

LAURETIANA[®]

The lightest water in Europe



Product Information

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1. Water – a precious resource

Water is the essential commodity for any living being, a fundamental element required every day by every human, animal and plant.

Water covers about 71% of the earth's surface with a volume of approximately 1,450 million cubic kilometres. However, fresh-water amounts to less than one million cubic kilometres.

Water is therefore a very valuable commodity.

1.1. The water supply

1.1.1. Tap water

Water is not always the same, due to impurities dissolved in it. In many countries, tap water nowadays is regarded as undrinkable because of its contamination with harmful substances and bacteria, potentially poisoning the body or transmitting diseases. Typical contaminants which can make the water impure are chlorine, heavy metals (arsenic, lead, copper, nickel, zinc, cadmium, manganese, thallium and uranium), radioactive elements (radium 226, 228), asbestos fibres, microbial contaminations, excreted pharmaceutical breakdown products (e. g. hormones, antibiotics), pesticides and herbicides.

Tap water must be filtered, chlorinated, treated with ozone or irradiated with UV light so that it can be classified as "clean" and reintroduced into the water lines.

1.1.2. Water dispenser

For this purpose, various types of water are in use: Tap water, treated water or spring water of indeterminate origin. The sterilisation occurs in a similar way as with tap water. As a result of the penetration of air during the withdrawal of water, the water in the container starts to form bacterial growth. The heavy-metal problem is the same as with tap water (see above).

1.1.3. Mineral water – the answer to the drinking water problem?

The well-known mineral waters – exactly like other industrialised mass products – are bottled in hundreds of millions of litres, irrespective of the natural resources. Ozone aeration or UV irradiation is utilised for preservation of conventional mineral waters. Ozone is toxic, even if it is introduced into water as gas and not detectable after bottling. UV radiation in the water promotes the formation of strong reactive free radicals, which could lead to cancer.

Particularly stringent guidelines apply to mineral waters which are recommended "for preparation of baby food". The World Health Organisation (WHO) states limiting values for certain constituents, which may not be exceeded. We will come back to the recommendation of the WHO in a later chapter.



Toxic uranium in mineral water

The heavy metal uranium is classified as particularly hazardous because of its toxic properties. The German expert for uranium in drinking water, Professor Ewald Schnug from the University of Brunswick, states that "even a single atom of uranium can cause cancer". Babys and infants are particularly endangered, because uranium affects kidneys, lungs, liver as well as the bone marrow.

Only waters which are completely devoid of uranium can be rated as safe.

Most waters – no matter whether from the bottle, dispenser or the tap – lack naturalness and vitality!

The best choice is natural, artesian mountain spring water that has the highest purity without being artificially sterilised.

2. LAURETANA – "The lightest water in Europe"

LAURETANA, the alpine spring water from the Italian Monte Rosa mountain, is classified as mineral water due to its unspoilt quality and the immediate bottling at the source. On account of its extraordinary purity and uncompromising unspoilt natural state in origin and bottling, holistically oriented water experts and consumers swear by "the lightest water in Europe".

With only 14 milligrams of dissolved solids per litre, LAURETANA is extremely low mineralised. This is why one also gladly speaks of the "softest" natural water on our continent. Therefor LAURETANA is the right alternative to hard tap- and mineral waters with high concentrations of calcium carbonate (chalk) and salt. Everyone tastes the difference: There is no water more digestible and easily drinkable than LAURETANA.

The LAURETANA spring is known for its special physical stability, which leads to greater natural durability. The water therefore can be bottled unfiltered and without sterilisation through ozone or UV irradiation.

Because of its infinitesimal concentration of calcium carbonate and salts, as well as the absolute purity from heavy metals (e. g. uranium, arsenic), LAURETANA – the lightest drinking water in Europe – outstandingly supports fasting and mineral water drinking cures and is optimally suitable for low-sodium diets as well as the preparation of baby food.

LAURETANA, the optimal drinking supply:

- "The lightest water in Europe" with only 14 milligrams of dissolved solids
- Soft drinking pleasure that covers the daily water requirements with ease
- Free from harmful substance, above all uranium and arsenic
- The "fasting water" for holistically oriented, aware people
- Suitable for low-sodium diets
- Optimal for babies and infants
- The perfect water for any age, every day!



