

Bottled Water vs. Tap Water

Which is Better?



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Racing to Success
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Who is watching your water?

- **Tap Water** – EPA, Department of Environmental Quality (DEQ), and the local utility
- **Bottled Water** – Food and Drug Administration (FDA) and the bottling company

Bottled Water vs. Tap Water

- **Bottled water** – regulated as a food. Based on truth in labeling. Very little public oversight.
- **Tap water regulations** – based on environmental regulations. Has a lot of public oversight.

MORE ABOUT BERYLLIUM AND CADMIUM

Two of the 2,160 tests done in 1998 showed results that needed additional testing because they indicated two metals – beryllium and cadmium – in amounts that were higher than the federal government allows. Testers took repeat samples as soon as the high test results were received. The repeat tests found no beryllium or cadmium. How could that happen? Unusual results sometimes occur because the amount of water sampled is very small compared with the many millions of gallons of water treated every day. A speck or two may get into the water sampled, but not be found anywhere else in our distribution system. Fortunately, the metals found have the potential to harm public health only after many years of exposure to levels above the federal standard, which is called the Maximum Contaminant Level, or MCL. During 1998, the average levels for beryllium and cadmium were below the federal standards which are set in parts per billion.

BERYLLIUM - The February 1998 monthly sample from the Mohawk plant showed a level of 13 parts per billion of beryllium – 7 parts above the Maximum Contaminant Level, or MCL. Some people who drink water containing beryllium well in excess of the MCL over many years could develop intestinal lesions. Previous and follow-up samples did not show beryllium was present.

CADMIUM - The October 1998 monthly sample from the A. B. Jewell plant showed a level of 19 parts per billion of cadmium – 15 parts above the Maximum Contaminant Level, or MCL. Some people who drink water containing cadmium in excess of the MCL over many years could experience kidney damage. Previous and follow-up samples did not show cadmium was present.

Monitoring Tulsa's Water Quality

Measuring tiny amounts such as parts per billion requires high tech equipment and trained specialists. The metals and organic laboratory is located at the A. B. Jewell plant. Lab workers help assure the safety of Tulsa's drinking water.



QUALITY ASSURANCE – TEST RESULTS TABLE

The test results table is based on samples of treated water from the Mohawk and A. B. Jewell plants. Substances not listed were not found in the treated water supply. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791).

Contaminant	Unit	Goal (MCLG)	Maximum allowed (MCL)	What we detected at:		Major sources in drinking water
				A. B. Jewell Highest	Mohawk Lowest	
Barium	ppm	2	2	0.12 less than 0.010	0.11 0.029	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
BERYLLIUM	ppb	4	4	*	13 less than 4	Discharge from metal refineries and coal-burning factories; discharge from electrical, aerospace, and defense industries
CADMIUM	ppb	5	5	19 less than 4	*	Corrosion of galvanized pipes; erosion of natural deposits; discharge from metal refineries; runoff from waste batteries & paints
Copper	ppm	1.3	AL=1.3	0.063 less than 0.02	0.036 less than 0.02	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Fluoride	ppm	4	4	1.04 0.93	1.04 0.85	Naturally occurring in small amounts in source lakes; in the 1950s, waters approved adding more fluoride to promote strong teeth
Lead	ppb	0	AL=15	4 less than 1	*	Corrosion of household plumbing systems; erosion of natural deposits
Nitrate	ppm	10	10	0.93 less than 0.03	2.88 less than 0.03	Runoff from fertilizer use; leaching from septic tanks; sewage; erosion of natural deposits
Nitrite	ppm	1	1	*	0.055 less than 0.03	Runoff from fertilizer use; leaching from septic tanks; sewage; erosion of natural deposits
Trihalomethanes	ppb	0	100	81 71	50 39	By-product of drinking water chlorination
Turbidity	NTU	NA	TT	0.18 0.09	0.24 0.07	Silt runoff

Maximum contaminant level goal or MCLG: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety. Maximum contaminant level or MCL: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

AL or Action level: The concentration of a contaminant which, if exceeded, triggers a treatment or other requirement which a water system must follow.

NTU or Nephelometric Turbidity Units: A measurement of the turbidity, or cloudiness, of the water. Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea, and unsatisfied headaches.

TT or Treatment technique: A required process intended to reduce the level of a contaminant in drinking water.

ppm: Parts per million. Comparable to 1 minute in two years.

NA – Not applicable

ppb: Parts per billion. Comparable to 1 minute in 2,000 years.

