

facts about your drinking water



kids, moms-to-be and seniors

From childhood to pregnancy and through your senior years, staying hydrated is always important. It's essential to keep young children and the elderly hydrated because they may not recognize their body's own thirst signals. Pregnant women and nursing mothers need to drink extra water because they're hydrating for two.

the water you want, where you want it.

Drinking water is often required where tap water faucets are not located within reasonable proximity (older buildings, warehouses, factories, sheds, booths, parking garages, parks, boats, and outdoor locations of all kinds, etc.). With Canadian Springs, we offer so many drinking water options, from delivery to filtration systems to packaged water products, you can have fresh, pure drinking water virtually anywhere you want it.

keep fresh water on hand for emergency preparedness

Federal guidelines require at least 2L of drinking water per day, per person for a period of at least 72 hours, to be on hand in the event of an emergency. With Canadian Springs, you can choose from our 4L, 8L, 11.3L and 18.5L bottles to ensure you have the drinking you need should normal water service be suspended for any reason.

we keep impurities out of your water

Unfiltered municipal water is "purified" with chlorine, a chemical known to possess a number of health risks. Other chemical compounds and potentially toxic minerals including copper, lead, rust, and a large number of other pollutants and man-made chemicals are found in varying degrees in tap water by the time it gets to our faucets. Whereas Canadian Springs water is free of all of these compounds so you get pure refreshing drinking water every time.

...continued.

dehydration can really get you down

75-90% of our population is chronically dehydrated, even though Canadians consume 350L of water every day. But much of that water is used for purposes other than drinking, including laundry and bathing. By the time you feel thirsty, your body is already slightly dehydrated. So make sure you drink at least the recommended 2-3L of water every day.



how does water work ... at work?

Dehydration is actually the number one trigger of daytime fatigue. That's why so many people find themselves hitting a mid-afternoon lull at the office. In fact, a mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on a computer screen or printed page*? That's why it's best to keep a glass of water by your desk to sip throughout the day to help you stay hydrated and focused.

how much water is enough?

You lose up to 2L of water a day, so it's important that you drink between 8-12 servings of 250 ml of water every day – that's 2-3L a day.

water for all seasons

Your body needs extra water in both summer and winter. In the summer months your body loses more water from extra perspiration, while in the winter, your body has to work harder to maintain its body temperature. Pay particular attention to how much water you drink, no matter the season.

*Yankelovich Partners for the Nutrition Information Center at The New York Hospital - Cornell Medical Center, International Bottled Water Association Hydration Survey, (1999) Statistics on Hydration. June 20, 2005. www.bottledwaterweb.com/statistics.html