The fact that water quality is of immense importance during its daily use, especially for consumption, is not an empty phrase but a truth. Although its chemical formula is H2O, in nature, it practically never occurs in this form. It contains many different substances, some of which are a blessing for our bodies, while others pose a threat. How does the quality of the water we consume affect our health? Which water will serve us best?

Every day, we use water, often without realizing the quantities we consume. It serves us for bathing, washing dishes, cleaning, powering heating systems, and household appliances, but its most important function is undoubtedly related to hydrating the body. We have already written more about this topic in articles: "Are you properly hydrating your body?" and "Take care of yourself, or how to always have water with you and stay hydrated?" As we have mentioned many times before, it is important not only how much water we supply to our bodies but also its quality. Unfortunately, this quality is not always ideal and leaves much to be desired. But what specifically can water contain?

Water Contaminants - Where Do They Come From?

The substances present in water are truly diverse. On the one hand, they can be minerals important for the proper functioning of the body's economy, such as calcium, magnesium, potassium, and sodium. On the other hand, harmful substances or pollutants that directly affect the organoleptic properties of water, such as its taste or odor. This happens, for example, in the case of iron - its excessive presence can cause turbidity, as well as a change in taste to a more metallic one and a change in color.

All standards related to the quality of water intended for consumption have been specified in the Regulation of the Minister of Health of December 7, 2017. They relate to physicochemical properties and the content of bacteria in the water. Water supplied by water supply systems, as well as water from one's own intake, should meet them and be adapted to them. The most important conclusions conveyed in the document are those stating that water fit for consumption must be free from pathogenic microorganisms and parasites in quantities posing a potential health hazard, free from chemical substances posing a potential health hazard. Water should also not exhibit aggressive corrosive properties. All chemical and microbiological requirements must be met.