Softened water facts

Can I drink softened water? Yes

Fact checker

Advice from the Water Regulations Advisory Scheme (WRAS)* is:
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- Drinking water must comply with regulations, these state that the maximum limit of sodium is 200 mg/l (milligrams per litre).
- This sodium limit will be exceeded where the water is extremely hard, for example above 425 ppm. This is assuming that the sodium level in the public water supply is zero. Your demonstrator will test your water for hardness.
- We will ensure your water will not exceed 200 mg/l when softened. A separate unsoftened drinking water tap can be fitted if the sodium limit does exceed 200 mg/l or if you would prefer a hard water supply. This should preferably be at the kitchen / utility sink.
- It is recommended that softened water is not used for baby feed preparation, particularly for those six weeks and under. Take a look at the baby feed instructions for advice. Some babies' kidneys are not fully formed and the baby feed is created to contain the correct amount of sodium. The additional sodium in softened water upsets this balance and some babies have been known to suffer from dehydration.
- If you have been advised by a doctor to be on a low sodium diet, it is recommended not to drink softened water.

Myth buster

Many people think you can't drink softened water, but that's just a myth as softened water doesn't contain unhealthy amounts of sodium:

In an average hard water area a 250ml glass of softened water would contribute to 1% of your daily sodium intake.*

**Recommended daily intake by the NHS (2015) is 2,400mg of sodium.*

of your daily sodium intake

WRAS APPROVED PRODUCT

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FAQs

Why is a separate tap to provide unsoftened water recommended?

- Some people prefer the taste of hard water
- Instances where softened water isn't suitable eg. mixing with baby feed
- Some fish may require hard water in their tanks. If in doubt, please get advice from your supplier
- For watering indoor plants or your garden
- Some irons may be self-descaling and therefore designed for use with hard water, check the instructions to be sure.

How much sodium is added to the water from a TwinTec Water Softener?

For every 100 mg/l of calcium carbonate hardness taken out of the water, 46 mg/l of sodium goes in. Add this to the level of sodium already in the water (to find this out call the customer service number for your water supplier) and you have the total sodium level after softening. Your authorised TwinTec Dealer can help you with this.

Why is it considered that softened water could be detrimental to health?

Due to the sodium level, which as discussed above is not an issue.
How softened water compares:

250ml glass of softened London water 25mg sodium

200ml glass of skimmed milk 80mg sodium

200ml glass of whole milk 100mg sodium

1 slice of white bread 350mg sodium

1/2 can serving of tomato soup 440mg sodium

What do the regulations say?

The WRAS state that "water that has been softened on site should only be used for drinking purposes when the treated water is wholesome", this applies to where the water hardness is particularly high and exceeds 400 ppm. Other than that, softened water would be considered 'wholesome' by the WRAS. In this context, wholesome means healthy and drinkable.