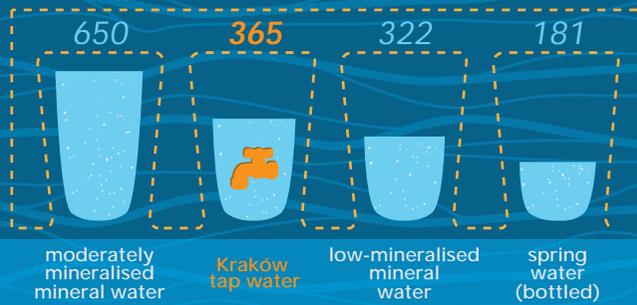


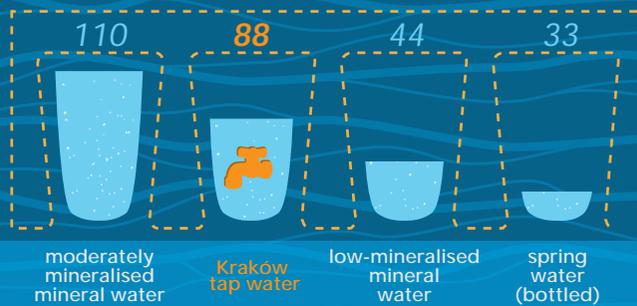
CONTENTS

of minerals [mg/l]*

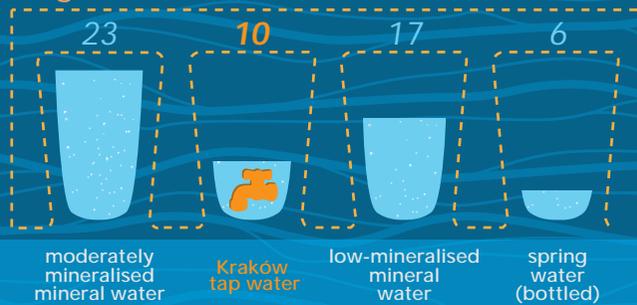
Total mineral substances



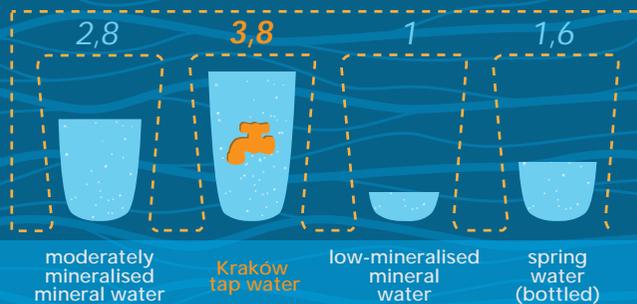
Calcium



Magnesium

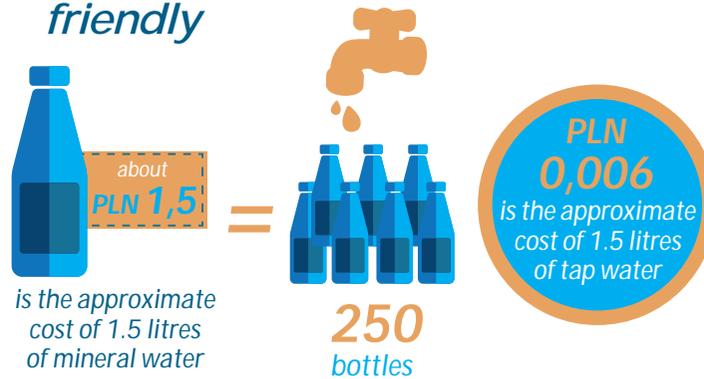


Potassium



* values averaged for the entire potable water supplied by MPWIK S.A., Kraków

Economical and environmentally friendly



the price of one bottle of mineral water is equal to **over 250 bottles of tap water**



DID YOU KNOW THAT KRAKÓW TAP WATER contains minerals?

Magnesium

Magnesium is found in all body cells. It is involved in digestion as well as carbohydrate and protein metabolism. In addition, it is anti-spastic and reduces the tendency for intravascular clotting.