* Not detected at the plant

City of Tulsa – 1998 Consumer Confidence

Report

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Cost of Bottled Water

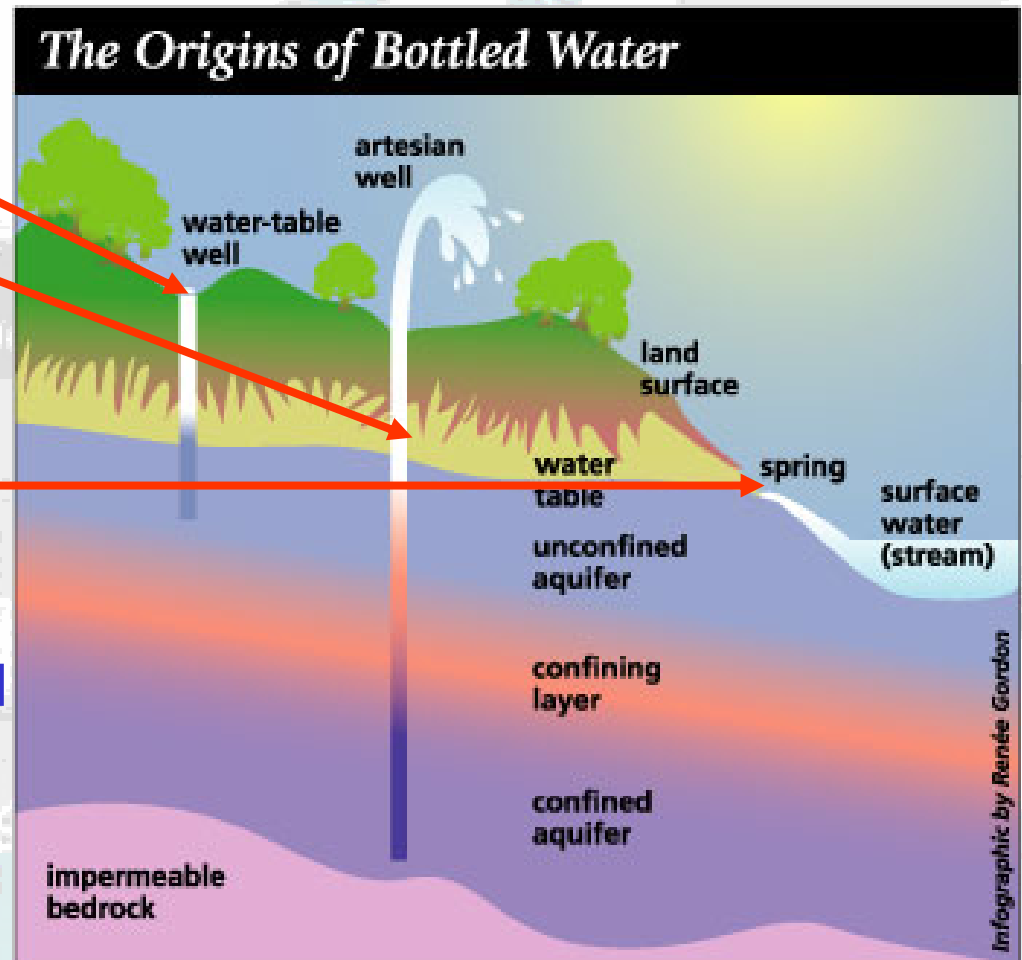
- Dasani, Evian, Ozarka: \$4.00/gallon or more
- Drinking Water: 59¢/gallon
- RO Water from grocery: 33¢/gallon
- Water pitcher filter: 5-10¢/gallon
- Tap water: 0.3-2¢/gallon or less



\$42/case

Types of Bottled Water from Underground Sources (FDA Rules)

- **Well water.** Any underground water
- **Artesian well water.** Underground water under pressure with a confining layer of rock or clay.
- **Spring water.** Underground water that flows naturally to the surface.
- **Mineral water.** Underground water with high mineral content. Minerals may not be added.



Bottled Water from Various Sources (FDA Rules)

- Drinking Water
- Distilled Water
- Reverse Osmosis Water
- Nursery Water

Usually originates from tap water.



What about Fluoride?

- Fluoride is added to tap water in most public systems. It provides protection to teeth.
- Most bottled water contains no Fluoride.
 - Reverse Osmosis (RO) removes Fluoride.
 - Distillation removes Fluoride.

Nursery Water

Specially Formulated for Infants and Toddlers



Since 1948

NURSERY[®]

Purified Water with added Fluoride

Steam distilled. Sodium free. Not sterile. Use as directed by physician or by labeling directions for use of infant formula.

Net 1 GAL (3.78 L)

Use it for...

