



2018 Annual

# Water Quality Report

Atlantic County System

PWS ID: NJ0119002



NEW JERSEY  
AMERICAN WATER

## A Message from the New Jersey American Water President

### To Our Valued Customer:

New Jersey American Water is proud to be your local water service provider, and I am pleased to share some very good news about the quality of your drinking water. As you read through our Annual Water Quality Report, you will see that we continue to supply water that meets or surpasses all state and federal water quality standards. Additionally, the price you pay for this high-quality water service remains a great value as one of the lowest household utility bills.

New Jersey American Water has the expertise of more than 800 professionals, the right technologies in use, and a demonstrated commitment to replacing and upgrading our infrastructure so that you can be assured that your drinking water is of the highest standards.

Our team of experts continuously monitors, maintains and upgrades our facilities to ensure that they operate efficiently and meet all regulatory standards. This requires investing millions of dollars each year into our infrastructure, including treatment plants, tanks, pump stations, pipes, fire hydrants and metering equipment. We do this because we care about our customers as much as we care about water. Statewide, we invested more than \$330 million in 2018 alone to improve our water treatment and pipeline systems.

We have an exceptional track record when it comes to water quality and drinking water regulatory compliance. In fact, we take water quality so seriously that five of our surface water treatment plants have been nationally recognized with Directors Awards from the U.S. EPA's Partnership for Safe Water program for surpassing federal and state drinking water standards.

Please take the time to review this report. It provides details about the source and quality of your drinking water, using the data from water quality testing conducted for your local system between January and December 2018. If you have any questions, I encourage you to visit the Water Quality page of our website at [www.newjerseyamwater.com](http://www.newjerseyamwater.com), or call our Customer Service Center at 800-272-1325.

Sincerely,

Cheryl Norton  
President, New Jersey American Water

This report contains important information about your drinking water. If you do not understand it, please have someone translate it for you.

Este informe contiene información muy importante sobre su agua potable. Tradúzcalo o hable con alguien que lo entienda bien.

આ અહેવાલ મં તમારા પીવાના પાણી વિષે  
અગત્ય ની જાણકારી આપવા મં આવી છે.  
એનો અનુવાદ કરો અથવા જેને સમજાવો પડતી  
ભાષા તેની સાથેં વાત કરો

本报告与您的饮用水有关。  
如果您不了解其内容，应请别人为您翻译解说。

이 보고서에는 귀하께서 사용하고 계시는 식수에 관한 정보가 들어있습니다.  
만약에 이해를 못하시면 누군가에게 번역을 의뢰하십시오.

## Our Commitment to Quality

Once again we proudly present our annual water quality report which details the results of water quality testing completed from January to December 2018. The purpose of this report is to raise your understanding of drinking water and awareness of the need to protect our drinking water sources. Included in this report are details about where your water comes from, what it contains, and how our water quality results compare to federal and state standards.

We are pleased to tell you that we had no Safe Drinking Water Act violations again in 2018. We are committed to delivering the best quality drinking water. To that end, we remain vigilant in meeting the challenges of source water protection, water conservation, and community education while continuing to serve the needs of all our water users.

We want you to be informed about your drinking water. For more information about this report, or for any questions relating to your drinking water, please contact our 24-hour Customer Call Center toll-free at 1-800-272-1325.

## Share This Report:

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail. Additional copies of this report are available by contacting customer service at 1-800-272-1325.

## About New Jersey American Water

New Jersey American Water, a subsidiary of American Water (NYSE: AWK), is the largest investor-owned water utility in the state, providing high-quality and reliable water and/or wastewater services to approximately 2.7 million people. For more information, visit [www.newjerseyamwater.com](http://www.newjerseyamwater.com) and follow New Jersey American Water on [Twitter](#) and [Facebook](#).

## About American Water

With a history dating back to 1886, American Water is the largest and most geographically diverse U.S. publicly traded water and wastewater utility company. The company employs more than 7,100 dedicated professionals who provide regulated and market-based drinking water, wastewater and other related services to an estimated 14 million people in 46 states and Ontario, Canada. American Water provides safe, clean, affordable and reliable water services to our customers to make sure we keep their lives flowing. For more information, visit [www.amwater.com](http://www.amwater.com) and follow American Water on [Twitter](#), [Facebook](#) and [LinkedIn](#).

