South Tyrolean Water



Why does the taste of different mineral waters vary and which minerals influence the flavour?

Even though it is normally considered not to have any flavour, it is still possible to taste the difference between different varieties of water. It's not just water experts who are able to recognise the subtle distinctions; the average palate is also capable of telling the difference between waters purely by taste.

The water's mineral content is the key to its flavour:

SODIUM & CHLORIDE	The higher the sodium content, the saltier the flavour of the water.
SULPHATE	Waters which are rich in sulphate taste slightly bitter. Since they stimulate digestion to a certain extent, they are considered to be "anti-alcoholic bitters".
IRON	Waters with a high level of the trace element iron also often taste "metallic".
CARBON DIOXIDE	Carbon dioxide tastes slightly acidic. Carbon dioxide is a flavour carrier that strengthens the water's characteristic taste.

Mineral waters with a low mineral content are described as "soft" and "mellow" on the palate.

The goodness in the water – its contents

Sodium (Na): Sodium regulates the body's fluid balance and is important for stimulating nerves and muscles. A lack of sodium is manifested by physical weakness, nausea, palpitations, cramps and even complete circulatory collapse.

Potassium (K): Potassium has a range of important functions. For example, it is involved in regulating the body's fluid balance, activating different enzymes and supporting the acidalkaline balance and it also plays a part in the stimulation of the nerves and muscles.

Calcium (C): Like potassium, calcium also has many key tasks in the body: it is involved in building up the bones and teeth, and is also responsible for blood coagulation and regulating the heart rate. Symptoms of a lack of calcium can be seen in damage to the teeth, hair and nails, an irregular heart beat and in some cases osteoporosis.

Chloride (Cl): Chloride works in tandem with sodium. It is therefore also responsible for maintaining the fluid balance and in addition supports digestion as a constituent part of the stomach acids. Problems with the digestive tract (diarrhoea) are symptomatic of too low a level of chloride consumption over the course of the day.

Magnesium (Mg): Magnesium is known as the body's fitness trainer. It plays a part in numerous metabolic functions, in activating enzymes for energy extraction and in the stimulation of muscle and nerve fibres. In addition, it also helps to prevent heart attacks and dilate the blood vessels in the heart. Symptoms of a lack of magnesium include headaches, dizziness, a rapid heart beat, an inability to concentrate and poor circulation.

Sulphate (S): Sulphur salts help the body to properly dispose of waste products. They promote digestion, influence the function of the gall bladder and have a cleansing effect on the liver.

Fluoride (F): Like calcium, fluoride has an important role in the structure of bones and teeth. In addition it is also responsible for the hardening of the tooth enamel and prevents the build-up of plaque. Growth disturbances or brittle bones and teeth are possible symptoms of a lack of fluoride.

Iron (Fe): As a significant part of the red blood pigment haemoglobin, iron is responsible for central processes such as the accumulation and release of oxygen in the blood. Symptoms of a lack of iron can include pallor and tiredness.

Tips for enjoying mineral water

Pure mineral water is a refreshingly natural, enjoyable drink. Here are some hints to help you enjoy this taste experience to the full:

- Mineral water tastes best cool. Like wine, water best reveals its characteristic flavour at moderate temperatures. Therefore if you are keen to preserve the individual flavour of your water, you would be best advised not to chill it too much. Above all, this will protect the stomach, as it is harder for it to tolerate water that is too cold. The recommended temperature is between 7 and 10 °C.
- Even though many restaurants and pubs add an obligatory slice of lemon, for the true water lover lemon does not belong in a glass of mineral water. The fruit acids interfere with the natural flavour and distort its purity.
- True gourmets appreciate natural mineral water as the ideal accompaniment to an excellent meal. Drunk between two courses, it neutralises and refreshes the palate and is the perfect way to prepare the palate for a change of flavours. A glass of mineral water before and during the meal will soften hunger pangs and make you feel fuller more quickly.
- Apart from this, water is an inexpensive beauty tonic. It supplies the skin with the necessary fluids to prevent it from appearing flabby, tired and pale.

