



Lava Hot Springs Inn Mineral Water Benefits

Calcium Carbonate

Maintains the integrity of the skeletal system, providing strength and structure to the bones and teeth. Your heart, muscles, and nerves also need calcium to function properly.

Sodium

Health benefits of sodium include heart performance, glucose absorption, and nerve function.

Sulfate

Provides structure to cartilage by holding water and nutrients and allowing other molecules through the cartilage.

Potassium

Acts as an electrolyte, this mineral is required for keeping important organs of the human body in good condition.

Magnesium

It helps in the transmission of nerve impulses, body temperature regulation, detoxification, energy production, and the formation of healthy bones and teeth. Also, found to help relieve depression.

Fluoride

Fluoride has substantial benefits in the hardening of enamel and prevention of tooth decay.

Zinc

The health benefits of zinc include proper functioning of the immune system, digestion, control of diabetes, reduces stress level, improves energy metabolism, and healing of acne and wounds.

Iron

The main health benefits of iron are the carrying of life-giving oxygen to human blood cells.

Manganese

Helps in blood formation, thyroid function, formation of connective tissues, sex hormone function, calcium absorption, blood sugar regulation, immune function, and fat/carbohydrate metabolism.

Copper

Iron enables the body to form red blood cells. Helps maintain healthy bones, blood vessels, nerves, immune function, and iron absorption. It may help prevent heart and bone disease.

Nitrogen

It may be of benefit when the dietary supply of nitrogen for synthesis of dispensable amino acids (DAAs) is deficient.

Chromium

Chromium is known to enhance the action of insulin. In 1957, a compound of brewers yeast was found to prevent the onset of diabetes. In 1959, Chromium was identified as the active ingredient in this so-called "glucose tolerance factor."

Selenium

Plays a role in metabolism, thyroid function, and protects the body from damage due to oxidative stress. May boost the immune system, slow age-related mental decline, and reduce heart disease.