3. The classification of mineral water

The classification of a mineral water depends on the residual amount of salts contained in it, which is defined as solid residue. The solid residue is determined through evaporation of the water at 180 °C. The remaining residue, expressed in milligram/litre or gram/litre, represents the accumulation of salts which characterises every single mineral water.

Classification:	< 50 mg/litre	> 50 < 500 mg/litre	>1500 mg/litre
	Water with very slight content of minerals	Water with slight content of minerals	Water rich in minerals

LAURETANA – “The lightest water in Europe”, defines itself by its especially slight concentration of dissolved solids – only 14.0 mg/litre!

No natural mineral or spring water in Europe shows a lower solid residue.

The LAURETANA profile

Altitude of spring:	1,050 m above sea level
Classification:	Water with very low concentration of minerals

Physical-chemical properties

Solid residue at 180° C	mg/l	14.0
Total hardness in German degrees	°dH	0.207
Water temperature	°C	9.7
Specific electric conductivity at 20 °C	µS/cm	17.6
Electric resistance	Ohm	> 60,000
pH value		6.6
Oxygen content	mg/l	11
Thallium		not detectable
Arsenic		not detectable
Manganese		not detectable
Uranium		not detectable

Ions	chem. symbol	mg/l
Calcium ion	Ca ⁺⁺	1.00
Magnesium ion	Mg ⁺⁺	0.30
Sodium ion	Na ⁺	1.10
Potassium ion	K ⁺	0.33
Hydrogen carbonation	HCO ₃ ⁻	3.60
Sulphate ion	SO ₄ ⁻⁻	1.40
Fluoride ion	F ⁻	not detectable
Chloride ion	Cl ⁻	0.42
Nitrate ion	NO ₃ ⁻	1.90
Silic ion	SiO ₂ ⁻	5.80

4. The area of LAURETANA springs

The LAURETANA company owns a hydro-geological area that spans in the alpine area of the Biellese mountains in the north of the Italian Piedmont region. The territory is unspoilt, free of any settlement and stands under nature conservation. The spring water, due to its deep stratum, is not subject to any risks of contamination.

LAURETANA has its origin in the 4,600 metres high Monte Rosa mountain, on the border between Switzerland and Italy. From there "the lightest water in Europe" flows in deep bends to the artesian spring at an altitude of 1,050 metres. The rocky course bed consists of crystalline granite rock, an age-old geological formation. It filters and protects LAURETANA against possible impurities, makes it microbiologically pure and mineralises it in the lowest extent.

Artesian springs rise by themselves and are considered as mature, vital waters. Following holistic principles, only the quantity of water which nature voluntarily gives to mankind will be bottled. Industrial pumping – and thus an excessive intervention in water reserves, as it is common practice with conventional mineral waters – is resolutely refrained from.

5. Bottling

LAURETANA – "The lightest water in Europe" – is bottled in Graglia, flowing freely, only by means of natural gravity and without the use of conservation methods like ozone aeration or UV irradiation. Bottling without the use of pressure conserves the LAURETANA water in a unique way – a total of 8 to 10 seconds passes before a bottle is filled. So taste, quality and natural durability will be optimally retained.

Manufacturers of the modern production facilities are: Krupp, Kronos, Simonazzi, Sasib, Sarcmi, Tekal, Fis, Acmi and Procomac. The bottling takes place in glass (non-returnable and returnable) as well as PET bottles (own production of PET bottles).

