


1. Water Sources in Vietnam

Vietnam uses several sources for its water supply:

- Surface water (rivers like the Mekong and the Red River)
- Groundwater
- Rainwater (in rural areas)


These waters are treated by municipal plants or used directly in rural areas—often without treatment.

2. Why Not to Drink Tap Water, Even Boiled?

 Boiling is not enough.

Boiling water kills germs and bacteria but does not eliminate:

- Heavy metals (lead, arsenic...)
- Pesticides, nitrates
- Industrial chemicals (often present in pipelines or contaminated groundwater)
- Chlorine residues or rust from old piping

 Tap water may contain:

- Fecal coliforms (from cross-contamination in pipes)
- Industrial pollution (especially in places like Ho Chi Minh City and Hanoi)
- Old infrastructure: many pipes are made of corroded steel or low-grade PVC, releasing toxic substances.

3. Real-World Cases


- In Ho Chi Minh City, studies found lead residues in some residential areas due to aging pipes.
- In Hanoi, the 2019 water crisis (caused by petroleum contamination of the tap water network in the Hà Đông district) highlighted the vulnerability of the system.

Situation	Recommended	To Avoid
Water for drinking / infants	Reliable bottled water (La Vie, Vĩnh Hảo, Aquafina, etc.)	Tap water, even if boiled
Water for cooking / rice	Purified or filtered water	Raw or rain water
Water for brushing teeth	Filtered / bottled water	Raw water

Why Bottled or Filtered Water is Safer

- Regular quality controls
- RO filtration, UV or ozonation
- Free from toxic residues
- Often neutral or alkaline pH, good for the stomach

In Summary:

 Never drink tap water in Vietnam—even if boiled.

Chemical pollution (invisible, not removed by heat) remains dangerous, especially for children and sensitive individuals.

 *Always prefer purified, ionized, or mineral bottled water from reliable brands.*

Table of Popular Water Brands in Vietnam

Brand	Type	Origin	pH	Mineralization	Recommended For	Notes
La Vie	Natural mineral	Long An	7.0	Moderate	Daily use, simple hydration	Nestlé subsidiary, good traceability
Aquafina	Purified water	Local production (PepsiCo)	6.0	Very low	Daily use, coffee/tea	No minerals added
Vĩnh Hảo	Natural mineral	Bình Thuận	7.5	Rich	Adults, athletes	Long-standing Vietnamese brand

Vital	Purified water	Southern Vietnam	7.0	Low	Infants, sensitive individuals	Favored by hospitals
Sapuwa	ISO purified water	Ho Chi Minh City	7.0	Low	Families, children, infants	High microbiological safety
Ion Life	Ionized alkaline water	Hung Yên	8.5	Moderate	Digestion, acid-base balance	Alkaline, marketed as healthy
Vikoda	Alkaline mineral	Khánh Hòa	8.5	Moderate	Gastric reflux, adults	Naturally high pH
Fujiwa	Ionized water	Ho Chi Minh City	8.0	Moderate	Gentle alkalization	Often marketed as premium
Satori	Purified + UV-treated	Japanese technology	7.2	Low	Family use	Available in large water jugs
Wami	Spring water	Northern Vietnam	7.0	Moderate	Daily use	Light and neutral taste

Kim Bôi	Thermal mineral	Hòa Bình	7.6	Rich	Adults, athletes	Strong mineral taste
La Vie Sparkling	Sparkling mineral	Long An	5.5	Moderate	Meals, digestion	Contains CO ₂
Dasani	Purified water	Local production (Coca-Cola)	6.5	Low	On-the-go, quick hydration	Purified by reverse osmosis
Thạch Bích	Natural mineral	Quảng Ngãi	7.3	Moderate	Family, cooking	Rich in bicarbonates
Miru	Modern purified	Vietnam	7.0	Low	Daily use	Modern and affordable
Selita	Natural mineral	Ninh Thuận	7.4	Medium	Active adults	Good for digestion
Quang Hanh	Thermal mineral	Quảng Ninh	7.5	Rich	Health, relaxation	Sourced from hot springs

BIDINA	Natural mineral	Vĩnh Phúc	7.6	Rich	Adults, remineralization	Contains calcium/magnesium
Silver Life	UV purified	Ho Chi Minh City	7.1	Low	Families	Available in water dispensers
Long Hải	Spring water	Bà Rịa - Vũng Tàu	7.2	Moderate	Simple hydration	Regional brand, light taste



Advice:

For young children and infants, choose low mineralization waters with neutral pH (e.g., Aquafina or La Vie) rather than highly mineralized waters.

✓ Vietnamese brands offering sparkling water

There are a few local brands that produce sparkling water, often in **limited quantities**:

Brand	Type	Notes
Vĩnh Hảo Soda	Naturally sparkling or carbonated mineral water	One of the only local brands offering a soda (sparkling) version of its mineral water
Bidrico Soda Water	Sparkling water	More positioned as a "fizzy drink," sold as a neutral soda water
Chaudfontaine (Vietnam)	Imported sparkling mineral water, locally bottled in some cases	Very rare, mainly sold in high-end hotels/restaurants
Ocany Sparkling (<i>not confirmed</i>)	Proposed range of sparkling alkaline water	Rare, but possibly available on request (direct sales / online shop)