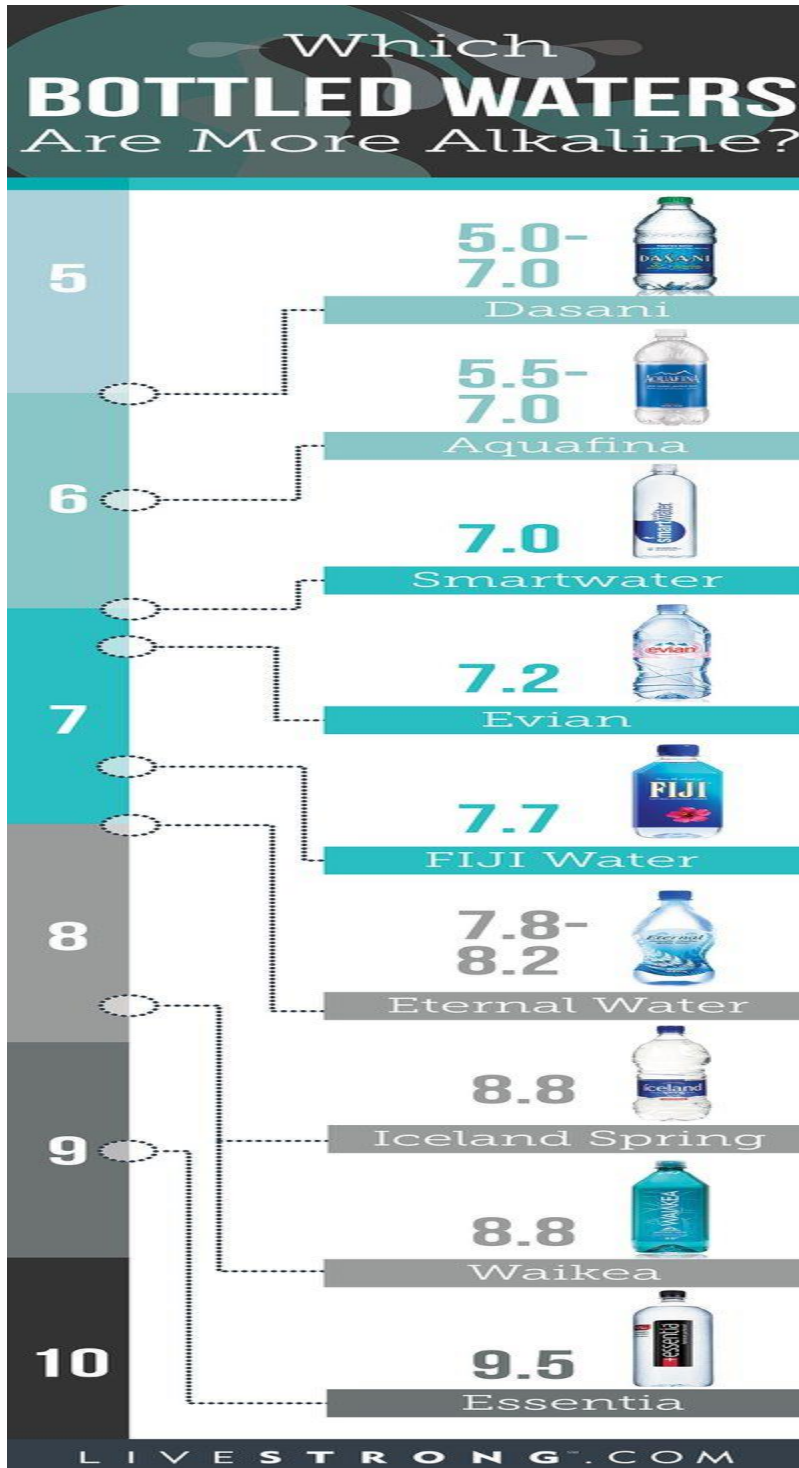


Which Bottled Waters Are More Alkaline?



Infographic showing alkalinity of different types of bottled waters. Photo Credit Melanie Andersen/ LIVESTRONG.COM

So, if you want to try alkaline water, you may be wondering which bottled mineral waters are more alkaline. Here is a rundown of the pH for many of the brands you can find in stores:

1. **ESSENTIA** says its water is created from regular water on which they use reverse osmosis, followed by the addition of minerals and then an ionizing process. According to its website, Essentia guarantees a pH of 9.5 (which is more alkaline).

2. **WAIKEA HAWAIIAN VOLCANIC WATER** says its natural spring water is naturally filtered through thousands of feet of porous volcanic rocks. The source is located at the eastern base of the Mauna Loa volcano. Waieka says their water has a pH of 8.8 (which is more alkaline) and contains magnesium, potassium, calcium, sodium and silica.

3. **ICELAND SPRING** says its spring water -- from a natural source located in a nature reserve called "Heiðmörk" near Reykjavik -- is at a pH of 8.8 (which is more alkaline).

4. **ETERNAL WATER** (naturally-occurring from spring sources throughout the U.S.) says its water ranges between 7.8 - 8.2 depending on many different environmental factors.

5. **FIJI WATER** says that its natural artesian water comes from an aquifer in the Fiji Islands, and the water's pH is 7.7. (which is more alkaline).

6. **EVIAN** mineral water from France has a pH of 7.2 (which is more alkaline than tap water).

7. **SMARTWATER** has a pH of about 7.0 (which is neutral, the same as tap water).

8. **AQUAFINA** is public tap water that is purified through a process that includes reverse osmosis and other filtering and purification methods. Aquafina's pH ranges between 5.5-7.0 (which is neutral to more acidic than tap water).

9. **DASANI** is created with public tap water, which is then filtered using reverse osmosis. They then add a blend of minerals. Dasani pH ranges between 5.0-7.0 (which is neutral or more acidic than tap water).

Final Conclusion on Alkaline Water

It is possible that alkaline water may provide some health benefits, to some people, in certain circumstances., such as acid reflux. Currently there is no way of knowing with 100 percent certainty whether drinking alkaline water is truly going to benefit your health. The studies haven't produced any hard evidence yet.

If you don't suffer from kidney problems, you may consider drinking some alkaline mineral water.

Until we have more hard evidence, you may want to stick to regular (filtered) tap water for most of your hydration. It's most important that you drink water and keep yourself hydrated.