"Sanct Zacharias" mineral water - Brenner

Sanct Zacharias is the only thermal spring in South Tyrol. This water is distinguished by a rare balance between the main components and ingredients. It combines significant quantities of calcium and magnesium, sodium and potassium, bicarbonate, sulphate, carbon dioxide, trace elements and other elements in a unique blend. Other features are its neutral pH value (pH 7.00) and bacteriological purity.

Effects

Drinking the waters of the Sanct Zacharias spring is recommended primarily to prevent kidney stones and arterial high blood pressure; in comparison to other waters it has a greater diuretic effect. Inhalation therapies are soothing respiratory diseases or hay fever; baths are efficient in case of rheumatism, gout, skin -, stomach - or female diseases.

Main Constituents

Bicarbonate (HCO ₃)	mg/l	260
Chloride (Cl)	mg/l	11
Nitrate (NO ₃)	mg/l	1
Sulphate	mg/l	115
Fluoride (F)	mg/l	0.4
Calcium (Ca)	mg/l	111
Magnesium (Mg)	mg/l	12
Sodium (Na)	mg/l	9.5
Potassium (K)	mg/l	1.9
Silicon dioxide (SiO ₂)	mg/l	9.5
Bromine	ug/l	100
Iodine	ug/l	8.8

Source temperature	°C	21.5
Water pH value		7.24
Electrical conductivity (20°C)	µS/cm	580
Total residues (180°C)	mg/l	400
Total hardness	°F	32.8
Dissolved gases in one litre		
Dissolved oxygen O ₂	mg/l	6.5
Carbon dioxide	mg/l	28





Sanct Zacharias Mineral	Water
0.75 I carbonated	€ 4.75
Sanct Zacharias Mineral	Water € 4.75

"Kaiserwasser" Mineral Water - Innichen



The natural **Kaiserwasser** mineral water originates in the village of Innichen at 1,323 metres above sea level. The beginnings of the Wildbad baths in Innichen are believed to go back to the time of the Illyrians and Romans. Wildbad Innichen is first mentioned in the records in 1586. Wildbad Innichen is home to 5 springs, one of which is the Kaiserwasser spring.

Main Constituents

Potassium (K+)	mg/l	0.7
Hydrogen carbonate (HCO ₃ -)	mg/l	240
Chloride (Cl-)	mg/l	0.6
Nitrate (NO ₃ -)	mg/l	1.3
Silicon dioxide (SiO ₂)	mg/l	7.3
Fluoride (F-)	mg/l	0.8
Sulphate (SO ₄ ² -)	mg/l	455
Sodium (Na+)	mg/l	1.4
Magnesium (Mg ₂ +)	mg/l	46
Calcium (Ca ₂ +)	mg/l	196



Effects

Kaiserwasser was primarily taken as a part of a cure that has proved effective for stomach ulcers, kidney stones, female diseases and infertility. Baths are effective in case of arthritis, whereas inhalations are able to soothe asthma and bronchitis. Kaiserwasser was also used to treat ski diseases.

Source temperature	°C	8.3
Water pH value		7.78
Electrical conductivity (20°C)	µS/cm	980
Total residues (180°C)	mg/l	830
Ammonia, nitrite not detectable		
Dissolved gases in one litre		
Dissolved oxygen O ₂	mg/l	9.5
Carbon dioxide CO ₂	mg/l	9

Kaiserwasser Mineral Water 0.75 I carbonated	€ 4.75
Kaiserwasser Mineral Water 0.75 l still	€ 4.75

"Lavaredo" Mineral Water - Innichen

The natural **Lavaredo** mineral water originates in the village of Innichen at 1,320 metres above sea level. The beginnings of the Wildbad baths in Innichen are believed to go back to the time of the Illyrians and Romans. Wildbad Innichen is first mentioned in the records in 1586. Wildbad Innichen is home to 5 springs, one of which is the Lavaredo spring.

