

# Live better naturally.



The water. Since 1742.

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It is unlikely that any German

water has such a distinctive and vibrant tradition as Staatl.

Fachingen. Even hundreds of years ago, the water was famous for its smooth, pleasant taste and its extraordinary mineral qualities. Staatl. Fachingen has always been particularly favoured by people who place great importance on their acid/alkaline balance. Quality speaks for itself: the brand Staatl. Fachingen not only enjoys a high level of awareness among consumers, but is also seen by them as friendly, credible, trusted and modern. Almost everyone has drunk Staatl. Fachingen at some point and considers the brand to have an exceptionally beneficial and invigorating effect.



# Live better naturally.

Humans are comprised of 60% water. Water is the foundation of many biochemical processes in the organism. Water gives the body energy and transports all nutrients. In the past few years, doctors and nutritionists have increasingly indicated the great importance of mineral water as part of a balanced diet.

Staatl. Fachingen offers unique mineralisation and has a naturally high hydrogen carbonate content. No wonder, then, that Staatl. Fachingen is drunk by people who keep a close eye on their acid/alkaline balance – the basis for an active and enjoyable life and the best prerequisite for enjoying life to the full.

### Hydrogen carbonate. The natural benefit.



In addition to its special mineralisation, Staatl. Fachingen STILL contains a naturally high hydrogen carbonate content of 1,846 mg/l. The alkaline properties act as a buffer that neutralises acids. It therefore supports a balanced acid–base metabolism and helps to maintain the equilibrium of the organism. This is of great value since modern life – with its stress and hectic pace, little exercise and unhealthy eating – places daily strains upon the body. This is a premium water with a first-class taste, which can also proactively promote health.



The composition of the human body based on a healthy woman weighing 60 kg.



### Acid-base balance - best in equilibrium.

Every body has a natural acid–base balance in the ratio of 20:80. The acid–base ratio of our diet, however, is often the reverse – namely 80:20. The diet consists of too many acid-forming foods such as sugar, meat, alcohol or coffee – without providing base-forming foods at the same time for the necessary balance.

In an over-acidified state, the body constantly has to make great efforts to maintain its natural acid–base balance (20:80). If the buffer capacities are overloaded, typical symptoms arise such as lack of motivation, fatigue and headaches – your well-being is seriously impaired.

A permanent imbalance of your acid-base equilibrium should be avoided as this can lead to metabolic disorders, circulatory disorders, joint trouble and even to a weakening of the immune system. Make sure you have a sufficient intake of base-forming food to support your body's buffer systems. Then you will be able to enjoy a latte macchiato or an espresso without worrying. Simply drink a glass of Staatl. Fachingen STILL together with your coffee speciality.

### Acid-forming foods:

Meat, fish, eggs, fats, sugar, cheese, quark, coffee, tea, alcohol

### Base-forming foods:

Fruit, vegetables, herbs, milk, Staatl. Fachingen STILL





### INSTITUT FRESENIUS







Herewith the certification body

SGS INSTITUT FRESENIUS GmbH

(Being an EN 45011 accredited certification body for IFS certification and having signed an agreement with the IFS owners), confirms that

#### DEUTSCHE SINALCO GmbH MARKENGETRÄNKE & Co. KG RÖMERSTRASSE 109 D-47179 DUISBURG

Place of production: FACHINGEN HEIL- UND MINERALBRUNNEN GmbH BRUNNENSTRASSE 11 D-65626 FACHINGEN

For the product category 11 – BEVERAGES

PRODUCTION OF MINERALWATER, HEALING WATERS AND SOFT DRINKS

Meets the requirements set out in the INTERNATIONAL FOOD STANDARD (IFS) VERSION 5, AUGUST 2007 AT HIGHER LEVEL

Certificate – register number: 2107656 Audit date: February 1/2, 2012 Date of issue of certificate: March 2, 2012 Certificate valid until: March 1, 2013 Date of the next audit: February 1, 2013

Taunusstein, March 2, 2012

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## The source is crucial for the minerals.

The mineral composition of water depends upon the rock layer through which it trickled. The unique quality of Staatl. Fachingen lies simply in the special combination of minerals and the naturally high hydrogen carbonate content. The dissolved minerals determine the mechanism of action of water. They play a leading role in supporting the optimum functioning of the most diverse metabolic processes in the body. Incidentally, as early as the 18th century, historical writings were made in this regard, highlighting the benefits of the special combination of minerals that are present in Staatl. Fachingen.