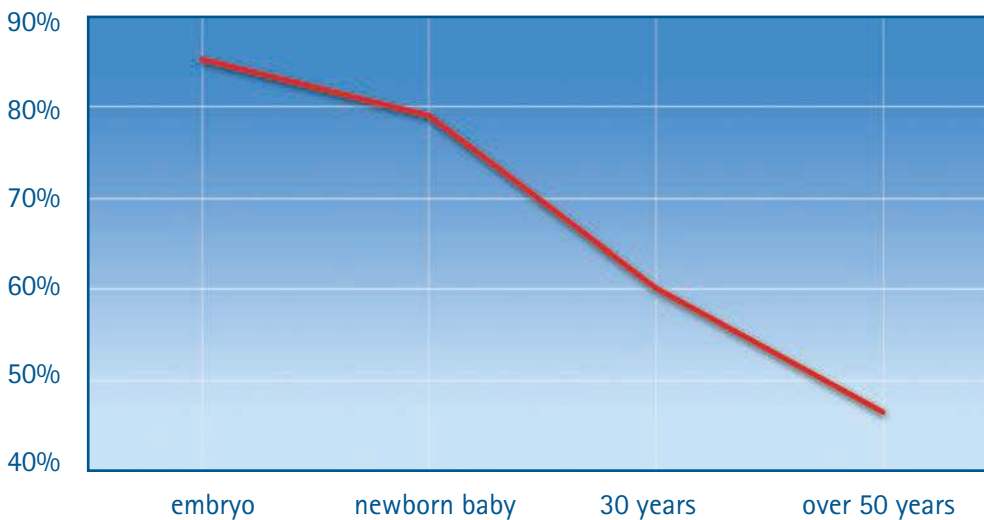


6. Medical experiences concerning the curative effect of the "lightest water in Europe"

6.1. The importance of water in the body

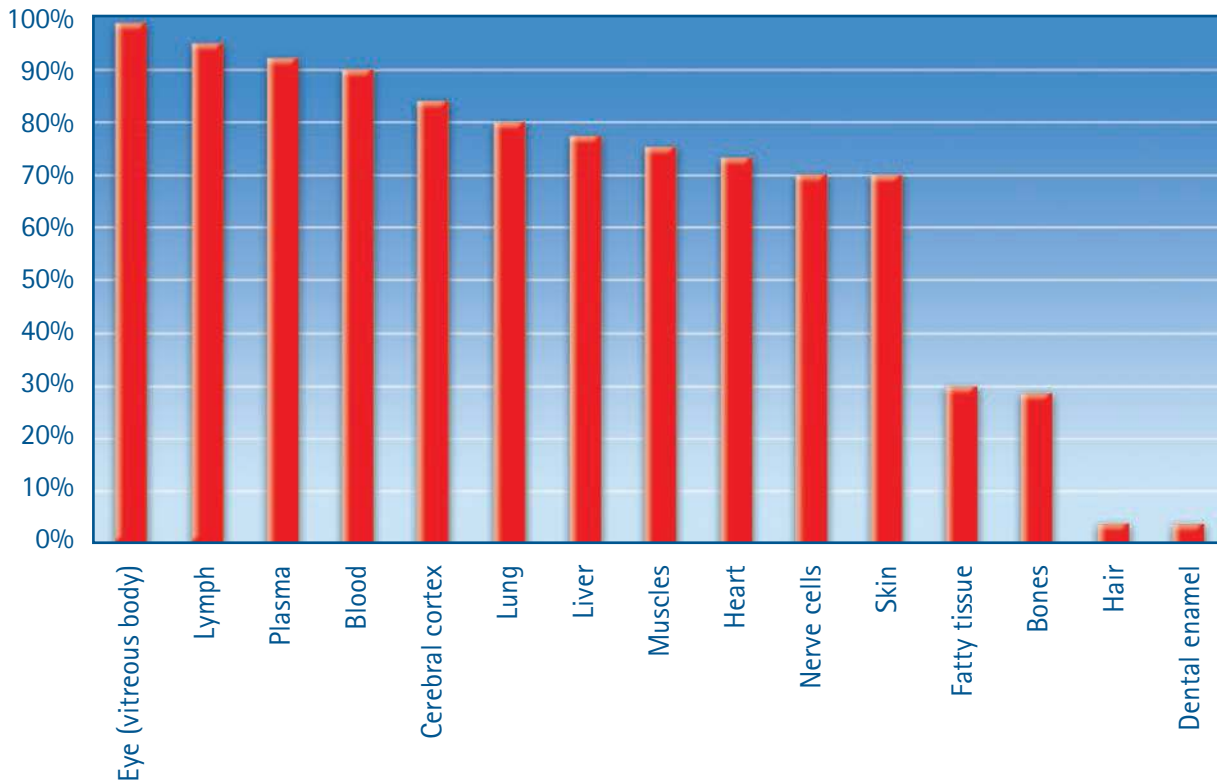
At birth, a human consists of over 90% of water, upon natural death of approximately 45% of water.

