

EVIAN®, COMMITTED TO HEALTHIER HYDRATION



Water is necessary for a good biological functioning. It is vital to the make-up of cells and tissues, the transportation of nutrients, waste elimination, regulating the body's temperature and maintaining optimal cognitive performance. Scientific experts of EFSA (European Food and Safety Authority) have validated that: "Water contributes to the maintenance of normal physical and cognitive functions", and "Water contributes to the maintenance of normal regulation of the body's temperature". At least 2 litres of water from all sources should be consumed per day to obtain the claimed effect.

KEY FIGURES

60% of an adult body is made up of water

75% of an infant body is made up of water

20% of our daily water intake is provided by the water from food

1.6 litre: recommended daily intake of water for women

2 litres: recommended daily intake of water for men

7 weeks are required to ensure that our body water is being completely renewed

On average water represents 60% of an adult's body weight and 75% of that of an infant. Each day, we lose almost 2.8 litres of water, either visibly or invisibly, through perspiration, breathing and urinating. All of these daily losses of water must be compensated for by drinking enough water each day (approximately 1.5 litres per day). The need for water is even higher for pregnant and breastfeeding women, and athletes. Fatigue, changes in mood and difficulty concentrating can be the first signs of moderate dehydration. Good hydration is therefore essential to our physical and mental well-being.

evian® has one of the lowest mineral contents (less than 500 mg per litre) on the market, and offers the ideal mineral content for absorption by the weakest kidneys. This unique composition and neutral pH make evian® natural mineral water the ideal daily partner for everyone throughout their life. In 1878, its health benefits were recognised by the French Academy of Medicine. It is particularly recommended for expectant and breastfeeding mothers, and babies.

evian® supports WHO recommendations for breastfeeding during a child's first 6 months.

Composition of evian natural mineral water (mg/litre)



evian®, a faintly mineralised, pH neutral water, with a mineral composition adapted to all, old and young.