



South Korea – Drinking Water Overview



Still Water: Natural and Purified

South Korea mainly offers low-mineral bottled waters with neutral or slightly alkaline pH.

Popular brands include Jeju Samdasoo, ICIS, Baeksansu, Sobaek Sansoo, and Pulmuone Saemmul.

Some purified or distilled waters are specially designed for infants, such as Pulmuone "Baby" and Soon Soo 100.



For Infants

Recommended waters:

- Low mineral content
- Purified or distilled
- Labeled as *"suitable for babies"*

Avoid enriched or highly alkaline waters for infants.



Sparkling Waters

Only one naturally sparkling water exists in South Korea: Chojung Sparkling.

Other Korean sparkling waters like Trevi, Diamant, or Frau are artificially carbonated, and sometimes flavored.

Sparkling water is not recommended for infants.



In Summary

- Most bottled waters in South Korea are safe, mild, and of high quality.
- Jeju Samdasoo remains the national reference.
- Specific attention is paid to family and child needs.
- The market focuses on purity and source traceability.



Still, Mineral, and Purified Waters

Brand	Type	Origin	Mineralization	Recommended for	Main Notes

Jeju Samdaso o	Natural mineral	Jeju Island	Low	Families, infants	Volcanic source, very widespread and trusted
ICIS	Natural mineral	Protected source	Low	Daily use, babies	Known for neutrality and low mineralization
Baeksan su	Mountain spring	Volcanic mountain	Low	All	Mild taste, good for families
Sobaek Sansoo	Mountain spring	Sobaek region	Low	Infants, families	Sought-after purity, sometimes infant-appropriate
Sansu (Jirisan)	Natural mineral	Mt. Jiri	Slightly alkaline	Children, adults	Very pure, may be mildly alkaline
Odaesan	Mountain spring	Mountain area	Low	All	Light taste, from protected mountain area
Pulmuon e Saemmul	Purified / distilled	Various sources	Very low	Especially for babies	Specific product lines made for infants

Ourhome Jirisan Soo	Natural mineral	Mt. Jiri	Low	Daily hydration	Soft water, from protected nature zone
Diamant (Diamond)	Natural local water	South Korea	Low	All	Longstanding brand, for general daily use
Dongwon Saemmul	Purified or spring	Deep source	Low	Cooking, family	Versatile, reliable for food and drink
Bong Pyong	Natural water	Mountain	Low	Daily use	Promoted for its clarity
Naminér al	Local natural mineral	River/island	Low	All	Local brand, neutral flavor
Volvic Korea	Mineral (bottled locally)	France / South Korea	Low	Families	Imported or locally bottled version
GI Jang Soo	Alkaline mineral	Southeaster n Korea	Medium	Adults	Slightly alkaline water for digestion

Seoksu	Filtered natural water	Urban centers	Low	All	Basic everyday option
Soon Soo 100	Purified water	South Korea	Low	Babies, infants	Highly pure, suitable for bottle-feeding
Maeil Milk Water	Enriched baby water	South Korea	Enriched	Older children	With added calcium/magnesium; not suitable for infants
Lotte Chilsung	Natural source water	Local spring	Low	Everyday consumption	Widely distributed family brand
Crystal Valley	Spring water	Natural source	Low	General use	Mild taste, everyday hydration
S-Oil Jeju Pure	Purified drinking water	Jeju Island	Low	Families	Premium line from Jeju
Leedong Crystal	Spring water	Same source as ICIS	Low	All	Alternative to ICIS, same origin

Korean Sparkling Waters

Brand	Type	Origin	Natural Sparkle?	Main Features
Chojung Sparkling	Natural sparkling mineral	Chojung source	Yes	Only natural sparkling source in the country
Trevi	Flavored sparkling water	South Korea	Carbonated artificially	Multiple flavors, popular everyday drink
Diamant Sparkling	Carbonated still water	South Korea	Carbonated artificially	Widely marketed, crisp and fresh taste
Frau	Soda water style	South Korea	Carbonated artificially	Unflavored, typically used for cocktails
Sparkling Jeju	Carbonated mineral water	Jeju Island	Carbonated artificially	Local sparkling version based on Jeju water
Crystal Valley Sparkling	Carbonated spring water	South Korea	Carbonated artificially	Basic sparkling alternative sold in supermarkets

Important for Infants & Families

- Always choose purified, distilled, or low-mineral still waters clearly labeled “for babies”.

- Avoid sparkling waters, even local, and all enriched or highly alkaline products for infants.
- Most Korean bottled waters are family-friendly and meet high safety standards.

If you'd like a printable or downloadable PDF version of this document, I can generate it for you.