Water content in the course of life



The water content in the body is directly correlated with the ageing process. Whoever drinks a lot of water lives longer, healthier and retains youthfulness and beauty. All body functions such as blood circulation and digestion are dependent on a positive water balance in the body. If we do not drink enough over a long period, blood pressure increases and cholesterol can deposit in dangerous amounts. Fat cells will hardly be broken down, skin becomes dry and pale and is prone to cellulite – also one of the possible consequences of a metabolism that has become lethargic through water deficiency. We must learn that drinking water is the prerequisite for vitality and attractiveness! Moreover, modern medicine confirms that many chronic illnesses are attributable to water deficiency; for instance chronic back pains or migraines. This is why one speaks of "water illnesses".

Water content Organs / Tissue



The cerebral cortex consists of 84%, muscles of 75%, the heart of 74% and nerve cells of 70% of water!

The World Health Organisation (WHO) recommends drinking at least 30 millilitres of pure water per kilogram of body weight daily to maintain lifelong health.

Lemonades, shakes, sugared juices as well as sugared tea and coffee are stimulants, and do not serve the body's supply of liquids. On the contrary: they take water away from the body, burden it with colorants and preservatives, and because of their high sugar content support obesity and the formation of the endemic disease diabetes.

"Stimulant drinks are liquids with very different biological-physical properties than unadulterated, energy-rich spring water, which is like balm for the body."

Dr. med. Ivan ENGLER, Salzburg/Austria



6.2. Tasks of water in the body

6.2.1. Water regulates metabolism

Water dissolves nutrients of food (proteins, carbohydrates, vitamins, minerals...) and transports them via blood circulation to billions of cells in the body. There the nutrients are metabolised – i. e. transformed into energy – and thus persistent cellular function is ensured. The numerous waste products such as uric acid will be dissolved in water and taken away for excretion via the kidneys.

Nutrient transport to the cell and removal of metabolic waste products from the organism are the main tasks of water in the body. A water supply as recommended by the World Health Organisation (WHO) is the basis of a healthy metabolic regulation. A healthy metabolic regulation is the basis of our health.

Drinking water means being healthy and staying healthy.

6.2.2. Water regulates the body temperature

Water helps to maintain the body temperature of about 37° Celsius. When we exert ourselves or high temperatures prevail, sweat forms and evaporates on the skin. At the same time, a cold film is created on the surface of the skin, which influences the body temperature. Without water evaporation the body temperature would rapidly climb above 41° Celsius, which would result in a fatal heatstroke.

A good water supply in the body allows us to endure temperature extremes, above all considerable heat. Cardiovascular disorders on account of physical dehydration caused by high temperatures can be prevented through drinking water.

6.3. "Light" mineral water is healthy mineral water

Water acts as a solvent in the body, it purifies the organism.

Water must be transportable so it easily fulfills its tasks in the metabolism and engenders health and well-being.

Modern medicine attributes water with low concentration of minerals the capability of being able to eliminate metabolic waste products from the body. Low mineralised water has a high solvent capacity. In the organism such water functions like a sponge with high suction force, transporting away metabolic waste products.

We are speaking about "light" or "soft" water, with an extremely low calcium carbonate (chalk) and salt content.

Conventional mineral water contains 500, 1,000 or more milligrams of dissolved solids per litre.

Light, slightly mineralised water contains less than 50 milligrams of dissolved solids per litre.

LAURETANA with 14 milligrams of dissolved solids only is the lightest water in Europe.

"Only low-mineral content water such as LAURETANA tend towards balancing their free bonding valences. Only such water can function as a biological carrier medium."



Univ. Prof. Dr. Florian Überall,
Innsbruck Medical University/Austria

6.4. Minerals in the mineral water

The minerals dissolved in water are absorbed at a rate of about 35% (bioavailability). However, the quantities of the essential minerals calcium, magnesium and potassium dissolved in the water are very low and do not play any role in the body's mineral supply.

The argumentation from conventional mineral water companies – claiming their products would be "healthy" on account of their mineral content – is not comprehensible. In its "Guidelines for Drinking Water Quality", the World Health Organisation (WHO) points out that "there are no convincing scientific supporting data for the postulated positive effects of such mineral waters".