Calcium

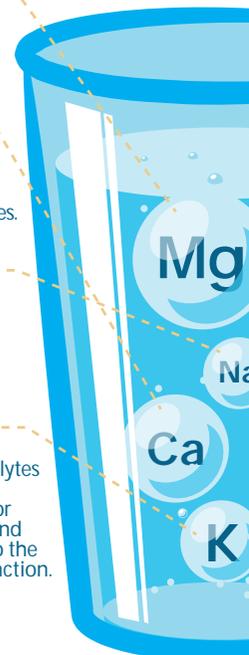
Calcium is involved in blood clotting, muscle function, nervous-muscular conduction and also builds the skeletal system. It is a major component of bones and teeth and plays a key role in information transmission along the nerves.

Sodium

Sodium regulates the water management in the body, as a result contributing to maintaining tissue tension and skin suppleness. Participates in the transport of amino acids and sugars.

Potassium

Potassium is called the "element of life". It forms the main salts in the body, i.e. electrolytes which have fundamental influence on the balance of bodily fluids. It is indispensable for the correct function of the nervous system and muscles. It is involved in supplying oxygen to the brain, controls blood pressure and kidney function.



WODOCIĄGI
Miasta Krakowa

IN KRAKÓW
GOOD WATER
straight from the tap



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TRUTH & MYTHS about tap water



TAP WATER CAN BE DRUNK WITHOUT BOILING IT FIRST

Water in Kraków taps contains no bacteria, so boiling it is not necessary. High-temperature only kills micro organisms, which have already been removed from tap water.



BOILING SOFTENS THE WATER

Boiling water causes some of the minerals – particularly calcium and magnesium compounds – to precipitate in the form of a deposit (scale). This softens the water but also impoverishes its mineral composition. For this reason it is not recommended to boil water for drinking.



THE QUALITY OF WATER IN KRAKÓW TAPS IS THE SAME AS IN OTHER EUROPEAN UNION COUNTRIES

Water from the Kraków Waterworks is of the same high quality as water in other European cities because the quality requirements laid down in Polish regulations are as stringent as EU requirements, and some indicators must meet standards even more stringent than those obligatorily in the EU.



HARD WATER HAS GOOD EFFECT ON THE BODY

Yes, moderately hard water, which is what we have in Kraków, may be hard on household appliances. At the same time, this water, which contains more biologically active elements such as magnesium and calcium, may be very beneficial to your health.



It was the water systems **supplying water** disinfected with chlorine that have stopped devastating epidemics in the last century, thus extending the average life expectancy to a level unprecedented in human history.



HARD WATER MAY CAUSE STONES TO FORM IN THE BODY AS WELL
Stones form in the human body mainly due to metabolic disturbances and this has no connection with the hardness of the water drunk. Stones in the human organism are deposits of insoluble oxalates, urates, phosphates, guanite or cholesterol.



CHEMICAL COMPOUNDS FORMED AS A RESULT OF CHLORINATION ARE DANGEROUS BECAUSE THEY ACCUMULATE IN THE ORGANISM (AS A RESULT OF THE LONG-TERM DRINKING OF TAP WATER)
By-products of water disinfection do not accumulate in the organism, and in addition, their concentration in water is strictly monitored and never exceeds permissible limits, which means that they are completely safe.



CHLORINE IN TAP WATER IS HARMFUL
Chlorine is a disinfectant which guarantees the microbiological safety of the water. The doses of chloride used in tap water have no harmful effects.



HOUSEHOLD JUG FILTERS REMOVE CHLORINE AND POLLUTANTS FROM TAP WATER
Some household filters can remove chlorine, which is a disinfectant guaranteeing the microbiological safety of water, from water. They cannot, however, remove any pollutants, as potable water does not contain any. Removing chlorine may change the odour and taste of water, but the incorrect use of filters may create a microbiological hazard because harmful bacteria can develop out of control on the filter insert.



TAP WATER CONTAINS DANGEROUS BACTERIA
Potable water supplied to Kraków residents is strictly monitored and is free of any bacteria hazardous to health.

READ MORE

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