- Drinking
- Diluting Juice
- Mixing with Cereals
- Preparing Baby Formula

Since 1948
NURSERY[®]

Purified Water with added Fluoride

Purified by steam distillation, filtered and ozonated to insure quality. Contains purified water with selected minerals (potassium bicarbonate, calcium chloride, magnesium chloride, sodium fluoride) added for taste. Contains up to 0.6 mg/L added fluoride. Mineral amounts are not nutritionally significant.

Bottled by DS Waters of America, LP, Atlanta, GA 30328.

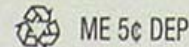
☎ For information call 1 (800) 682-0246

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nurserywater.com



CA CASH REFUND

Nutrition Facts

Ser. Size 8 fl. oz. (240 mL)

Serv Per Container: About 16

Amount Per Serving

Calories 0

Amount

Total Fat 0g

Sodium 0mg

Total Carb. 0g

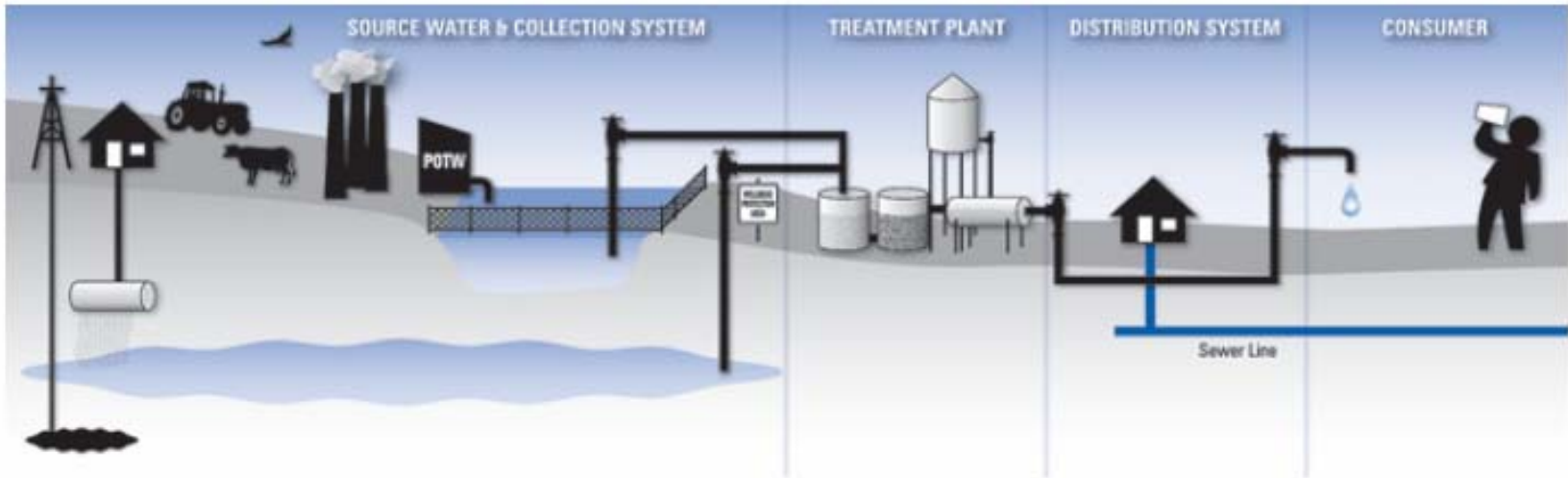
Protein 0g

Not a significant source of calories from fat, cholesterol, dietary fiber, sugars, Vitamin A, Vitamin C, calcium and iron.

Protection of Tap Water

- The Safe Drinking Water Act sets the rules.
 - Implemented by EPA, Oklahoma Department of Environmental Quality (DEQ), and the water utility.
 - A Multiple Barrier Approach

