

Supporting Information

Table S1:
Mineralisation content of Ensinger
Schiller Quelle mineral water.

Cations	mg/L
Lithium	0,89
Sodium	28,9
Potassium	7,34
Ammonium	<0,01
Magnesium	105
Calcium	573
Strontium	12
Manganese	0,038
Iron	0,014
Anions	mg/L
Fluoride	0,49
Chloride	31,4
Bromide	<0,05
Iodide	0,008
Sulfate	1535
Nitrite	<0,005
Nitrate	2,7
Hydrogen phosphate	<0,01
Hydrogen carbonate	347
Undissociated solutes	mg/L
Meta-boric acid	1,63
Meta-silicic acid	20,7
Gaseous solutes	mg/L
Carbon dioxide	2650

Table S2:
Mineralisation content of tap
water control (placebo).

Cations	mg/L
Lithium	--
Sodium	5,2
Potassium	1,4
Ammonium	<0,010
Magnesium	8,0
Calcium	48
Strontium	0,46
Manganese	<0,0005
Iron	0,0051
Anions	mg/L
Fluoride	0,09
Chloride	7,0
Nitrite	0,005
Nitrate	4,2
Sulfate	34,0
Gaseous solutes	mg/L
Carbon dioxide	2650