The example of a well-known European product shows how poor most conventional mineral waters are in essential minerals:

	Constituent	(Bioavailable)	Daily requirement	Quantity required to cover the daily requirement
Calcium:	78 mg	27 mg	1000 mg	37 litres
Magnesium:	24 mg	8.4 mg	400 mg	48 litres
Potassium:	1 mg	0.35 mg	1000 mg	2,857 litres

Our body obtains essential minerals from a healthy diet, not from mineral water!



6.5. Clinical study concerning the salutary effects and the digestibility of the slightly mineralised LAURETANA water

University of Turin, Clinical Pharmacology, Prof. Mario Eandi, May 2000

Since 1978, clinical studies concerning the curative effect of LAURETANA have been conducted at regular intervals. The latest study findings of the University of Turin confirm the outstanding benefit of the "lightest water in Europe".

- **LAURETANA promotes the excretion of uric acid**

Due to its extremely low mineralisation (only 14 milligrams per litre), LAURETANA bonds the harmful metabolic waste product uric acid and exports it from the organism.

- **LAURETANA enhances diuresis**

The quantity of diuresis and thus the detoxification capacity of the kidneys increases.

- **LAURETANA lowers the systolic blood pressure**

The "lightness" of LAURETANA water leads to a significantly higher sodium excretion. This effect proves to be soothing for high blood pressure patients.

- **LAURETANA helps with stasis oedemas**

LAURETANA promotes the water exchange in the connective tissue and helps to eliminate venous stasis oedemas without administration of medicaments.

- **LAURETANA promotes the digestive function**

- **LAURETANA shows a perfect digestibility and compatibility**

Azotaemia, creatininaemia and uricaemia decrease as well as the sodium content in the blood. Apart from that the electrolytic equilibrium in the body remains unchanged. An augmented excretion of essential minerals such as calcium, magnesium or potassium is to be ruled out.

LAURETANA is suitable for the preparation of baby food and enteric nourishment

LAURETANA is a natural curative which helps the body to get rid of illnesses without side effects.

6.6. LAURETANA helps us.

6.6.1. Uric acid, the enemy in our food

Uric acid is the decomposition product of purine metabolism. It is bonded to water (80%) and excreted via the kidneys. Purines are often efficiently absorbed from food, where they are found in high concentration. Considering the extent of meat consumption in our time, it is not surprising that illnesses associated with high uric acid level (hyperuricaemia) – such as obesity, high blood pressure, kidney stones, gout and diabetes – have advanced to endemic diseases.

Today the problems of uric acid concern almost everyone. But how can we protect ourselves against uric acid or the respective decomposition in our body?

- Do without strong uricopietic foodstuffs such as beef, veal and pork, especially their innards. Caution: other types of meat also form uric acid; during a diet it is advisable to entirely delete meat products from the menu.
- Increase the consumption of fruit and vegetable rich in minerals, which help to neutralise uric acid through their base excess.
- Do without alcohol, which inhibits decomposition of uric acid.
- Drink as much as possible untreated light mineral water, which can bond and take away uric acid due to its high dissolving capacity.

**To facilitate the decomposition of uric acid various health experts recommend:
0.03 litres of light mineral water x kilograms of body weight.**

Example: 60 kilograms of body weight x 0.03 litre = 1.80 litres of light mineral water per day
 75 kilograms of body weight x 0.03 litre = 2.25 litres of light mineral water per day
 90 kilograms of body weight x 0.03 litre = 2.70 litres of light mineral water per day

Taking diuretic medicaments to reduce uric acid does not solve the cause of the problem and cannot replace a diet.

Meat = uric acid

Uric acid must be controlled through a healthy, well-balanced diet and high-quality, light water!

According to findings from the University of Turin, LAURETANA supports the decomposition of uric acid in the organism through its uric acid-reducing and diuretic effect. Consequently, drinking LAURETANA can alleviate the symptoms of many illnesses which are attributed to a chronically high uric acid level, and help to combat the cause of these illnesses.



"In summary, it can be stated that due to its ideal properties, LAURETANA plays an important role within the scope of uricosuric therapy procedure."

Dr. med. Simon Feldhaus,
Paramed Institute, Baar/Switzerland



6.6.2. Illnesses in connection with a high uric acid level

- Gout (uricopathy)

Gout describes the inflammatory reaction to deposits of uric acid crystals in the joints and tissues. Gout causes not only severe pains, the uric acid crystals can damage the kidneys in the long term and lead to compromised renal function.