## How to Contact Us

Thank you... for allowing us to continue to provide your family with quality drinking water this year. We ask that all our customers protect our water sources. Please call our Customer Call Center toll-free at 1-800-272-1325 if you have questions:

**New Jersey American Water**

**1 Water Street**

**Camden, NJ 08102**

**[www.amwater.com](http://www.amwater.com)**

## Water Information Sources

**New Jersey Department of Environmental Protection  
Bureau of Safe Drinking Water:**  
(609) 292-5550 • [www.state.nj.us/dep](http://www.state.nj.us/dep)

**New Jersey Board of Public Utilities:**  
(973) 648-2350 • Two Gateway Center, Newark, NJ 07102

Division of Customer Relations:  
1-800-624-0241 • [www.state.nj.us/bpu](http://www.state.nj.us/bpu)

**US Environmental Protection Agency:**  
[www.epa.gov/safewater](http://www.epa.gov/safewater)

**Safe Drinking Water Hotline:** 1-800-426-4791

**American Water Works Association:** [www.awwa.org](http://www.awwa.org)

**Centers for Disease Control and Prevention:** [www.cdc.gov](http://www.cdc.gov)

## Public Participation

### How You Can Get Involved

Customers can participate in decisions that may affect the quality of water by:

- Reading the information provided in bill inserts and special mailings
- Contacting the company directly with questions or to discuss issues
- Responding to company requests for participation in focus groups and roundtables
- Attending open houses conducted by the company
- Responding to survey requests

## Where Your Water Comes From Protecting Your Water Source

### Atlantic Division - PWSID # 0119002

New Jersey American Water - Atlantic Division is a public community water system consisting of 23 wells. This system's source water comes from Atlantic City "800-foot" sand aquifer, Kirkwood-Cohansey water-table aquifer system.

### What is S.W.A.P.

SWAP (Source Water Assessment Program) is a program of the New Jersey Department of Environmental Protection (NJDEP) to study existing and potential threats to the quality of public drinking water sources throughout the state. Sources are rated depending upon their contaminant susceptibility.

### Susceptibility Ratings for New Jersey American Water — Atlantic Division Sources

The table below illustrates the susceptibility ratings for the seven contaminant categories (and radon) for each source in the system. The table provides the number of wells and intakes that rated high (H), medium (M), or low (L) for each contaminant category. For susceptibility ratings of purchased water, refer to the specific water system's source water assessment report. Source Water Assessment Reports and Summaries are available for public water systems at <http://www.nj.gov/dep/watersupply/swap/index.html> or by contacting the NJDEP's Bureau of Safe Drinking Water at (609) 292-5550.

### Contaminant Categories

DEP considered all surface water highly susceptible to pathogens, therefore all intakes received a high rating for the pathogen category. For the purpose of the Source Water Assessment Program, radionuclides are more of a concern for ground water than surface water. As a result, surface water intakes' susceptibility to radionuclides was not determined and a low rating was assigned.

If a system is rated highly susceptible for a contaminant category, it does not mean a customer is or will be consuming contaminated drinking water. The rating reflects the potential for contamination of source water, not the existence of contamination. Public water systems are

required to monitor for regulated contaminants and to install treatment if any contaminants are detected at frequencies and concentrations above allowable levels.

As a result of the assessments, DEP may customize (change existing) monitoring schedules based on the susceptibility ratings.

Source water protection is a long-term dedication to clean and safe drinking water. It is more cost effective to prevent contamination than to address contamination after the fact. Every member of the community has an important role in source water protection. NJDEP recommends controlling activities and development around drinking water sources, whether it is through land acquisition, conservation easements or hazardous waste collection programs. We will continue to keep you informed of SWAP's progress and developments.

