



FREQUENTLY ASKED QUESTIONS

Q. Where can I find Essentia Water?

A. You can find Essentia in most natural and health food stores across the country. Essentia can also be found in the health food sections of many major supermarkets as well as a growing number of fitness centers, spas and offices of healthcare practitioners. In circumstances where Essentia may not be available in your area, Essentia Water would be pleased to ship directly to your home or office. Or, to request your grocery manager stock Essentia, just print out the [product request form](#) and take it in to him/her.

Q. Why does Essentia Water have such a smooth taste to it?

A. Essentia's proprietary process "Ionic Separation" produces "thinner" water, also referred to as structured or clustered water. This process removes most of the acidic ions in the water, resulting in smoother, sweeter tasting water with no harsh, mineral aftertaste.

Q. I have noticed that I do not have a bloated feeling when I drink Essentia Water, why is that?

A. The smaller water clusters, "thinner water", of Essentia Water are more efficient in passing into and out of the body's cells. Regular water requires conditioning in order to be accepted by the cell. This process takes time and results in a backup of ingested water, giving this bloated sensation. Essentia Water has a lower surface tension giving the water a characteristic described as "silky" by those drinking it. The water is "slippery" and tends to more effectively flush into and out of the trillions of cells that make up the human body.

Many people accumulate water in their extra-cellular spaces or outside of the cells and blood vessels. Physicians call this condition, "third-spacing", and it is less likely to occur with the consumption of Essentia Water. Water is a natural diuretic and naturally increases the excretion of urine.

Q. How much Essentia Water should I drink on a daily basis?

A. Everyone has different water intake requirements. The rule of thumb is to drink half your body weight in ounces daily. For example, if you weight 100 lbs, convention would suggest you drink at least 50oz (one 1.5 liter) daily. Your level of activity, environment, diet and stress levels should be taken into consideration, as all of these determine your water intake requirement. Increase your intake of water if you have increased your physical activity, are exposed to increased temperatures or are experiencing any physical stress such as colds or infections. Contrary to the belief of many that the body requires less water during the winter months, in fact due to the low humidity of heated air in an enclosed building or home, one should increase water consumption.

FREQUENTLY ASKED QUESTIONS – continued

Q. Is Essentia safe for pregnant women?

A. Absolutely! We know of instances where pregnant women have taken Essentia water therapeutically for gravid emesis (excessive vomiting during pregnancy) as well as for kidney stones. In addition, due to the fact that there are two bodies producing acid, the increased pH of Essentia Water will assist in neutralizing this increased acid.

Q. Why does Essentia Water cost a little more than other bottled waters?

A. Essentia is slightly more expensive than other waters due to the fact that we use only natural minerals in our electrolyte formula, we package using the highest quality bottles and we process our water to the highest standards in the industry.

Q. Will I benefit from the increased pH of Essentia Water?

A. Definitely. However drinking Essentia Water will not by itself insure a properly pH balanced system. Essentia Water was designed to assist the body in neutralizing acidic conditions. The benefit of a properly balanced system is lower incidence and severity of infections such as colds, the flu and other infections. In order to develop a properly pH balance of your body you must make other changes such as reducing the acidic input (soda's, coffee, alcohol, and foods that are high in protein such as red meat). You must also increase your intake of alkaline producing products including green leafy vegetables.

Q. How does Essentia Water increase pH level to between 9.2 and 9.7?

A. Essentia Water uses a proprietary process called Ionic Separation. There are two ions in water. One is negatively charged (alkaline) and the other is positively charged (acidic). This process uses electrolysis to electrically split water into alkaline and acidic streams. We bottle only the alkaline stream. In doing so, we are bottling the water that has had the acidic ion removed, which naturally raises the pH of the remaining water. We are able to closely control the pH level by increasing the electrical current in the water. The higher the electrical current in the water, the more acidic ions will be removed resulting in an increase of the pH in the remaining water.

Q. Why doesn't Litmus paper show Essentia Water as being high in pH?

A. Simply stated, Litmus Papers will not accurately determine the pH of clean water or exceptionally pure waters like Essentia. You MUST use a calibrated pH meter to get an accurate numeric pH reading.

Litmus paper works reasonably well on bodily fluids such as urine, saliva or blood. The paper works poorly on many bottled drinking waters, even some municipal drinking waters. You can therefore, use litmus paper to test saliva or urine.