- Kidney stones

Kidney stones are deposits in the renal ducts or revulsive urinary passages and are also described as bladder stones. The formation of kidney stones is promoted through two factors: on one hand an excessive uric acid level; on the other hand an acute water deficiency (dehydration) in the body. The uric acid concentration exceeds the dissolving capacity of the existing water and thus uric acid crystals – which form kidney stones – remain in the body.

Kidney stones and their operative removal are extremely painful. If they remain in the body, they can cause pyelitis and renal colic.

On account of its lightness and naturalness, LAURETANA – “the lightest water in Europe” – can help to dissolve kidney stones in a painless, natural way, since dehydration and uric acid will be controlled at the same time. Many physicians report that drinking LAURETANA has helped their kidney stone patients to unexpectedly high quality of life.

"LAURETANA is able to excrete metabolic waste products from the blood and the connective tissue. This effect is so strong that with one of my patients even 250 ml of LAURETANA was enough to excrete a kidney stone around 12 hours later."

Alternative practitioner and best-selling author
Sabine Wacker, Mannheim/Germany

6.6.3. Cardiovascular diseases

- High blood pressure (hypertension)

Blood pressure describes the pressure prevailing in the blood vessels and ventricles. It is dependent on the heart's pumping power, the vascular resistance and the blood volume. If the pressure is permanently too high, the blood vessels will be damaged; there is a danger of secondary diseases of the vessels, the kidneys and the heart.

Current studies show that a cause of high blood pressure often lies in an elevated uric acid level. Uric acid promotes the formation of the hormone angiotensin II, which has a vasoconstrictive and thus hypertensive effect.

Dehydration and the subsequent thickening of the blood, which increases the vascular resistance, is another factor.

In addition to the problem of purines, our diet often brings too much salt into the body, therefore the most important prerequisites for the formation of high blood pressure are fulfilled.

LAURETANA – “the lightest water in Europe” – has a demonstrably hypotensive effect. The sodium values in the blood can be significantly lowered through drinking LAURETANA. Moreover, LAURETANA reduces the uric acid and ensures a dilution of the blood.

“I recommend LAURETANA to my cardiac patients because of the low salt content and its high degree of digestibility.”

Prim. Univ.-Prof. Dr. Felix Unger,
European Heart Institute, Salzburg/Austria



- Hardening of the arteries (arteriosclerosis)

Arteriosclerosis describes the illness of the arteries through deposits of blood lipids, blood clots, tissue and calcium carbonate (chalk). Most people from western industrial nations die from the consequences of this illness, through angina pectoris, heart attack, stroke and thromboses.

High blood pressure, an elevated uric acid level and high values of cholesterol are regarded as important risk factors for formation of arteriosclerosis.

LAURETANA – “the lightest water in Europe” – can help to prevent arteriosclerosis:

Due to its lightness and diuretic effect, LAURETANA eliminates uric acid. Moreover, LAURETANA dilutes the blood, whereby cholesterol can be better decomposed.

A dilution of the blood also reduces the “shearing effect”. This describes the increased friction which develops on the vascular walls if thickened blood flows through the vessels with high blood pressure. According to modern biochemistry, the “shearing effect” is an important component in the formation of arteriosclerosis.



6.6.4. Diabetes (diabetes mellitus)

Diabetes mellitus Type II is currently developing into an epidemic. In Germany for example over 5 million cases are evident; the number of unreported cases lies even significantly higher.

This metabolic disorder becomes manifest if due to an insulin resistance the pancreas can no longer produce enough insulin to control the blood sugar level. Despite high insulin production, the insulin is not enough to cover the body's requirements.

The cause of this dangerous disease lies (often in conjunction with genetic factors) in unhealthy nutrition and lack of body exercise, which often leads to obesity. Even adolescents show widespread insulin resistance nowadays, no wonder with the surplus of sugar and fats in conventional food.

The connection between obesity, diabetes mellitus, high blood pressure and gout must be emphasised at this point: the increase of body weight, blood lipids and blood sugar as well as hyperuricaemia generally appears collectively.

LAURETANA, – "the lightest water in Europe", helps to regulate the metabolism through its uric acid-reducing, diuretic and blood-diluting properties. In combination with high-quality, healthy nutrition, lots of exercise and oxygen it effectively combats diabetes mellitus.