The Multiple Barrier Approach to Protect Tap Water – 3 levels

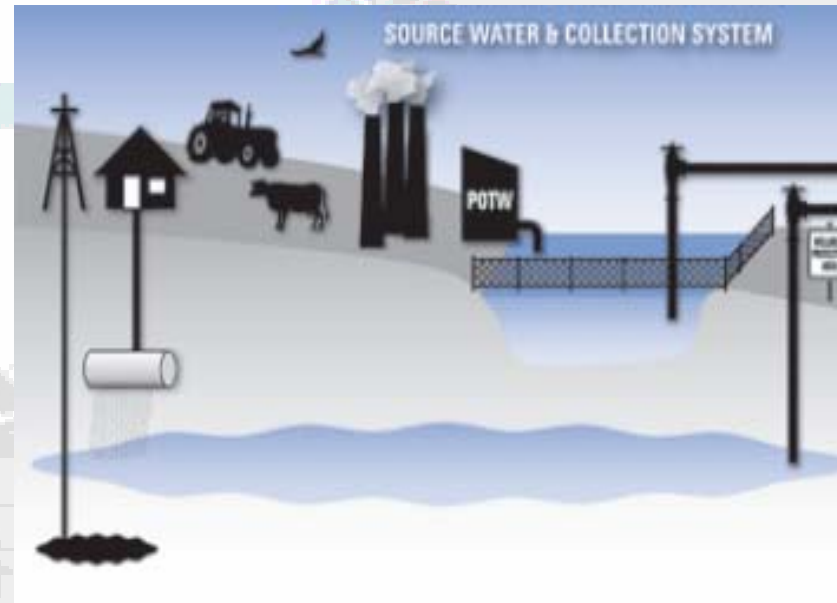


II. Ensuring Safe Drinking Water Through the Multiple-Barrier Approach

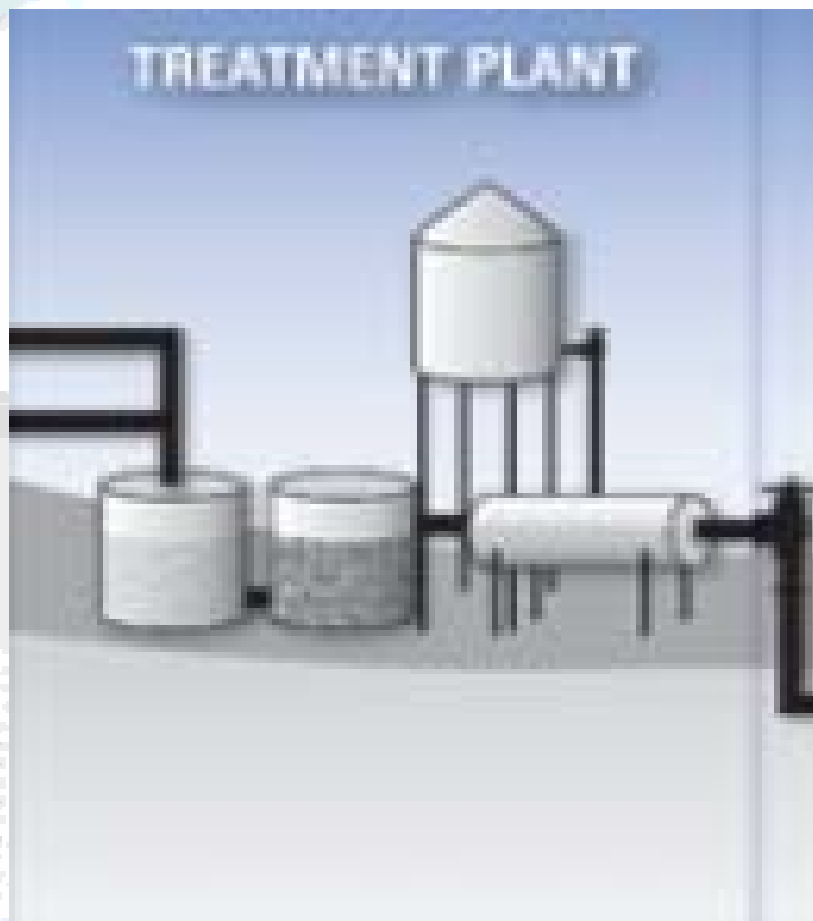
Whether your tap water comes from surface or ground water, all drinking water sources are vulnerable to a variety of contaminants from a variety of activities. The origin of contaminants might be in your neighborhood or many miles away. When rain falls or snow melts, it picks up and carries away pollutants, depositing them into lakes, rivers, wetlands, coastal and even underground sources of drinking water. Because we know these activities have the potential to

Barrier 1. Source Protection System

- **Oil & Gas Sources** – Oklahoma Corporation Commission
- **Underground storage tanks** – Oklahoma Corporation Commission
- **Agricultural Sources** – Oklahoma Department of Agriculture, Food and Forestry
- **Air pollution Sources** - Oklahoma Department of Environmental Quality
- **Wastewater treatment effluent** - Oklahoma Department of Environmental Quality
- **Well Head Protection and Source Water Protection Programs** - Oklahoma Department of Environmental Quality

