FIJI		HIGHLAND SPRING		EVIAN		TAP UK	
Balance	Still	Balance	Still & Light	Balance	Still	~~Balance~~	~~Still~~
Virginality	Superior	Virginality	Very Good	Virginality	Very Good	~~Virginality~~	~~Very Good~~
Minerality	Low	Minerality	Low	Minerality	Medium	~~Minerality~~	~~Medium~~
Orientation	Alkaline	Orientation	Alkaline	Orientation	Neutral	~~Orientation~~	~~Neutral~~
Hardness	Moderately Hard	Hardness	Hard	Hardness	Very Hard	~~Hardness~~	~~Very Hard~~
Vintage		Vintage		Vintage	15 Years	~~Vintage~~	~~15 Years~~
Carbonation	None	Carbonation	Added	Carbonation		~~Carbonation~~	
TDS	222 mg/l	TDS	170 mg/l	TDS	357 mg/l	~~TDS~~	~~357 mg/l~~
ph factor	7.7	ph factor	7.8	ph factor	7.2	~~ph factor~~	~~7.2~~
Hardness	105 mg/l	Hardness	142 mg/l	Hardness	291 mg/l	~~Hardness~~	~~291 mg/l~~
Nitrate	0.27 mg/l	Nitrate	3.1 mg/l	Nitrate	3.8 mg/l	~~Nitrate~~	~~3.8 mg/l~~
Calcium	**18 mg/l**	**Calcium**	**41 mg/l**	**Calcium**	**78 mg/l**	**Calcium**	**30 mg/l**
Magnesium	15 mg/l	Magnesium	10 mg/l	Magnesium	24 mg/l	~~Magnesium~~	~~24 mg/l~~
Sodium	**17 mg/l**	**Sodium**	**6 mg/l**	**Sodium**	**5 mg/l**	**Sodium**	**>20 mg/l**
Potassium	**5 mg/l**	**Potassium**	**1 mg/l**	**Potassium**	**1 mg/l**	**Potassium**	**0 mg/l**
Silica	93 mg/l	Silica	5 mg/l	Silica	14 mg/l	~~Silica~~	~~14 mg/l~~
Bicarbonate	152 mg/l	Bicarbonate	150 mg/l	Bicarbonate	357 mg/l	~~Bicarbonate~~	~~357 mg/l~~
Sulfate	2 mg/l	Sulfate	5 mg/l	Sulfate	10 mg/l	~~Sulfate~~	~~10 mg/l~~
Chloride	11 mg/l	Chloride	6 mg/l	Chloride	5 mg/l	~~Chloride~~	~~5 mg/l~~

The dietary reference value (DRV)* for healthy adults (over the age of 18), including during pregnancy and lactation, is about 3 g of **chloride** per day.11 Jan 2021

https://www.hsph.harvard.edu/nutritionsource/chloride/
Chloride is a mineral naturally found in various foods, but our main dietary source is sodium chloride, otherwise known as table salt. Chloride carries an electric charge and therefore is classified as an electrolyte, along with sodium and potassium. It helps to regulate the amount of fluid and types of nutrients going in and out of the cells. It also maintains proper pH levels, stimulates stomach acid needed for digestion, stimulates the action of nerve and muscle cells, and facilitates the flow of oxygen and carbon dioxide within cells. [1] Chloride is absorbed in the small intestine and remains in the body's fluids and blood. Any excess amount is excreted in urine. Chloride is usually bound to sodium, and therefore the amount in blood tends to coincide with sodium levels.

The dietary reference value (DRV)* for healthy adults (over the age of 18), including during pregnancy and lactation, is about 3 g of chloride per day.
European Food Information Council
https://www.eufic.org/en/vitamins-and-minerals/article/chloride-foods-functions-how-much-do-you-need-more#:~:text=The%20dietary%20reference%20value%20(DRV,g%20of%20chloride%20per%20day.

A 28-ounce bottle of Gatorade G Thirst Quencher contains:2
Gatorade. Gatorade Orange Thirst Quencher Bottle (28oz).

190 calories
0 grams of fat
0 grams of fiber
380 milligrams of sodium
51 grams of carbohydrates
48 grams of sugar
0 grams of protein
110 milligrams of potassium

Sodium: The American diet also tends to run high in sodium (salt). The USDA guidelines recommend no more than 2,300 milligrams of sodium a day, and ideally no more than 1,500 milligrams. One bottle of Gatorade provides more than 10% of the recommended sodium intake.
Potassium: Many people don't get enough of this mineral, which helps regulate your heartbeat. Gatorade provides roughly 2% of the recommended daily intake, which is between 3,500 and 4,700 milligrams.
https://www.verywellhealth.com/is-gatorade-good-for-you-5215589#toc-nutritional-facts

https://www.eatingwell.com/article/7867963/electrolyte-drinks-what-are-they-and-do-you-need-them/
Do You Need Electrolyte Drinks?
If you eat a healthy diet that includes a variety of foods and drink adequate water—so that your urine is clear to pale yellow—you don't need to drink electrolyte drinks on a regular basis because your electrolyte levels are probably balanced. Most Americans consume more than the recommended amount of sodium—2,300 mg or one teaspoon of salt per day. Eating a variety of fruits and vegetables helps you get enough potassium, magnesium and calcium.

The amount of water you take in should be about the same as the amount you lose through sweat, urine and other fluids. However, if you lose more fluid than you take in and get dehydrated, you lose electrolytes.

KINETICS AND METABOLISM IN LABORATORY ANIMALS AND HUMANS
In humans, 88% of chloride is extracellular and contributes to the osmotic activity of body
fluids. The electrolyte balance in the body is maintained by adjusting total dietary intake and
by excretion via the kidneys and gastrointestinal tract. Chloride is almost completely absorbed
in normal individuals, mostly from the proximal half of the small intestine. Normal fluid loss
amounts to about 1.5–2 litres/day, together with about 4 g of chloride per day. Most (90–
95%) is excreted in the urine, with minor amounts in faeces (4–8%) and sweat (2%) (4).

Chloride
The mean chloride concentration in several rivers in the United Kingdom was in the range 11–42 mg/litre during 1974–81 (7). Evidence of a general increase in chloride concentrations in groundwater and drinking-water has been found (8), but exceptions have also been reported
(9). In the USA, aquifers prone to seawater intrusion have been found to contain chloride at concentrations ranging from 5 to 460 mg/litre (10), whereas contaminated wells in the Philippines have been reported to have an average chloride concentration of 141 mg/litre (11).
Chloride levels in unpolluted waters are often below 10 mg/litre and sometimes below 1 mg/litre (4).
Chloride in water may be considerably increased by treatment processes in which chlorine or chloride is used. For example, treatment with 40 g of chlorine per m3 and 0.6 mol of iron chloride per litre, required for the purification of groundwater containing large amounts of iron(II), or surface water polluted with colloids, has been reported to result in c