6.6.5. Obesity (adiposity)

Obesity describes severe overweight which is characterised through propagation of body fat exceeding the normal extent. According to WHO definition, obesity is at hand from a body mass index (BMI = mass in kg/height in m²) of 30 kg/m².

If the BMI in middle age amounts between 25 and 29.9, the mortality risk already increases by 20–40%.

Obesity increases the risk of arterial hypertension, diabetes mellitus Type II, reflux, heart attacks, arteriosclerosis, strokes, breast cancer, arthritis and arthrosis, joint pains, foot deformity, gall bladder diseases and gout. The danger of phlebasthenia/venous thrombosis is also caused through excess weight.

German studies confirm: drinking water reduces excess weight, since water does not contain any calories. Because of its thermogenic effect it consumes additional energy, i. e. burns excess fat.

Thanks to its lightness and high digestibility, LAURETANA – "the lightest water in Europe" – helps the ill and healthy to drink more water. The salutary effect on the metabolism additionally prevents the consequences of obesity.

6.6.6. Chronic complaints

- Migraines

The brain consists of over 80% water. Chronic water deficiency in the body has a particularly drastic effect on the brain. According to the latest medical findings, malfunctions in the nerve cells as a result of dehydration are regarded as an important contributory cause of migraines.

**In the event of acute headache, immediately drink 0.5 to 1 litre of LAURETANA.
Most likely the pain will disappear within a short time!**

LAURETANA – “the lightest water in Europe” – can be consumed easily in large quantities due to its low mineralisation. Its high cellular mobility allows LAURETANA to quickly penetrate the nerve cells and efficiently help to alleviate acute migraine pains.

Migraine patients should bring their water balance into equilibrium through regular water drinking cures (45-50 ml x kg of body weight) for several weeks. Alcohol and meat should be strictly refrained from, since the body will be robbed of urgently required water reserves, which could lead to new migraine attacks.

- Chronic back pains

Chronic back pains also indicate an acute dehydration of the body. The reason for this lies in our intervertebral disks, which serve the spinal column as “shock absorbers”. They also prevent the vertebra from grinding on each other and contribute substantially towards flexibility of the spinal column. The elasticity of the intervertebral disks, which depends on their water balance, is important. The more water the intervertebral disks absorb, the firmer more elastic and resistant they are.

**After getting up in the morning LAURETANA quickly helps against stiff muscles and joints.
Two glasses already make the difference.**

- Bronchial asthma

Asthma is a chronic, inflammatory illness of the respiratory tract with persistent hypersensitivity. The inflammation leads to shortness of breath as a consequence of the constriction of the respiratory tract.

The shortness of breath with asthma emerges through a water rationing programme of the body, which is regulated by histamine. Histamine constricts the bronchi so that less water is lost through respiration. Asthma attacks can be frequently prevented with increased water supply because histamine production of the cells diminishes. Every cell of the respiratory tract will be supplied better with water, whereby respiration is made easier.

Asthmatics must pay attention to a low-histamine diet.



"LAURETANA is easily and quickly absorbed by the body, due to its high electric resistance it passes the cell membrane easier than conventional water. This property has a particularly advantageous effect on patients with acute water deficiency, for example patients suffering from pain."

Dr. Klaus Connert, Specialist for General Medicine, Salzburg/Austria
Austrian Medical Association Consultant for Complementary Medicine



6.6.7. Cellulite

Cellulite appears today in more or less strong form in 80 percent of all women and men. It concerns a change of the connective tissue as a consequence of metabolic disorders. The connective tissue fibres change to such an extent that the fat in the skin is no longer equally distributed. At the same time the interstitial substances of the connective tissue agglomerate and clump, whereby an accumulation of fat and water occurs at the clumped spots.

LAURETANA – "the lightest water in Europe" – helps to stimulate the metabolic regulation and to break down the accumulation of waste deposits in the tissue. At the same time, LAURETANA demonstrably promotes the water exchange in the tissue and noticeably reduces congestions.

In combination with a proper diet and targeted exercise, LAURETANA is an effective weapon against cellulite.

7. LAURETANA the "homeopathic water"

LAURETANA is excellently suitable for the production and taking of homeopathic medicaments.