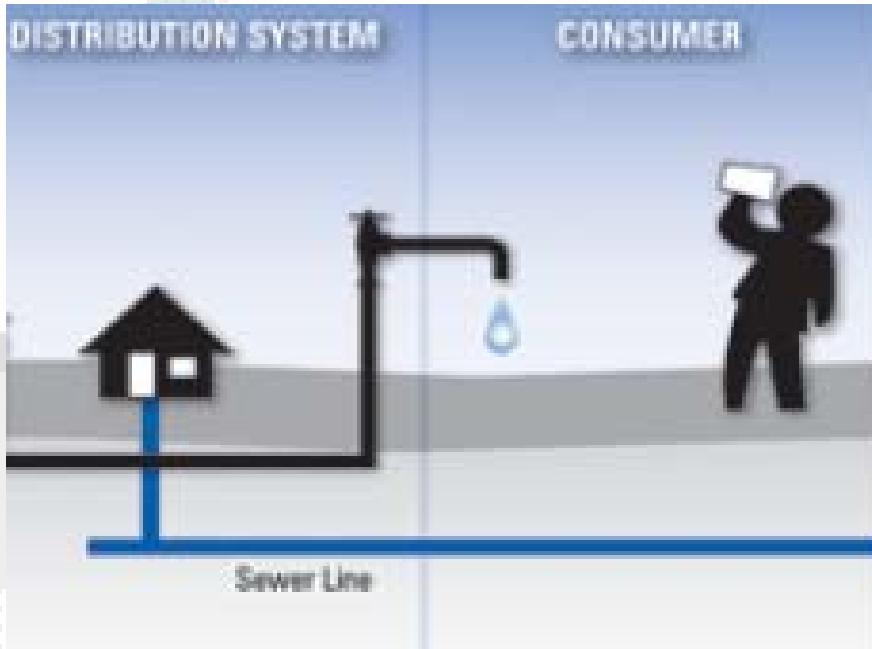


Barrier 2. Water Treatment System



- Drinking water treatment standards
- Disinfection standards
- Laboratory certification
- Priority Pollutant Testing
- Public Notification
- Penalties for violation

Barrier 3. Distribution System



- Vulnerability assessments
- Security programs
- Lead program
- Consumer watchfulness

General Rules

EPA Tap Water

- Priority pollutant testing required
- Standards violations enforceable by DEQ
- Chemical and microbe testing: frequency based on system size
- Certified lab tests required
- Violations must be reported to the EPA, DEQ, and the public.
- Trained system operators required.

FDA Bottled Water*

- Priority pollutant testing required
- Must be labeled as *obtained from a community water supply*
- Chemical testing required: 1 per year; microbial testing weekly
- No FDA rule
- No FDA reporting rule
- No FDA rule

Is Bottled Water Safer than Tap Water?

- Not necessarily
 - Large public water suppliers (more than 100,000 customers) are very safe.
 - Small suppliers (fewer than 10,000) are generally safe.
- Tap water supplies Fluoride.
- Bottled water has less government oversight and results are out of public view.

Is Bottled Water Better?

It may just be a matter of
taste...

Problems in Drinking Water

- Bacteria
- Mineral content
 - Total Dissolved Solids
 - Hardness
 - pH

Household Water Treatment Equipment



EXTENSION SERVICE

Types of Household Water Treatment

- **Disinfection - to kill or remove pathogens**
- **Filters - to remove sediment, organics, taste and odor**
- **Distillation and Reverse Osmosis – to remove minerals**
- **Ion exchangers (softeners) - to remove hardness, Iron, Manganese**

Disinfection – to kill Bacteria & Viruses

- Chlorination
 - Shock chlorination
 - Continuous chlorination
- Ultraviolet Light
- Ozonation

Filters

- Oxidizing (greensand) filters remove iron, manganese and H_2S
- Neutralizing filter to Control Corrosion