Main Constituents

Sodium (Na+)	mg/l	2.6
Potassium (K+)	mg/l	0.8
Magnesium (Mg ₂ +)	mg/l	75
Calcium (Ca ₂ +)	mg/l	333
Hydrogen carbonate (HCO ₃ -)	mg/l	232
Fluoride (F-)	mg/l	1.5
Chloride (Cl-)	mg/l	< 1
Sulphate (SO ₄ ² -)	mg/l	848
Nitrate (NO ₃ -)	mg/l	<0.5
Silicon dioxide (SiO ₂)	mg/l	8.66

Water Analysis

Source temperature	°C	7.3
Water pH value		7.43
Electrical conductivity (20°C)	µS/cm	1480
Total residues (180°C)	mg/l	1450
Oxidability	mg/l	<0.5
Dissolved gases in one litre		
Dissolved oxygen O ₂	mg/l	21
Carbon dioxide CO ₂	mg/l	4.9





Effects

The Lavaredo spring has been used for centuries in cures for chronic stomach inflammation and is thus known as "stomach water". In addition, Lavaredo water promotes digestion and cleanses the liver and gall bladder.

Lavaredo Mineral Water 0.75 I carbonated	€ 4.75
Lavaredo Mineral Water 0.75 l still	€ 4.75

"Meraner Mineral Water San Vigilio" - Vigiljoch

The **Meraner Mineral Water** of the St. Vigil springs flows from its source above the spa town of Meran at a height of 1,540 metres above sea level. The Meraner mineral water, which rises up through what are known as "acidic" stones, has a relatively acidic pH value. As gneiss and granite primarily contain only a little calcium (Ca) and magnesium (Mg), the content of these compounds in the water is also low. In this type of water however, there is more silicon (Si), sodium (Na) and potassium (K), elements that are among the acidic compounds.

Effects

Thanks to the varying composition of its mineral nutrients, the Meraner mineral water can have a purgative effect. In addition it is also suitable for lowsodium diets. Inhalation therapies are very efficient in case of inflammation of the respiratory tracts; with baths can be treated rheumatic diseases.

Main Constituents

Sodium (Na+)	mg/l	3.8
Potassium (K+)	mg/l	0.8
Magnesium (Mg ₂ +)	mg/l	1.3
Calcium (Ca ₂ +)	mg/l	5.4
Hydrogen carbonate (HCO ₃ -)	mg/l	19
Fluoride (F-)	mg/l	1.2
Strontium	mg/l	0.02
Nitrate (NO ₃ -)	mg/l	0.8
Silicon dioxide (SiO ₂)	mg/l	18.8

Source temperature	°C	6
Water pH value		
Electrical conductivity (20°C)	µS/cm	940
Total residues (180°C)	mg/l	
Oxidability	mg/l	
Dissolved gases in one litre		
Dissolved oxygen O ₂	mg/l	
Carbon dioxide CO ₂	mg/l	





Meraner Mineral Water 0.75 I carbonated	€ 4.75
Meraner Mineral Water 0.75 still	€ 4.75

"Pejo" Mineral Water – Stilfser Joch National Park

The **Pejo** mineral water originates in the Ortler-Cevedale mountain range. In Pejo there are three different types of mineral water that differ from one another quite considerably: "Antica Fonte", "Nuova Fonte" and "Fonte Alpina". The "Fonte Alpina" has a lower mineral content and an almost neutral pH value.

Effects

The water from Pejo is like a fountain of youth: it helps to keep you fit and healthy and compensates for metabolic imbalances. Above all, the Pejo thermal water is useful for respiratory tract illnesses, circulatory complaints and rheumatic and dermatological conditions.

Main Constituents

Sodium (Na+)	mg/l	2
Potassium (K+)	mg/l	1.7
Magnesium (Mg ₂ +)	mg/l	4.8
Calcium (Ca ₂ +)	mg/l	16.7
Hydrogen carbonate (HCO ₃ -)	mg/l	52.1
Fluoride (F-)	mg/l	
Sulphate (SO_4^2-)	mg/l	23.7
Nitrate (NO ₃ -)	mg/l	2.9
Silicon dioxide (SiO ₂)	mg/l	7.0





Source temperature	°C	7
Water pH value		6.9
Electrical conductivity (20°C)	µS/cm	125
Total residues (180°C)	mg/l	85.2
Oxidability	mg/l	
Dissolved gases in one litre		
Dissolved oxygen O ₂	mg/l	
Carbon dioxide CO ₂	mg/l	

€ 4.75
€ 4.75

"Plose" Mineral Water – Bressanone/Brixen



The **Plose** spring water originates on the south-eastern flank of the Plose Mountain on the edge of the Puez national park in the heart of the South Tyrolean Alps at 1,870 metres above sea level. The particular geological and geophysical features of the earth and rock from which the Plose mineral water originates lend the water its special character, which is expressed through a combination of low dry residues, a perfect pH value and high oxygen content.