### Susceptibility Chart Definitions

- **Pathogens:** Disease-causing organisms such as bacteria and viruses. Common sources are animal and human fecal wastes.
- **Nutrients:** Compounds, minerals and elements that aid growth, that are both naturally occurring and man-made. Examples include nitrogen and phosphorus.
- **Volatile Organic Compounds:** Man-made chemicals used as solvents, degreasers, and gasoline components. Examples include benzene, methyl tertiary butyl ether (MTBE), and vinyl chloride.
- **Pesticides:** Man-made chemicals used to control pests, weeds and fungus. Common sources include land application and manufacturing centers of pesticides. Examples include herbicides such as atrazine, and insecticides such as chlordane.
- **Inorganics:** Mineral-based compounds that are both naturally occurring and man-made. Examples include arsenic, asbestos, copper, lead, and nitrate.
- **Radionuclides:** Radioactive substances that are both naturally occurring and man-made. Examples include radium and uranium.
- **Radon:** Colorless, odorless, cancer-causing gas that occurs naturally in the environment. For more information go to <http://www.nj.gov/dep/rpp/radon/index.htm> or call (800) 648-0394.
- **Disinfection By-product Precursors:** A common source is naturally occurring organic matter in surface water. Disinfection by-products are formed when the disinfectants (usually chlorine) used to kill pathogens react with dissolved organic material (for example leaves) present in surface water.

Atlantic County	Sources	Pathogens			Nutrients			Pesticides			Volatile Organic Compounds			Inorganics			Radionuclides			Radon			Disinfection By-Product Precursors		
		H	M	L	H	M	L	H	M	L	H	M	L	H	M	L	H	M	L	H	M	L	H	M	L
	Wells - 22		4	18	16	3	3		8	14	11		11	6	13	3	16	3	3		19	3	7	15	
	GUDI - 0																								
	Surface Water Intakes - 0																								

### Our Water Research Efforts

*Cryptosporidium* is a protozoan found in surface water throughout the U.S. Although filtration removes *Cryptosporidium*, the most commonly used filtration methods cannot guarantee 100 percent removal. Ingestion of *Cryptosporidium* may cause cryptosporidiosis, an abdominal infection. Symptoms of infection include nausea, diarrhea, and abdominal-cramps. Most healthy individuals can overcome the disease within a few weeks. However, people with severely weakened immune systems have a risk of developing a life-threatening illness. We encourage such people to consult their doctors regarding appropriate precautions to take to avoid infection.

*Cryptosporidium* must be ingested to cause disease. It can also be spread through means other than drinking water. Researchers with American Water have developed a new, more accurate test for *Cryptosporidium* in water. For additional information regarding cryptosporidiosis and how it may impact those with weakened immune systems, please contact our customer service center at 1-800-272-1325 or speak with your personal health care provider.

### Lead Education Statement

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. New Jersey American Water is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. We take steps to reduce the potential for lead to leach from your pipes into the water. This is accomplished by maintaining the quality of your water leaving our treatment facilities. There are steps that you can take to reduce your household's exposure to lead in drinking water. When your water has been sitting for several hours, you can minimize your exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. For more information, please review our Lead and Drinking Water Fact Sheet <https://amwater.com/njaw/water-quality/lead-and-drinking-water>. You may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.



## What's in the Source Water Before We Treat It?

In general, the sources of drinking water (both tap and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and can pick up substances resulting from the presence of animals or from human activities.

### Substances That May Be Present in Source Water Include:

**Microbiological Contaminants:** such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations or wildlife.

**Inorganic Contaminants:** such as salts and metals which can be naturally occurring or may result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.

**Pesticides and Herbicides:** which may come from a variety of sources such as agriculture, urban storm water runoff and residential uses.

**Organic Chemical Contaminants:** including synthetic and volatile organic chemicals which are by-products of industrial processes and petroleum production, and may also come from gas stations, urban storm water runoff and septic systems.

**Radioactive Contaminants:** which can be naturally occurring or may be the result of oil and gas production and mining activities.

For more information about contaminants and potential health effects, call the EPA's Safe Drinking Water Hotline at 1-800-426-4791.

