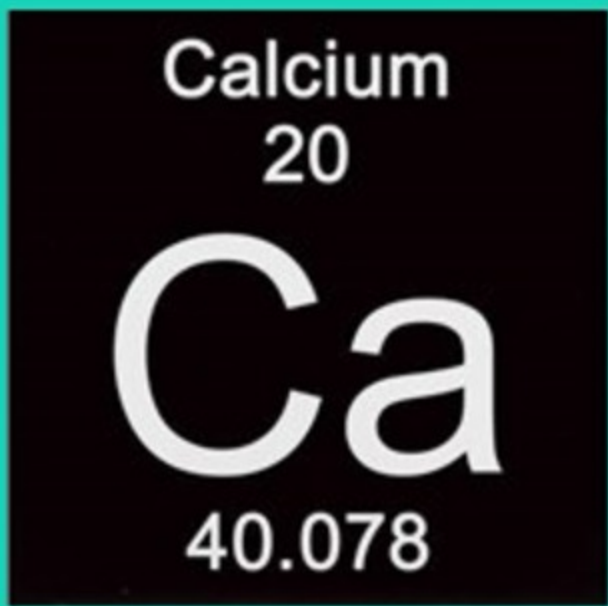


# Making sure YOUR BODY is getting what it needs

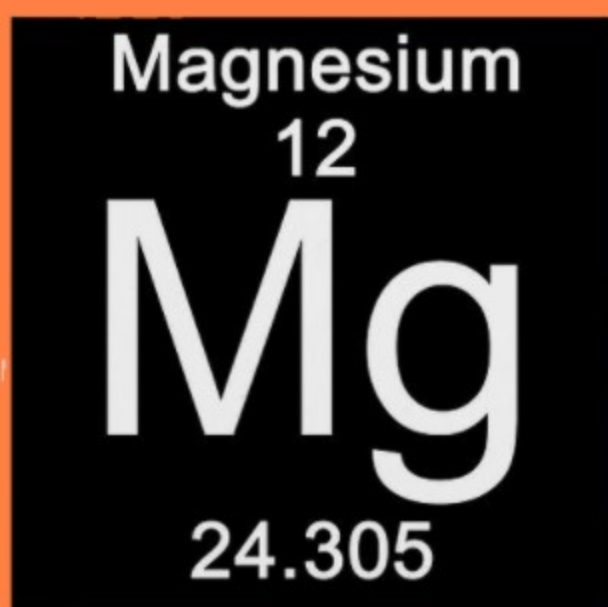


When water is "softened", does it lose minerals needed by the body? Or add too much of another?



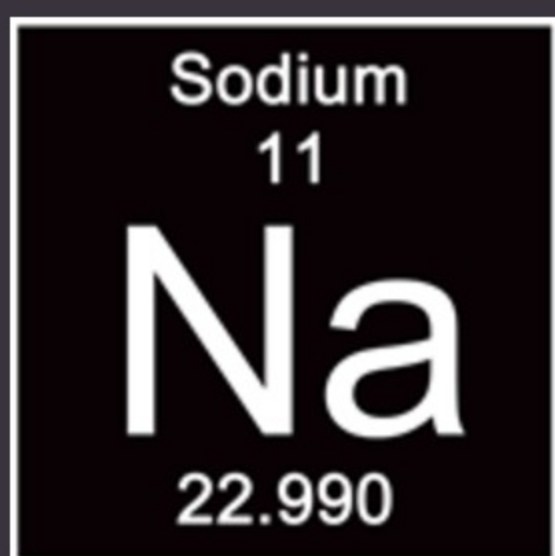
## CALCIUM

The calcium in "hardwater" is an inorganic state that your body cannot digest. Best bet for getting the calcium your body needs is through eating the right foods-like dairy products.



## Magnesium

Magnesium is also important for your health. But don't worry that magnesium is removed during the water softening process. That magnesium wasn't digestible. The top dietary source of magnesium is dairy products, nuts, fruits, vegetables, and grains.



## Sodium in Softened Water

Less than 3% of your daily sodium intake comes from drinking or cooking with softened water. You'd have to drink almost 8 glasses of softened water to equal as much sodium as that found in a single slice of white bread!

## QUESTIONS?

Contact one of our Sweetwater Home Services expert!