Main Constituents

Sodium (Na+)	mg/l	1.3
Potassium (K+)	mg/l	0.2
Magnesium (Mg ₂ +)	mg/l	1.8
Calcium (Ca ₂ +)	mg/l	2.6
Hydrogen carbonate (HCO ₃ -)	mg/l	15
Fluoride (F-)	mg/l	
Sulphate (SO ₄ ² -)	mg/l	3.1
Nitrate (NO ₃ -)	mg/l	1.3
Silicon dioxide (SiO ₂)	mg/l	5.9

Effects

Plose water is ideal for long term consumption, as it has a purifying, cleansing effect. Plose water was used for inhalation therapies, baths and water cures: gout, metabolism, urinary tract infection, kidney - and urinary tract stones.

Source temperature	°C	5.5
Water pH value		6.6
Electrical conductivity (20°C)	µS/cm	27
Total residues (180ºC)	mg/l	22.0
Oxidability	mg/l	
Dissolved gases in one litre		
Dissolved oxygen O ₂	mg/l	10
Carbon dioxide CO ₂	mg/l	9.4

Plose Mineral Water 0.75 I carbonated	€ 4.75
Plose Mineral Water	
0.75 still	€ 4.75

Oxygenated water in the AROSEA

Oxygenated water is a mineral water or a high quality drinking water that has been enriched with additional oxygen. Using innovative procedures it is possible to increase the natural oxygen content of the water. In the process the natural combination of oxygen and water is retained, however it is changed to a more concentrated form – up to ten times greater - and thus its effect is intensified.

Oxygenated water is a special tonic that is particularly suited to helping you to achieve a better quality of life. A water that accrues its strength from the combination of the two essences of water and oxygen. A multitude of positive characteristics and effects have been demonstrated by numerous clinical and medical treatments:

- it strengthens the immune system and increases natural resistance
- increases physical performance and vitality
- > boosts stamina
- > relieves tiredness and exhaustion
- alleviates allergies and neurodermatitis
- reduces circulatory problems (headaches, migraines, helps to lower blood pressure etc.)
- supports and harmonises digestive processes and improves expulsion of waste products
- boosts the metabolism
- helps with weight loss through increased / optimised burning of fat
- > generates a feeling of wellbeing



1 carafe of oxygenated water 0.75 | € 6.50

Grander Water – vitalised water in the AROSEA

The original **GRANDER water** is a water that has been vitalised using Johann Gander's natural process that right from its source embodies all of the prerequisites that signify a pure, high quality and bacteriologically flawless drinking water. The uniqueness of this water lies in the fact that it can be stored while remaining fresh for years. This is achieved in a completely natural way through water vitalisation, without the addition of any additives or conventional water treatment methods.

When it comes out of the source, water is a pure elixir: natural and pristine, full of energy and freshness. But on its long way to us it loses much of its liveliness. It is forced through long pipelines and is constantly subjected to stress, pressure and environmental influences. As a consequence, the natural structure of the water changes. Johann Grander succeeded in returning the water to its original condition. The water is revitalised and regains its power and strength.

Johann Grander's method of revitalising water reconstructs its original stability transfer of condition. The and the information is principle of GRANDER's water revitalisation. This means that water can transfer information to other water, without coming into immediate contact with it. This means that the characteristics of the vitalised water are passed on to the fatigued water, in other words the stressed water is returned to its natural condition. The water's internal structure is strengthened and this makes it better able to resist external influences. Weakened water recovers, it becomes powerful and strong again. In the process nothing is added to it and nothing is taken away.





1 carafe of Grander water 1 I (vitalised water)