"Insofar as homeopathic dilutions are concerned, especially dilutions of traditional medicinal plant essences, modern energy medicine needs a carrier water which is low in minerals and at the same time shows the greatest possible degree of purity. LAURETANA water is one of the few natural healing waters which lives up to these requirements."

Dr. Ingfried Hobert, Specialist for General Medicine,
Leader of the Ethno-medicine Quality Circle,
Hanover Medical Association/Germany



8. LAURETANA the baby water

Many mothers ask themselves:
"Which water is really suitable
for my baby?"

Rightly so! Because in times
in which the media regularly
report about pollutants in
drinking water, caution is
the uppermost priority.



It is often recommended to boil tap water for the baby's safety. Indeed, boiling is a good method in order to destroy bacteria. However, inorganic substances such as heavy metals or nitrate as well as pharmaceutical residues remain unaffected.

This is why mothers decide to buy mineral water that stems from protected, natural deposit. But beware, very few waters available on the market bear the labelling "Suitable for preparation of baby food". Ordinary mineral waters contain too much calcium carbonate (chalk) and salt thus overloading baby's sensitive organs. Despite the labelling to be "suitable for babies", the toxic substances uranium and arsenic as well as radionuclides (radium 226 and 228) are found in many waters.

8.1. No uranium in baby water!

Recently the toxic heavy metal uranium has caused indignation. The German expert for uranium in drinking water, Professor Ewald Schnug from the University of Brunswick, states that "even a single atom of uranium can cause cancer". Babies and infants are particularly endangered, because uranium affects kidneys, lungs, liver as well as the bone marrow.

LAURETANA – "the lightest water in Europe" – is regularly tested by the German analysis laboratory "Indikator" for uranium residues. Even with high precision engineering not a single uranium atom was detected (< 0,02 µg per litre). The conventional detection limit is defined with 0,2 µg per litre.

**As a result, the LAURETANA alpine spring water is the exception amongst the baby waters:
no uranium detectable!**



8.2. The World Health Organisation (WHO) limiting values

The comparison of the baby food limiting values with the values from LAURETANA makes it clear: LAURETANA – “the lightest water in Europe” – is the ideal choice.

	WHO limiting values	LAURETANA*	* Source: University of Turin, Department of Analytical Chemistry
Sodium:	< 20 mg/l	1.1 mg/l	
Nitrate:	< 10 mg/l	1.9 mg/l	
Sulphate:	< 240 mg/l	1.40 mg/l	
Nitrite:	< 0.02 mg/l	not detectable	
Fluoride:	< 0.7 mg/l	not detectable	
Manganese:	< 0.05 mg/l	not detectable	
Arsenic:	< 0.005 mg/l	not detectable	
Thallium:	< 2 µg/l	not detectable	
Uranium:	< 2 µg/l	not detectable	
Radium 226:	< 125 mBq/l	< 2 mBq/l	
Radium 228:	< 20 mBq/l	< 3 mBq/l	

9. LAURETANA. Every age. Every day.

- LAURETANA – “the lightest water in Europe” – is outstandingly suitable for covering the daily liquid requirements.
- LAURETANA is easily digestible for everyone due to its low calcium carbonate and salt content.
- LAURETANA regulates metabolism and helps the body to get rid of metabolic waste products such as uric acid in the most natural way.
- Drinking LAURETANA prevents metabolic illnesses and cardiovascular diseases.
- LAURETANA is recommended because of its high bonding capacity for food supplements and medicaments.
- LAURETANA is outstandingly suitable for the preparation of baby food.
- LAURETANA is perfectly dedicated for the production and taking of the homeopathic medicaments.
- LAURETANA is the basis for delicious tea and coffee (no calcium carbonate and salt). Aromatic substances will be bonded and transported much better than with conventional hard waters.
- LAURETANA is particularly suitable for low-sodium diets due to the low salt content (only 1.1 mg of sodium).

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Max Calderan, desert ultramarathon athlete, top favorite for the 2010 Rub Al Khali Crossing



Sylvia Vogl, 470 Sailing European Champion, 8th in Beijing 2008



Gerhard Emhofer, ultramarathon cyclist



Italian World champion cycling team



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Das leichteste Wasser Import GmbH, Ziegeleistraße 34, A-5020 Salzburg, Austria
T +43 662 870180 · F +43 662 87018028 · Email: info@lauretana.at · www.lauretana.at