## What is Radon?

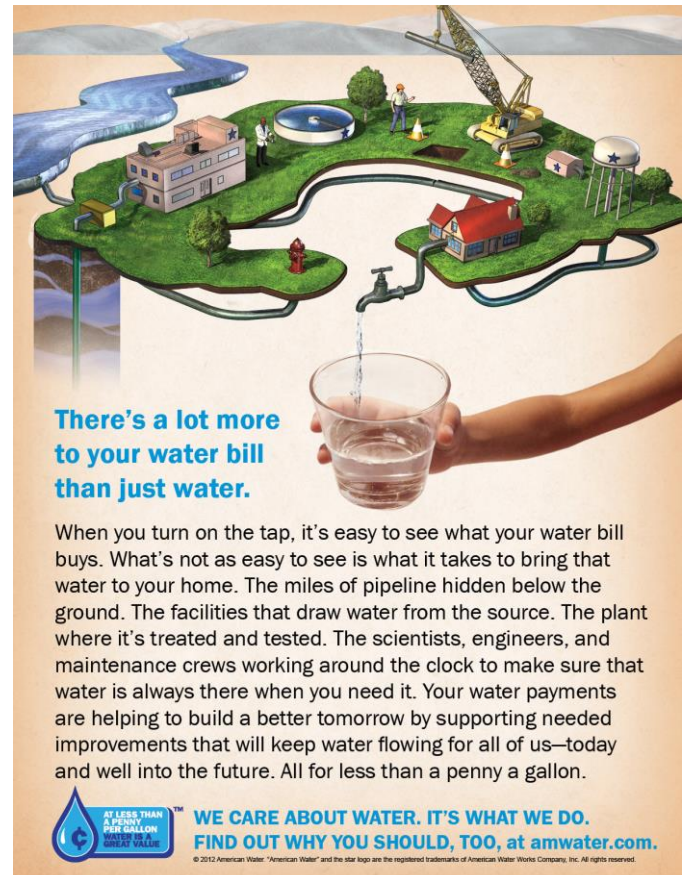
Radon is a radioactive gas that occurs naturally in some groundwater. It may pose a health risk when the gas is released from water into air, as occurs while showering, washing dishes and performing other household activities. Radon can move up through the ground and into a home through cracks in the foundation. Compared to radon entering the home through soil, radon entering through tap water is, in most cases, a small source of radon in indoor air. Inhalation of radon gas has been linked to lung cancer, however, the effects of radon ingested in drinking water are not yet clear. If you are concerned about radon in your home, tests are available to determine the total exposure level.

The EPA is developing regulations to reduce radon in drinking water. Radon in the air is inexpensive to test and easy to correct. For additional information, call the EPA's Radon Hotline at 1-800-SOS-RADON.

## Do I Need to Take Special Precautions?

To ensure that tap water is safe to drink, the U.S. EPA prescribes regulations limiting the amount of certain contaminants in water provided by public water systems. U.S. Food and Drug Administration regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline at 1-800-426-4791.



**There's a lot more to your water bill than just water.**

When you turn on the tap, it's easy to see what your water bill buys. What's not as easy to see is what it takes to bring that water to your home. The miles of pipeline hidden below the ground. The facilities that draw water from the source. The plant where it's treated and tested. The scientists, engineers, and maintenance crews working around the clock to make sure that water is always there when you need it. Your water payments are helping to build a better tomorrow by supporting needed improvements that will keep water flowing for all of us—today and well into the future. All for less than a penny a gallon.

**AT LESS THAN A PENNY PER GALLON WATER IS A GREAT VALUE.**

**WE CARE ABOUT WATER. IT'S WHAT WE DO.**  
FIND OUT WHY YOU SHOULD, TOO, at [amwater.com](http://amwater.com).

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## How Do I Read the Table of Detected Contaminants?

First, determine which table you should read by finding your town in the Towns Served by this System. Starting with the **Contaminant**, read across from left to right. A **“Yes”** under **Compliance Achieved** means the amount of the substance met government requirements. The column marked **MCLG, Maximum Contaminant Level Goal**, is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety. The shaded column marked **MCL, Maximum Contaminant Level**, is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology. The column marked **Range Detected** shows the highest and lowest test results for the year. The column marked **Highest Level Detected** shows the highest test results during the year. **Typical Source** shows where this substance usually originates. Compare the Range Detected values with the MCL column. To be in compliance, the Highest Level Detected must be lower than the MCL standard. Those substances not listed in the table were not found in the treated water supply.

As you can see from the table, our system had no MCL violations again this year. The footnotes and the definitions below will help you interpret the data presented in the Table of Detected Contaminants.

### Table Definitions

**90th Percentile Value:** Of the samples taken, 90% of the values of the results were below the level indicated in the table.

