



FAQ SHEET

WHERE DOES MOUNTAIN VALLEY COME FROM? IS IT REALLY THE SAME NATURAL SPRING IT'S ALWAYS BEEN?

Yes, The Mountain Valley has been bottling from its original single spring source in the Ouachita Mountains for more than 145 years. The Ouachita mountain range crosses through central Arkansas.

WHAT'S THE MINERAL CONTENT OF THE WATER?

Naturally Occurring in Parts Per Million

Calcium 74.0

Magnesium 7.3

Potassium 1.0

Total Dissolved Solids 220

Alkalinity 7.8ph

IS YOUR WATER CONSIDERED "NATURALLY HIGH IN PH"?

Yes, Mountain Valley Spring water attains its pH level completely organically and natural; nothing is added to our water to enhance it.

DOES MOUNTAIN VALLEY REGULARLY TEST THE WATER SOURCE AND SPRING?

Mountain Valley employs state-of-the-art quality programs and processes to assure water safety, quality and security. We are tested and certified annually by an independent lab, measured to regulations set by the USDA to meet all federal and state health standards.

WHERE CAN I FIND YOUR WATER QUALITY REPORT?

Visit MountainValleySpring.com and select "Water Quality" from the bottom of the home page.

DOES MOUNTAIN VALLEY WATER CONTAIN ANY SODIUM?

Mountain Valley spring water is considered sodium free. Our natural spring water does not declare a sodium content because the trace amount falls below the minimum standard set by the FDA. It is considered sodium free.

IS YOUR PLASTIC BPA FREE?

Yes, our convenient light-weight plastic is BPA free.

IS YOUR SPARKLING WATER NATURALLY CARBONATED?

Whether beginning as naturally carbonated or still, all sparkling water has carbonation (CO2) added during the bottling process. Mountain Valley starts with natural spring water and adds CO2 to make its Sparkling Spring Water products.

IS THERE FLUORIDE IN MOUNTAIN VALLEY SPRING WATER?

Our spring water source measures 0.1 milligram per liter of naturally occurring fluoride. This is 0.04 hundredths of the total amount approved by the FDA for bottled water. Mountain Valley does not add fluoride to the water nor modify it in any way during the bottling process.

I SOMETIMES SEE SMALL WHITE FLAKES OR FLOATING SPECS IN THE WATER, WHAT IS THAT?

That is the particulate of the natural minerals that are found in our spring aquifer. Mountain Valley Spring Water contains 220 milligrams per liter of naturally occurring minerals, because the spring aquifer rises through thousands of feet of granite, limestone, sandstone and shale.

The primary mineral found in our water is calcium carbonate. The calcium can sometimes turn into a semi-solid form making it visible. This is caused by a significant or fast temperature change around the bottled water; such as shipping from a cooler climate to a region where it is stored in a much warmer environment. So the white flakes you see are simply calcium.

WHAT IS USED TO FLAVOR THE ESSENCES?

Mountain Valley uses all-natural zero-calorie, zero-sugar ingredients, called essence. These natural flavorings are produced with the same process as highly concentrated extracts used in the food industry. The extracts are from natural fruit sources, never artificially enhanced.

HOW CAN I GET THE WATER DELIVERED TO MY HOME?

As a Mountain Valley Spring distributor we are happy to set up home or office delivery to the schedule of your choice.

If the customer would like to search on their own for delivery service; please direct them to visit: MountainValleySpring.com/waterlocator, on our corporate website.

Just enter their zip-code, and the locator will identify the nearest distributor location.
