

Bottled water: The truth

Introduction

Drinking water, sold in plastic bottles, does not make sense. Here are six reasons you should make the switch to tap water and become part of #TeamTap.

Where does bottled water come from?

This is a secret, hidden from the general public. Although most companies advertise their water as coming from fresh spring water sources, there have been reports of some sneaky companies taking their water straight from the tap! In all honesty, we do not even know what goes into bottled water, as companies are reluctant to tell us.

Does bottled water cost more than tap water?

On the whole, bottled water costs 500–1,000 times more than tap water. Furthermore, tap water is so cheap that you could stay hydrated for an entire year for just £1! Does it make sense to spend more money on bottled water, of which the majority could come from your tap in the first place?

Did you know?

A study in Ireland showed that, even when blindfolded, the majority of people cannot tell the difference between bottled water and tap water by taste. In fact, some research has even shown that people prefer tap water to expensive bottled water.

Can bottled water be bad for your health?

A recent study showed that 90 per cent of the bottled water we drink contains plastic particles – small bits of plastic which have leached from the bottle into the water over time. What is worse is that we just do not know how long a bottle of water has been sitting in storage. So, it seems that the longer a bottle has been sitting in a warehouse, the higher the concentration of plastic particles there are. Do you like the idea of drinking plastic particles? We do not even know the impact it could have on human health.

Why do people buy bottled water?

Bottled water companies very carefully use phrases such as: ‘mineral water’, ‘river mountain spring water’ and ‘youthful’ to advertise. This can fool consumers into believing their expensive bottled water is better for their health than what they can collect from their own kitchen! In addition, people are so used to the convenience of buying plastic bottles that they don’t carry their own water bottles to fill.

What are the health benefits?

There is no evidence that bottled water is even good for you. Frequently, the government checks tap water against stringent rules and regulations. However, bottled water is not checked in the same way. Unbelievably, we don’t know how most companies test their water and they may have much lower standards as a result. Surely it is our consumer right to know how they are checking the water? Tap water is well regulated and contains minuscule amounts of necessary chemicals. Chlorine is used in such small amounts that we cannot even tell it is there. It prevents epidemics of diseases such as cholera, dysentery, typhus and hepatitis A.

Conclusion

Bottled water is often drawn from tap water, costs 500–1,000 times as much to buy, could be bad for your health, isn’t as well regulated as tap water and people can’t tell the difference in taste. In comparison, tap water is cheap, healthier, safer and tastes exactly the same. So, join #TeamTap and help dispense with the overpriced, bottled H₂O.