**Action Level:** The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

**Maximum Residual Disinfectant Level (MRDL):** The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

**Maximum Residual Disinfectant Level Goal (MRDLG):** The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination.

**NA:** Not applicable

**ND (None Detected):** Laboratory analysis indicates that the constituent is not present.

**ppb (Parts per Billion):** Corresponds to one part substance in one billion parts of water.

**ppm (Parts per Million):** Corresponds to one part substance in one million parts of water.

**pCi/L (Picocuries per Liter):** A measure of the radioactivity in water.

**RUL:** Recommended upper limit

## Water Quality Statement

The data presented in the Table of Detected Contaminants is the same data collected to comply with U.S. Environmental Protection Agency and New Jersey state monitoring and testing requirements. We have learned through our testing that some contaminants have been detected, however, these contaminants were detected well below the levels set by the EPA to protect public health. To assure high quality water, individual water samples are taken each year for chemical, physical and microbiological tests. Tests are done on water taken at the source, from the distribution system after treatment and, for lead and copper monitoring, from the customer's tap. Testing can pinpoint a potential problem so that preventative action may be taken. The Safe Drinking Water Act regulations allow monitoring waivers to reduce or eliminate the monitoring requirements for asbestos, volatile organic chemicals, and synthetic organic chemicals based on a determination of unlikely vulnerability to such contaminants. Our system has received a monitoring waiver for synthetic organic chemicals.

## NJDEP Water Conservation Message...Because Remember, Every Drop Counts

### 6 SIMPLE STEPS TO SAVE WATER...BECAUSE REMEMBER, EVERY DROP COUNTS

Due to much lower than normal rainfall, New Jersey's water supply is dwindling. You can do your part to help avoid a drought emergency by taking these six simple steps to save water.

-  Don't let faucets run when brushing your teeth, shaving, or washing the dishes. Just turning off the water while you brush can save 200 gallons a month. **1**
-  Run washing machines and dishwashers only when they are full, or select the properly sized wash cycle for the current laundry load. **2**
-  Install water-saving showerheads and faucet aerators in the bathroom and kitchen (available at most home improvement stores and some supermarkets.) **3**
-  Fix any leaking faucets –one drop every 2 seconds from a leaky faucet wastes 2 gallons of water every day – that's water – and money – down the drain. **4**
-  Don't wash your car at home – a car wash uses much less water and recycles it, too. **5**
-  With the end of the growing season, be sure to turn off automatic lawn and garden sprinkler systems. **6**

  For more detailed information on how you can conserve water in and outside your home, visit [njdrought.org](http://njdrought.org). Remember...every drop counts.

## Vulnerable Populations Statement

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial pathogens are available from the Safe Drinking Water Hotline (1-800-426-4791).

## Atlantic County - PWS ID#NJ0119002

### Table of Detected Contaminants - 2018

Towns Served By This System: Absecon | Egg Harbor Township | Galloway Township | Linwood | Northfield | Pleasantville | Pomona | Smithville | Somers Point | Wrangleboro

Those substances not listed in this table were not found in the treated water supply.

### Regulated Substances

Contaminant	Units	Compliance Achieved	MCLG	MCL	Range Detected	Highest Level Detected	Typical Source
<b>Inorganic Chemicals</b>							
Barium (2017) <sup>1</sup>	ppm	Yes	2	2	ND to 0.2	0.2	Erosion of natural deposits
Fluoride (2017) <sup>1</sup>	ppm	Yes	4	4	ND to 0.2	0.2	Erosion of natural deposits
Mercury (2017) <sup>1</sup>	ppb	Yes	2	2	ND to 0.8	0.8	Erosion of natural deposits
Nickel (2017) <sup>1</sup>	ppb	Yes	NA	NA	ND to 7	7	Nickel occurs naturally in soils, ground water and surface waters and is often used in electroplating, stainless steel and alloy products.
Nitrate	ppm	Yes	10	10	ND to 3.04	3.04	Erosion of natural deposits
<b>Treatment By-Products Stage-2</b>							
Total Trihalomethanes [TTHMs]	ppb	Yes	NA	80	1.3 to 42.7	28 <sup>2</sup>	By-product of drinking water disinfection
Total Haloacetic Acids [THAA5]	ppb	Yes	NA	60	ND to 10.4	9 <sup>2</sup>	By-product of drinking water disinfection
<b>Volatile Organic Chemicals</b>							
Methyl-tert-butyl-ether (MTBE)	ppb	Yes	70	70	ND to 10.3	10.3	Leaking underground gasoline and fuel oil tanks, gasoline and fuel oil spills
<b>Disinfectants</b>							
Chlorine	ppm	Yes	MRDLG = 4	MRDL = 4	0.69 to 0.98	0.9 <sup>3</sup>	Water additive used to control microbes
<b>Radiological Substances</b>							
Alpha Emitters	pCi/L	Yes	0	15	11.5 to 16.2	13.9	Erosion of natural deposits
Combined Radium (226/228)	pCi/L	Yes	0	5	1.1 to 4.6	3.8	Erosion of natural deposits