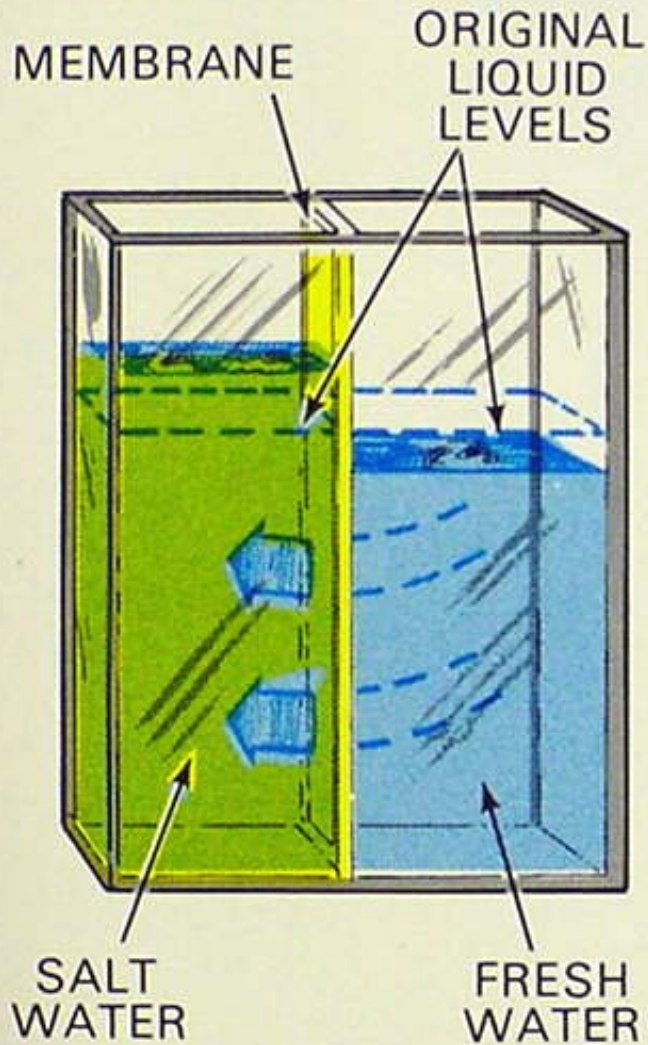
Removing Minerals

- Iron & Manganese – water softeners, oxidizing filter
- Calcium & Magnesium (hardness) – water softener
- Corrosion - neutralizer

TDS/Mineral Treatment

- Reverse Osmosis
- Distillation

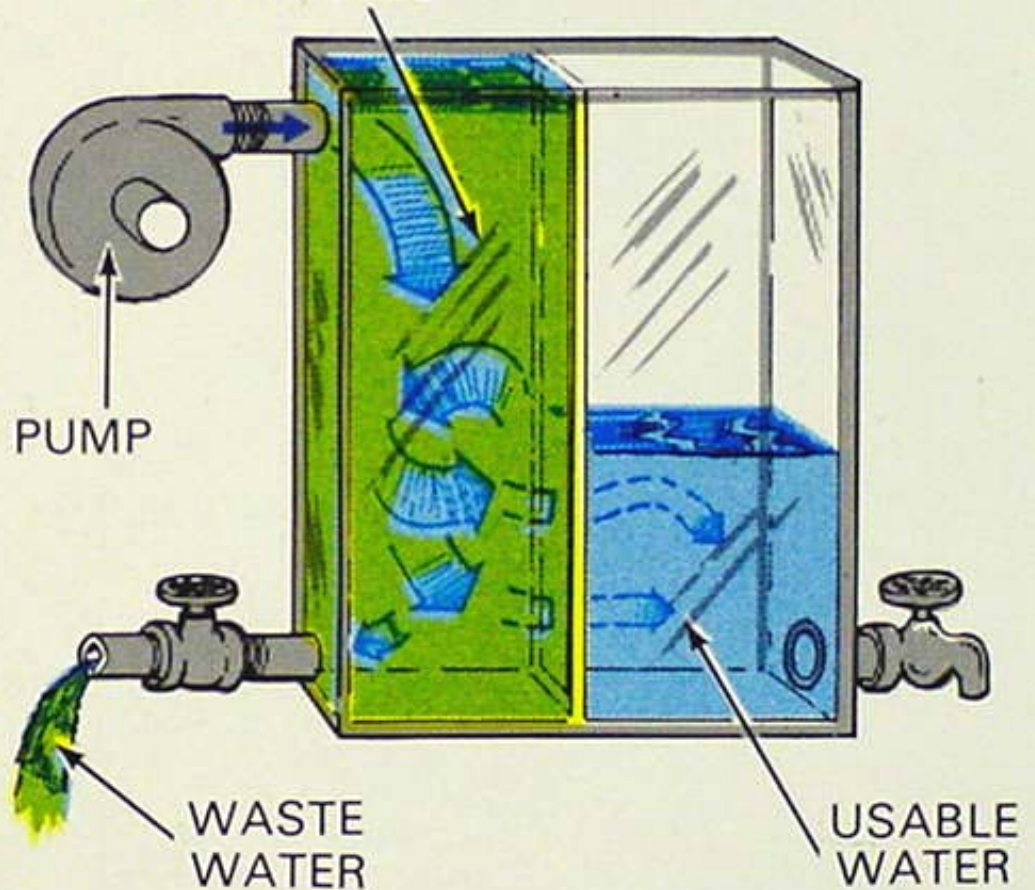
OSMOSIS



(a)

