

THE BENEFITS OF DRINKING REVERSE OSMOSIS WATER

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We've finally learned our lesson in America. More of us are starting to skip the soda and drink a lot more water instead.

A 2016 [Beverage Marketing study](#) found water consumption in the U.S. grew 120 percent between 2000 and 2015, while carbonated drinks fell 16 percent over the same time period.

Drinking more water is a smart and healthy decision! But, you still have a lot of choices when it comes to what kind of water you drink. Bottled? Distilled? Natural spring water? Tap water?

Reverse osmosis drinking water systems provide you with clean, refreshing water right in your home. Here are some reasons why it's the best option for you.

Reverse Osmosis Systems Remove Contaminants

Contaminated water and its negative effects on health have been making a lot of headlines lately. The water crisis in Flint, Michigan involving lead prompted increased scrutiny of public water around the country.

No matter where you live, there's a lot more than just H₂O in your home's water. However, with a reverse osmosis system, you can drastically reduce those unwanted contaminants. The special membrane filters out the vast majority of microscopic organisms and heavy metals.

If pure water is what you want, a reverse osmosis drinking system is what you need!

A reverse osmosis drinking water system partnered with a water softener allows you to enjoy the benefits of both soft water and purified drinking water. Plus, R.O. systems are more efficient when they start with soft water.

You'll Stop Buying Bottled Water

If you don't like the taste of your tap water, or you're concerned about what might be in it, there's a good chance you're buying bottled water all the time.

Bottled water is expensive. Those plastic bottles create a lot of waste as they all too often go unrecycled and end up in landfills. Plus, the bottom line is much of that bottled water isn't as pure as you think. It's just filtered tap water.

In the U.S., [one study](#) found we spent more than \$15 billion on bottled water in 2015.

A reverse osmosis system will pay for itself in no time because you'll only be paying pennies per gallon. Plus, whenever you need clean drinking water, it's right there at the tap.

It's Better for Cooking

The impurities in your home's water are going to affect the taste of the food you make.

That makes a lot of sense when you think about, because the water you cook with often ends up in your food. When you boil pasta, make soups, or bake homemade bread, pure water can make a big difference.

If you're using municipal tap water for cooking, there's a good chance you have too much chlorine in it. That will not only cause food to taste odd, it discolors it as well.

You'll also find that [coffee and tea taste better](#) with reverse osmosis water. [FineCooking.com](#) even points out the fact that many of the best restaurants now exclusively use R.O. water for cooking.

Crystal Clear Ice Cubes

Have you ever noticed how when you make ice cubes they tend to look white and cloudy?

The reason for that is the impurities and gasses in your water, which crystalize as it freezes. Ice forms from the outside in, and as this happens the impurities are forced to the center of the ice cube, resulting in the cloudy appearance.

If you like making eye-catching cocktails, crystal clear ice cubes will look fantastic in your drinks. But there's more! Cloudy ice cubes have been shown to be softer and *melt faster* than clear ice cubes with pure water from a reverse osmosis system. That means ice cubes made with an R.O. will keep your drinks cool longer without watering them down as much.

Reverse Osmosis Water Tastes Delicious

Perhaps the best reason to have reverse osmosis drinking water in your home is how great the water tastes! When you remove all those impurities, you're left with nothing but clean, refreshing water.