



# Water: The Stuff of Life

## Types of Bottled Water

Water is classified as "bottled water" or "drinking water" if it meets all applicable federal and state standards, is sealed in a sanitary container, and is sold for human consumption. It cannot contain any sweeteners or chemical additives (other than flavors, extracts, or essences), and it must be calorie-free and sugar-free. Flavors, extracts, and essences — derived from spice or fruit — can be added to bottled water, but these additions must comprise less than one percent (1%), by weight, of the final product. Beverages containing more than the one-percent-by-weight flavor limit are classified as soft drinks, not bottled water. In addition, bottled water may be sodium-free or contain "very low" amounts of sodium. Some bottled waters contain natural or added carbonation.

There are several different varieties of bottled water. The product may be labeled as bottled water, drinking water, or any of the following terms, as defined by the Food & Drug Administration (FDA):

**Artesian Water/Artesian Well Water** — bottled water from a well that taps a confined aquifer (a water-bearing underground layer of rock or sand) in which the water level stands at some height above the top of the aquifer.

**Drinking Water** — drinking water is another name for bottled water. Accordingly, drinking water is water that is sold for human consumption in sanitary containers and contains no added sweeteners or chemical additives (other than flavors, extracts, or essences). It must be calorie-free and sugar-free. Flavors, extracts, or essences may be added to drinking water, but they cannot comprise more than a one-percent-by-weight of the final product or the product is considered to be a soft drink. Drinking water may also contain very low amounts of sodium or, preferably, be sodium-free.

**Mineral Water** — bottled water containing not less than 250 parts per million total dissolved solids may be labeled as mineral water. Mineral water is distinguished from other types of bottled water by its constant level and relative proportions of mineral and trace elements at the point of emergence from the source. No minerals can be added to this product.

**Purified Water** — water that has been produced by distillation, deionization, reverse osmosis, or other suitable processes and that meets the definition of purified water in the United States Pharmacopoeia may be labeled as purified bottled water. Other suitable product names for bottled water treated by one of the above processes may include the following: Distilled, Deionized or Reverse Osmosis Water

**Sparkling Water** — water that, after treatment and possible replacement with carbon dioxide, contains the same amount of carbon dioxide that it had at emergence from the source. (An important note: soda water, seltzer water, and tonic water are not considered bottled waters. They are regulated separately, may contain sugar and calories, and are considered soft drinks.)

**Spring Water** — water derived from an underground formation from which water flows naturally to the surface of the earth. Spring water must be collected only at the spring or through a bore hole tapping the underground formation, finding the spring. Spring water collected with the use of external force must be from the same underground stratum as the spring and must have all the physical properties, before treatment, and must be of the same composition and quality as the water that flows naturally to the surface of the earth.

**Well Water** — water from a hole bored, drilled, or otherwise constructed in the ground that taps the water of an aquifer.