REVERSE OSMOSIS

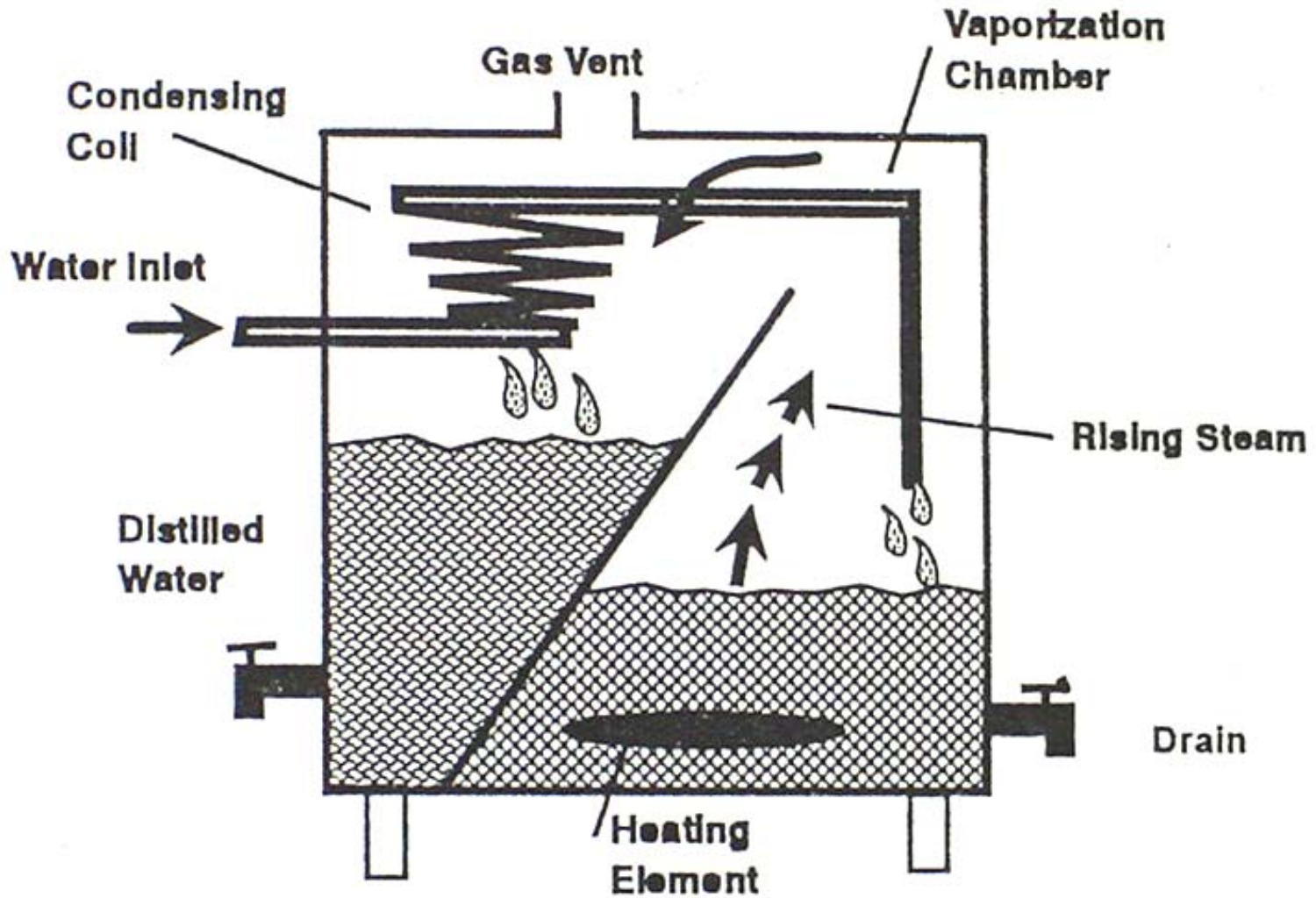
WATER CONTAINING
DISSOLVED MINERALS
& PARTICLES



(b)



Distillation Unit



Counter Top Distillation Unit



Carbon Filters

- Remove taste, odor and organic contaminants by adsorption on carbon particle surface
- Hierarchy of contaminant adsorption
- Saturated filters can actually increase concentration of some contaminants
- Not effective on nitrate, hardness or bacteria
- Filter cold water only
- Bigger is better - more surface area



