



## **PREMIUM SPRING WATER**

### **Better Water. Better Health.**

For the human body, water is critical in regulating all body organs and temperature as well as dissolving solids and moving nutrients and oxygen to cells in your body. Proper hydration may minimize chronic pains such as rheumatoid arthritis, lower back pain, migraines and colitis as well as lower cholesterol and blood pressure.

*Creekside Mountain Springs* is bottled from a pristine, naturally filtered North Carolina State Certified spring. With the natural filtration process, and further multiple stages of micro filtering our water achieves an incredibly low Total Dissolved Solids (TDS) content of 27 mg/L.

*One of the lowest TDS ever recorded for natural spring water. Our water is ultra pure.*

TDS is a measure of the total amount of minerals, salts and solids that are dissolved in the water. TDS is an indication of the purity of the water. In short, the lower the TDS content, the purer the water. The purer the water, the less mineral "taste" and aftertaste the water has. Our premium spring water is crisp and clean on the palette, with not a hint of mineral taste and no lingering aftertaste.

*It is one of the purest and finest bottled spring waters available on the market today.*

The label on our bottles bear the prestigious gold seal from the *North Carolina Spring Water Association*, which tells customers that the great tasting water they're enjoying is from a State Certified spring. Our spring water is naturally free of chemicals, chlorine, fluoride, unfriendly bacteria, and minerals such as lead and other sediments found in many household plumbing and municipal water systems.

Creekside Mountain Springs water not only hydrates your body, but could be helpful in increasing antioxidant activity in your body.

*What a refreshing way to stay fully hydrated with ultra pure spring water while getting the potential benefits of extra antioxidant protection.*

Antioxidants are molecules capable of slowing or preventing the oxidation of other molecules. They act as reducing agents of oxidized free radicals. Free radicals are a byproduct of oxidation that occurs in the body when electrons react during food digestion. Antioxidants terminate these chain reactions by oxidizing the molecules. Antioxidants assist in strengthening of blood vessels, keeping skin firm, and could help control acne.

*Creekside Mountain Springs water just may help improve the quality and longevity of life.*

Antioxidants are critical to preventing the occurrence of specific diseases and to protect your body from the effects of aging in general.

Because our spring water has a higher PH than most other bottled waters, it is healthy and life giving. Its PH indicates that the water is closer to an alkaline state, which facilitates cell enzyme activity and neutralizes and removes stored acid wastes. Our spring water could aid in!

## **Improving Your Natural Health Lifestyle**

**Weight Loss**

**Removal of Toxins**

**Illness Prevention**

**Improved Intestinal Health**