



Many people drink bottled water. It's convenient when you're on the go and when it's hot out.

Bottled water is always there when you need it but did you know that it can be dangerous for your health?

Most bottled water is just filtered water, it still has the same impurities that regular tap water has. Plastic water bottles leach chemicals into the water especially when the bottle has been warmed. Just sitting in the car on a hot day can warm your water bottle. Taking a drink from your water bottle and then putting the water bottle away for later causes bacteria to grow in your water. The amount of bacteria that grows on your water bottle can reach dangerous levels. The plastic that holds your water have been found to contain chemicals such as phthalates and bisphenol A. These toxins can disrupt the endocrine system, messing up your hormone balance. **This can lead to weight gain and fatigue** which defeats the purpose of working out and playing. This is very bad for people who think that they are doing a good thing for their body's by drinking bottled water.

Here is a guide of the different types of plastics used.

-#1 PET or PETE, Polyethylene Terephthalate, is the most commonly used. It is marked for one time use only. Using it more than once increases the danger of leaching chemicals into your water.

-#2 HDPE 2, High density Polyethylene, is the most common type of plastic that is used for gallon jugs such as gallons of milk and juice.

-#5 PP5, Polypropylene, is a plastic that is easily molded and it is not linked to leaching.

-#3 Polyvinyl Chloride (PVC), It has endocrine disruptor's and probable human carcinogens.

-#6 polystyrene, PS, can leach styrene into your water or food. This is one of the most widely used plastics.

-#7 Polycarbonate, contains Bisphenol A which is a hormone disruptor. It is commonly used in baby bottles and sports drinks.

Johns Hopkins has recently sent this out in their newsletters worth noting...

Dioxin Carcinogens cause cancer, especially breast cancer. Don't freeze your plastic water bottles with water as this also releases dioxins in the plastic.

GO GREEN WITH DELLONUTRITIONALS

Keep it pure



and healthy!!



Receive a FREE Stainless Steel water bottle upon your first visit!