

EXPERT OPINION ON BACHKOVO SPRING WATER

Life on Earth started in an aquatic environment. Water is a natural internal environment of all living organisms living on Earth including humans. This determines the enormous importance of water for human life. All biochemical processes in the human body, their normal functioning and results depend on water. Disturbance in the water balance of humans lead to different degrees of disorders in metabolic processes, respectively to disease conditions. Therefore, maintaining optimal water balance in humans is the basis of good health.

Water in the human body is about 70 % of its weight. The percentage varies depending on age, sex, presence of medical conditions, weather conditions, etc. The aquatic environment in the human body has a specific feature - minor changes are acceptable in its percentage as well as maintaining a strictly determined composition and quantity of substances in it with minor deviations acceptable. This is achieved by drinking water during the day. The amount, type and rate of water intake are essential for maintaining the optimal water balance in the body.

Therefore, water intake should be by drinking water that supplies the needed combination of substances for the body that are optimal with respect to age, geographical climate and known medical conditions and should not be limited by contraindications.

Bachkovo Spring water is a valuable product, a gift from Nature. Any water offered for drinking or other use is mainly characterized by its composition of salts. It is enough to examine the electrolyte composition of Bachkovo mineral water to see its unique balance. Its salt content and composition determine its biological value which is in harmony with the human body. This is pure natural water containing chemical compounds necessary for human health. Bachkovo Spring water contains:

Ca - 70.7mg / l (3.5 mgeq/l) - This element is a component of and therefore necessary for the development of bones and teeth. This is particularly important for children. It has enormous importance for the normal functioning of all the muscles in the human body. It determines the status of the entire musculoskeletal system of man and the maintenance of the motor activity. Its deficiency leads to permanent and irreversible disturbances in the growth of the body and its physical capabilities. Its deficiency adversely affects the health of elderly people. Bachkovo Spring water is optimal in terms of calcium content.

Mg -7.8 mg/l (0.64 mgeq/l) - It is a great element that regulates the heart and blood pressure. The body needs minimal quantities from it, but it is absolutely necessary for the proper heart rhythm. Magnesium deficiency causes irregular heartbeat, including in young people, the body loses its physical activity and people feel constant fatigue, lethargy, unwillingness and inability to perform daily work. Overloading the body with magnesium is rarely possible - in some diseases only. Water is what delivers it to the body in the necessary quantities, and Bachkovo Spring water is the best solution.

Na - 20 mg/l (0.87 mgeq/l) - It is a powerful regulator of water exchange in the body and defines the elasticity of the vessel walls. Because of these two mechanisms it is the most powerful regulator of blood pressure in human organism. Therefore drinking water should have optimal sodium content, to prevent shortages or increased intake of sodium, which causes low or high blood pressure and retention of fluids in the body. These deviations are avoided when drinking Bachkovo Spring water.

K - 3.1 mg/l (0.08 mgeq/l) - It is important for the proper functioning of nerves and muscle cells, maintain acid-base balance, improves supply of the brain with oxygen. Its low or high values in the body can cause severe and rapid cardiac disorders associated with life-threatening conditions, lasting muscle weakness, and a substantial reduction of mental activity. Its optimal content in the drinking water is necessary for the normal physiological processes in the body. Bachkovo Spring water meets all these requirements.

HCO₃ – hydrogen carbonates - 231 mg/l (3.8 mgeq/l) - Their main function is to maintain normal acid- alkaline balance of the human body and prevent the development of excess stomach acids. Acid imbalance in stomach always has serious effects on the body and especially the function of the kidneys, lungs, liver. Hydrogen carbonates (bicarbonates) are delivered to the body primarily by intake of water, so they should be in optimal amounts in drinking water. Bachkovo Spring water covers these needs.

Cl - Chlorides (chlorine) - 7.7mg/l (0.22 mgeq/l) This is the element which in organism typically goes together with sodium. It has similar physiological characteristics as sodium, and further it has an effect on the normal functioning of the central nervous system, regulating the digestive system, expressed in the normal production of gastric hydrochloric acid. The latter is needed for normal digestion in the stomach and intestines.

SO₄ - Sulfate - 69 mg/l (1.44 mgeq/l) They improve the work of the digestive system, prevent the adverse effects of fat on the human body and actively participate in the disposal of various toxic substances trapped in the human body. They are necessary for liver function, but increased values may have toxic effect. Bachkovo Spring water has the optimal content of chlorides.

F - fluorine-0.47mg/l (0.025 mgeq/l) - This is an element that is very important for young people - children. Its significance is defined in its role for the proper growth of the body, the teeth and their formation. Usually there is shortage of this element in the body and more rarely increased values. Its deficiency is mainly responsible for the formation of dental caries, especially in children. Regular drinking of Bachkovo spring water prevents this because fluoride is optimal and complies with accepted values in the European Union.

The ratio of the substances contained in Bachkovo spring water is balanced by nature itself without human intervention. Practice and research have proven that the use of high-quality water protects the body from disease and prolongs life. Pure water is priceless. It is necessary for every person regardless of age. Doctors recommend drinking at least 1.5 - 2 liters of water every day, depending on the age, body weight and physical activity. The use of Bachkovo spring water may be permanent. Our water quenches thirst and has a pleasant taste. Water is best for the body when drunk one bit cooler than room temperature. Water intake is significantly more efficient during eating.

Using Bachkovo Spring Water has a positive impact on all systems in human body. This is more pronounced in adolescents - children. Low salt content does not burden the kidneys and prevents deposits in the blood vessels.

Human health is a function of the quality of the drinking water used.

Bachkovo Spring water delivers all the necessary substances for maintaining the optimal composition of the aquatic environment of human body. It does not lead to excessive accumulation or insufficient intake of substances. Its composition corresponds to the optimal composition of the aquatic environment in the human body, which makes it suitable for all ages, including children and the elderly. It is safe for use in humans with existing disease conditions.

Bachkovo Spring water has a fixed composition that is independent of seasonal changes or sudden changes in the climate of the earth's surface. This is due to its origin – the deep earth layers not influenced by ground conditions. Or to be more precise, its formation is entirely done by nature, away from any human interference. This makes it suitable for permanent use by all age groups including people with existing medical conditions.

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