

40 percent of Iranians drink water less than world standard - Tehran Times

Health Desk

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TEHRAN – The managing director of Damavand Mineral Water Company expresses regret that 40 percent of Iranians drink less than the world standard and refuse to drink mineral water fearing that it may have toxic additives.

The managing director of the company said one of the reasons behind this refusal is people's presupposition that mineral waters are not safe. According to him, studies show Iranians drink 1.9 liters of water as women consume half a liter less than men.

He said research studies indicate that 23 percent of Tehran citizens drink less than 1.5 liters of water and 17 percent drink less than 1.2 liters of other beverages and these figures are far less than the World Health Organization (WHO) standard for the people's health.

He pointed out that human body is made up of over 70 percent water, this is while Iranians maintain part of that fluid with drinking tea instead of water.

48 percent of Iranian men verses 50 percent of Iranian women hydrate their body by consuming tea, he added.

He ruled out the possibility of having any toxic additives added to mineral waters.

He said major international health organizations determine the standard for drinking water all over the world and Iran is a member state of these organizations.

80 percent of domestic producing mineral water companies in Iran follow the directions of these organizations, therefore Iran's drinking water enjoys good quality in the world, he

explained.

He said mineral waters are healthier as they are kept away from heat and sunlight – two main enemies of healthy water.