteristic flavor. For the body’s mineral supply, however, drinking water plays only a minor role: on average, water covers at most about 20% of daily mineral needs, often considerably less. The microbiological quality of water, in turn, is not determined by minerals but by factors such as origin, treatment, and transport.

Just as the world's springs differ widely in their TDS values, there is no universally valid ideal value from a health perspective. What really matters are personal factors such as taste, individual tolerance, and one's own requirements for water. In our view, drinking water should be neither completely free of minerals nor excessively mineralized. For further details, see the section:

“Why is the tap water in the AQUANTIS UrQuelle® Diamond system first completely purified and demineralized, and then specifically enriched with minerals again?”