### Tap water samples were collected from 50 homes in the service area (January - June 2017)

Contaminant	Units	Action Level	MCLG	Amount Detected (90 <sup>th</sup> %tile)	Homes Above Action Level	Compliance Achieved	Typical Source
Copper	ppm	1.3	1.3	0.45	0	Yes	Corrosion of household plumbing systems
Lead	ppb	15	0	6	2	Yes	Corrosion of household plumbing systems

### Secondary Contaminants

Contaminant	Units	Secondary RUL	Range Detected	Highest Level Detected	Typical Source
Aluminum	ppm	0.2	ND to 0.46	0.46	Naturally occurring
Iron	ppm	0.3	ND to 0.24	0.24 <sup>4</sup>	Naturally occurring
Manganese	ppm	0.05	0.013 to 0.043	0.043 <sup>5</sup>	Naturally occurring
Sodium	ppm	50	59.8 to 71.2	71.2	Naturally occurring

## Unregulated Contaminant Monitoring Rule (2014)

New Jersey American Water participated in the Unregulated Contaminant Monitoring Rule. Unregulated contaminants are those for which the EPA has not established drinking water standards. The purpose of unregulated contaminant monitoring is to assist the EPA in determining the occurrence of unregulated contaminants in drinking water and whether regulation is warranted. For testing conducted in the Atlantic County System, the following substances were found.

Contaminant	Units	NJDEP Guidance Level	Range Detected	Highest Level Detected	Use or Environmental Source
Chlorate	ppb	NA	ND to 470	470	Agricultural defoliant or desiccant; disinfection byproduct; and used in production of chlorine dioxide.
Chromium	ppb	100 ppb	ND to 7.3	7.3	Erosion of natural deposits
Hexavalent Chromium	ppb	NA	ND to 0.26	0.26	Naturally-occurring element; used in making steel and other alloys; chromium-3 or -6 forms are used for chrome plating, dyes and pigments, leather tanning, and wood preservation
Cobalt	ppb	NA	ND to 8.1	8.1	Naturally-occurring element found in the earth's crust and at low concentrations in seawater, and in some surface and ground water; cobaltous chloride was formerly used in medicine and as a germicide
Strontium	ppb	NA	ND to 108.9	108.9	Naturally occurring element; commercial use of strontium has been in the faceplate glass of cathode-ray tube televisions to block x-ray emissions.
Vanadium	ppb	NA	ND to 0.6	0.6	Naturally-occurring elemental metal; used as vanadium pentoxide which is a chemical intermediate and a catalyst
1,1 Dichloroethane	ppb	NA	ND to 0.31	0.31	Halogenated alkane; used as a solvent
1,4-Dioxane (2018)	ppb	0.4 ppb	ND to 0.22	0.22	Used as a solvent in manufacturing and processing of paper, cotton, textile products, automotive coolant, cosmetics and shampoos.

<sup>1</sup> The State of New Jersey allows us to monitor for certain contaminants less than once a year because the concentrations of these contaminants are not expected to vary significantly from year to year. Some of the data, though representative, are more than one year old.

<sup>2</sup> This level represents the highest annual quarterly Locational Running Average calculated from the data collected.

<sup>3</sup> This level represents the highest annual quarterly average calculated from the data collected.

<sup>4</sup> The recommended upper limit for iron is based on unpleasant taste of the water and staining of the laundry. Iron is an essential nutrient, but some people who drink water with iron well above the recommended upper limit could develop deposits of iron in a number of organs of the body.

<sup>5</sup> The recommended upper limit for manganese is based on staining of laundry. Manganese is an essential nutrient, and toxicity is not expected from levels which would be encountered in drinking water.

<sup>6</sup> For healthy individuals, the sodium intake from water is not important because a much greater intake of sodium takes place from salt in the diet. However, sodium levels above the recommended upper limit may be of concern to individuals on a sodium restricted diet.