OMNIFILTER
UnderSink Water Filter
SFM2
GAC1 Cartridge

OMNIFILTER UnderSink Water Filter
Model **SFM2** 038398

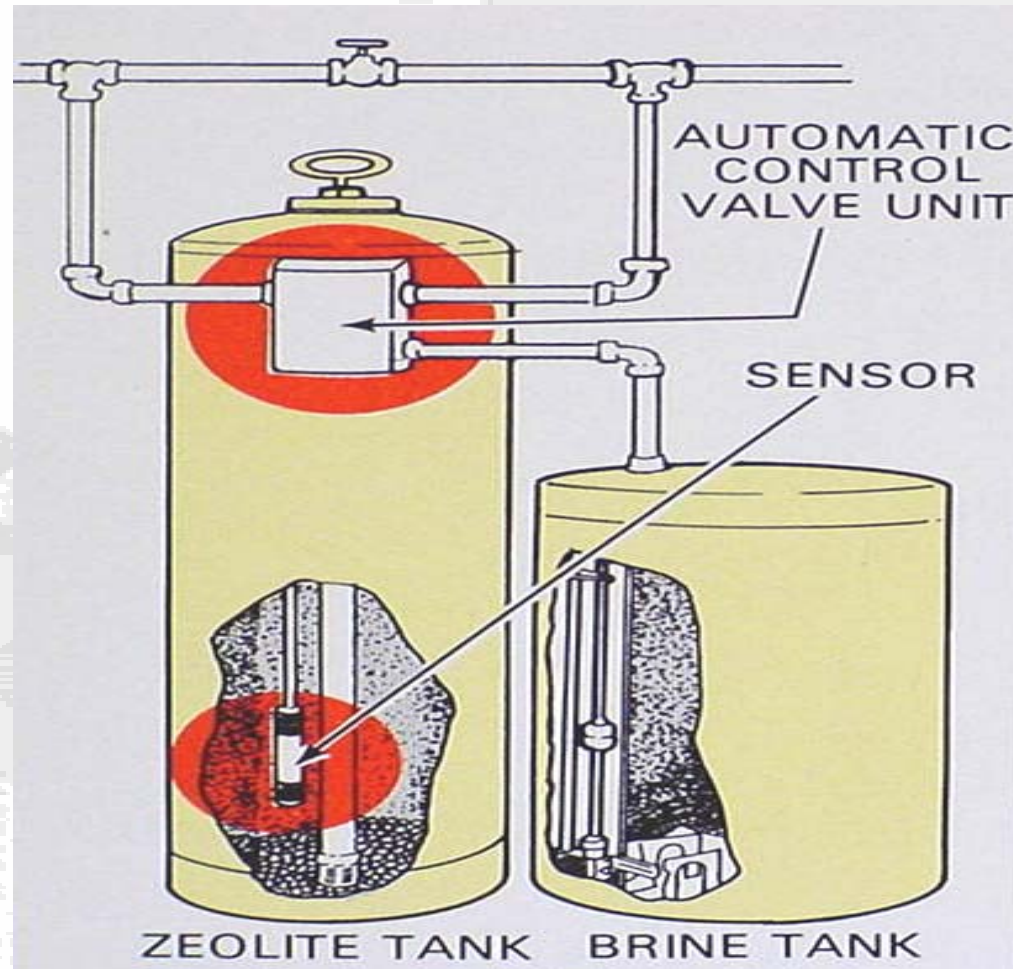
CAPACITY	
Flow Rate (GPM)	1.0
Flow Rate (LPM)	3.8
Capacity (Gallons)	1000
Capacity (Liters)	3785

Performance Data	
Flow Rate (GPM)	1.0
Flow Rate (LPM)	3.8
Capacity (Gallons)	1000
Capacity (Liters)	3785

WARNING: HAND TIGHTEN ONLY
Use OMR1 Wrench only for tank removal.
Replace tank "O" ring with every other filter cartridge change.

Ion Exchange Water Softeners

- Exchange sodium ions for calcium and magnesium ions in water
- Increase EC
- May be dietary hazard - hypertension (adds $\cong 140$ mg/l of sodium in “Hard” water)
- Use potassium salt (KCl) for health reasons



Problems and Appropriate Equipment

Problem	Equipment
Bacteria	Disinfection
Sediment	Filter
Minerals	Distillation and Reverse Osmosis
Salts	
Nitrate	
Iron and Manganese	Softener and Oxidizing filter
Hardness	Softener
Organics	Carbon filter

Summary

Tap water is

- stringently regulated
- Readily available
- costs less

Bottled water is

- More consistent in taste
- More convenient

Water Tasting Results

Label	NO3	TDS	Rank 1	Rank 5
A = Spring Water Deer Creek (bottled)	5	160	21	2
B = Distilled (bottled)	0	0	11	14
C = Tap Water	1	350	10	14
D = Well Water (Oklahoma)	1	940	5	24
E = Tap Water (Filtered)	1	320	18	7

Total Participants = 65 people

4 participants said there were no difference between the water samples

1 participant scored A and C as the best

1 participant scored A, B, D, and E the same

Questions??

LaDonna McCowan, 405-744-7532, 218 Ag Hall

Maifan Silitonga, 405-744-8419, 214 A Ag Hall

<http://waterquality.okstate.edu>

Water . . .

It's a Matter of Taste