FREQUENTLY ASKED QUESTIONS - continued

Essentia is purified to less than 6ppm, then mineral enhanced to a nominal TDS of less than 70ppm. The Essentia Water pH is tested frequently during production using a laboratory type pH meter.

Quality control samples in long-term storage have been tested, as well, and we know the pH level remains at or above 9.2 for several years. We assure you the pH of the Essentia Water you buy is at least 9.2 and can be as high as 9.7 (our production limits). To test our water yourself, you must find a recently calibrated, good quality, laboratory type pH meter and test a fresh sample of Essentia, being careful to not contaminate the sample with a dirty probe or dirty container. We guarantee Essentia Water's pH to be within 9.2 to 9.7 or we will gladly refund your purchase price.

Q. What are electrolytes and are there enough added to be of benefit?

A. Electrolytes are minerals that conduct electricity and are found in the body, fluid, tissue and blood. Examples are calcium, magnesium, sodium and potassium. Sodium is concentrated in the extracellular fluid between tissue cells and potassium is concentrated in the intracellular fluid within the blood vessels. Proper balance is essential for muscle coordination, heart function, fluid absorption and excretion, nerve function and concentration. Essentia Water provides a bio-available, balanced electrolyte formula that mimics the concentration of the body's natural balance.

Q. Why doesn't your bottle show the minerals that are in Essentia water?

A. We do. Our label clearly states that we add magnesium, potassium, sodium and calcium. We do not specify the levels of the added minerals because the FDA rules state that all ingredients must be listed as "zero" unless each ingredient (mineral) is greater than 5 mg (milligrams) per serving. All ingredients in Essentia Water are less than 5 mg per serving.

Q. Why is Essentia Water called "structured water"? Is structured water the same as "clustered water" (smaller water clusters)?

A. Yes, structured water and clustered water are synonymous. Water naturally occurs in clusters of 10-18 individual water molecules. Structured water, or "Clustered Water", has 5-8 individual water molecules in a cluster.

Essentia Water is called structured water because it is intentionally modified to have the beneficial 5-8-molecule cluster structure. The benefit of these smaller water clusters is that they are able to penetrate the cellular walls more efficiently resulting in faster more efficient hydration. For further structured water information see Mr. Jordan's studies at <http://www.psc.edu/science/Jordan/Jordan.html>

Q. What makes Essentia Water an anti-oxidant?

A. In the "Ionic Separation" process, we free up active hydrogen. The most efficient scavenger of free radicals is active hydrogen.

FREQUENTLY ASKED QUESTIONS – continued

Q. What are “free radicals” and why are they bad for the body?

A. Free radicals are highly reactive compounds that are created in the body during normal metabolic functions or introduced from the environment. Free radicals are inherently unstable, since they contain extra energy. To reduce their energy load, free radicals react with certain chemicals in the body, and in the process, interfere with the cells’ ability to function normally. In fact, free radicals are believed to play a role in many health conditions, including the aging process, cancer, and atherosclerosis. Reducing exposure to free radicals and increasing intake of antioxidants has the potential to reduce the risk of free radical related health problems.

Q. Where does the water for Essentia Water come from?

A. Essentia Water is non-source dependent, which means Essentia can be produced and bottled anywhere in the world using virtually any water source. Essentia currently uses municipal water as its source supply. The water is completely purified using micro-filtration, UV sanitation and reverse osmosis thus reducing TDS (total dissolved solids) down to approximately 6ppm (parts per million). This process has been used for years by many bottlers of soda and beer as an example because they must start with water that is virtually pure (99.99%) in order to insure flavor consistency worldwide. The other reason for not using “source” water is that water that was once considered “pure” and “pristine”, such as spring, well water, glaciers, etc., has been proven to contain many unwanted contaminants.

After we have purified our water through micro-filtration, UV sanitation and reverse osmosis, this is where we begin to separate Essentia Water from other waters. We infuse our electrolyte formula into the R/O water and then separate the acidic water from the alkaline water through our Ionic Separation Process capturing and bottling the alkaline water. Finally, we ozonate the water to insure any remaining bacteria is removed. The ozone gas is an inert gas that dissipates within a few hours.

Q. Will I get more out of the supplements if I take them with Essentia Water?

A. Yes, simply based on the lower surface tension of Essentia Water and the electrolyzed state of the electrolytes, more of your supplements will get into your system than if taking them with "ordinary" water.