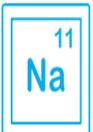
# Bottled Water Safety For Your Baby

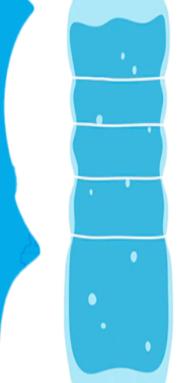
### **Bottled Water Requirements**





#### Sodium

It should contain less than 250mg of sodium per liter of water.





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#### Sulfate

It should contain less than 250mg of sulfate per liter of water.

#### Fluoride

It should contain 0.11mg of fluoride per liter or ppm. But if you can find one with a lesser quantity, that may make a better choice.

## **Baby Formula With Bottled Water**

👌 Boil the water before use and let it cool down.

You may not boil the water if it is labeled as 'sterile' and meets the FDA standards



Source: https://www.momjunction.com/articles/is-mineral-water-safe-for-your-baby\_00346380/