Mineral	Recommended daily intake for adults	Amount in 1 I Staatl. Fachingen STILL**	Functions	Symptoms of deficiency
Sodium*	550 mg	564 mg	Regulation of the water and acid–base balance, muscle contraction and digestive juices	Physical weakness, nausea, muscle cramps
Potassium	2.000 mg	16,1 mg	Regulation of fluid balance, maintaining tissue tension, cardiac and muscle function	Muscle weakness, cardiac and circulatory disorders
Magnesium	375 mg	59,2 mg	Responsible for the transmission of nerve impulses to muscle cells, important for the heart, circulation and power of concentration	Circulatory disorders
Calcium	800 mg	98,7 mg	Important component for building bones and teeth, especially in children; necessary for blood clotting and the conduction of stimuli from nerves to muscles; anti-inflammatory effect on mucous membranes	Decalcification of bones and teeth, damage to hair and nails, muscle cramps
Hydrogen- carbonate	Not determined to date	1.846 mg	Regulation of the acid–base balance, increase in physical performance, positive influence on the calcium balance	Over-acidification, fatigue, inefficiency or decline in performance
Chloride	At least 800 mg	139 mg	Together with sodium and potassium, it regulates the fluid balance, is involved in the acid–base balance and is a component of gastric acid	Muscle weakness, in extreme cases loss of gastric acid, diarrhoea, growth disturbances

\* Staatl. Fachingen contains sodium predominantly as NaHCO<sub>3</sub>- and not as NaCl (common salt). Consequently, it does not cause a rise in blood pressure in either healthy people or people with high blood pressure. \*\* Staatl. Fachingen STILL is a curative water. Fields of application: Staatl. Fachingen stimulates the stomach and intestinal function, promotes digestion and helps prevent heartburn. It promotes urination in the event of disorders of the urinary tract, prevents uric acid stones and calcium oxalate stones and supports the treatment of chronic urinary tract infections. Please read the label for details of the risks and side effects, or ask your doctor or pharmacist.

### Staatl. Fachingen – the premium water.

To ensure your body remains optimally hydrated, you should drink at least 1.5 to 2 litres a day. What is better suited to this than a calorie-free, mineral-rich premium water that also tastes fantastic? The delicious flavour is the result of the Staatl. Fachingen's unique combination of minerals.



Staatl. Fachingen MEDIUM is a delicately sparkling premium mineral water with a modern subtle content of carbon dioxide of 4.8 g/l. The substantial but balanced mineral qualities make it a refreshing and pleasantly invigorating drink.



Staatl. Fachingen STILL is the worldfamous, naturally pure premium curative water. It is well regarded and accredited thanks to its unique mineral qualities and its proven positive mechanisms of action. It has an unusually low, naturally sourced carbon dioxide content of 1.5 g/l.













### Wine, coffee and Staatl. Fachingen.

A select wine or even an espresso should always be accompanied by a premium mineral water. It neutralises the taste buds and prepares the palate in the best possible way for the taste sensation. This is confirmed by the many top restauranteurs who stock Staatl. Fachingen in their premium mineral water range.

### Go on, spoil yourself.

Wine is truly a special treat. Yet not every aficionado can tolerate the acidity of wine. It lends the wine a crispness and freshness but also leads to the over-acidification of the body and stomach. The same applies to the tannic acid contained in any coffee. Heartburn and that very over-acidification are often the result. However, you can enjoy a glass of wine or cup of coffee to the full because Staatl. Fachingen STILL will help your body to absorb the excess acids thanks to its high hydrogen carbonate content. Try it for yourself – you'll be amazed at what Staatl. Fachingen STILL can do.

### Drink yourself beautiful.

Staatl. Fachingen also benefits your skin. A skin study\* carried out with Hamburg University demonstrated that the regular enjoyment of Staatl. Fachingen MEDIUM has a very positive effect on the skin's appearance in several aspects.

Skin appears more taut and fresh. Furthermore, it has a lower tendency to wrinkle and appears smoother as a result. It is wonderful what the regular enjoyment of a premium mineral water can do. So, drink yourself beautiful – for the sake of your skin.





\* Source: Scientific study from 2005, Cosmetics and Personal Care Department, Professor Martina Kerscher.



### Aesthetics are important for taste.

Staatl. Fachingen is available in the exclusive glass-faceted bottle that is typical of the brand. It emphasises the uniqueness of the brand and cuts a fine figure on any table, whether set or not. It is part of our philosophy that lust for life does not mean that enjoyment and aesthetics come last.

Please visit us at: www.fachingen.de www.facebook.com/Staatl.Fachingen www.youtube.com/staatlfachingen

We look forward to seeing you!



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