

**Naturally healthy**  
in a digital world

**Renature**  
your Life

A hand is shown holding a small amount of water, with a stream of water falling into a lake. The background features a scenic landscape with mountains and a rocky shore. The text 'Fact sheet Water' is centered in a white rounded rectangle over the water.

Fact sheet  
**Water**

**memon**<sup>®</sup>  
BIONIC INSTRUMENTS

# FACT SHEET WATER

Renature  
your Life

## FACTS

### Water – Our most important nutrient

Water is indispensable for human life and the most essential nutrient of all. In Europe and Germany, “drinking water” is clearly defined by law: it includes water in its original state or after treatment that is intended for drinking, cooking, preparing food and beverages, or for domestic purposes such as personal hygiene or cleaning (Directive 98/83/EC; Drinking Water Directive) [1, 2].

Drinking water must always be pure and safe for human consumption. It must not contain pathogens or pollutants in concentrations that could pose a health risk. To ensure this, internationally established guidelines and limit values are incorporated into national legislation. Water utilities are required to regularly monitor the quality of the drinking water they supply and to provide transparent information to the public [3].

Water is essential for our health and serves far more functions than simply quenching thirst. This is why clean, high-quality drinking water deserves special attention—both in the public and private sectors.

### Water in the human body

The human body consists of approximately 50–70% water, depending on age, sex and body weight. Water performs numerous vital functions:

- Transport: It carries nutrients to the cells and transports metabolic waste products for excretion.
- Temperature regulation: Water is an excellent heat reservoir and helps maintain a stable body temperature. The evaporation of sweat cools the body.
- Detoxification: Harmful substances are eliminated through the kidneys, liver and sweat.

- Cell function: Water helps maintain osmotic balance and is essential for cellular metabolism.

Particularly noteworthy is the so-called “fourth phase of water”—a gel-like, structured form of water that forms on cell membranes and molecular surfaces (Pollack, 2014). This phase is considered important for various biochemical processes and may influence cellular performance and communication [4, 5].

### Water quality and environmental factors

The quality of water can be affected by environmental factors such as electromagnetic fields or chemical contamination. Some studies suggest that such influences can alter the molecular structure of water and may therefore reduce its biological effectiveness in the body (Kiontke, 2014) [6].

### How much water do humans need?

The German Nutrition Society (DGE) recommends that adults consume around 1.5 liters of water per day from beverages, in addition to the water contained in solid foods. However, actual requirements depend heavily on external factors such as climate, activity level and diet [7, 8].

### Conclusion

**memon** technology imparts a unique resonance signature to tap water. The water achieves a very high, natural water quality; all harmful resonances are neutralized, the water tastes noticeably fresher, and redox potential, conductivity, pH value and calcium carbonate levels change in a positive direction.

## REFERENCES

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