

Shopping list

Available in stores or
from the BWT online shop:
www.bwtshop.co.uk

BWT MAGNESIUM MINERALER TABLE WATER FILTER



Hypertonic Whey Mix

☐ table salt ☐ fruit whey

Hypotonic Multi Mix

☐ table salt ☐ multivitamin syrup

Isotonic Malto Mix

☐ table salt ☐ fruit syrup (any) ☐ maltodextrin

Regeneration Drink Chocolate

☐ date ☐ pineapple ☐ buckwheat sprouts ☐ banana
☐ cocoa ☐ coconut water

Regeneration Drink Green Garden

☐ dates ☐ hemp protein ☐ chia seeds ☐ buckwheat sprouts
☐ lemon ☐ lime ☐ oat flakes ☐ algae powder

Energy Bar Banana Fig Cinnamon

☐ figs ☐ cinnamon ☐ nutmeg ☐ banana
☐ buckwheat sprouts ☐ sea salt ☐ hemp seeds



Separate here



YOUR TAP WATER CAN DO MORE!

Turn your tap water into a unique taste experience with BWT. The addition of magnesium keeps the water's mineral level in balance.

The result is an almost neutral pH value that connoisseurs of a high-quality, still mineral waters appreciate for its delicious taste and character.



VITAL

The clever way to support your daily magnesium requirement. For an active and vital lifestyle.



FRESH

Produces fresh, well balanced water in an instant.



DELICIOUS

Magnesium is a source of taste. Perfect for tea, coffee and for daily drinking pleasure!



BEST WATER TECHNOLOGY

For You and Planet Blue.

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**MAGNESIUM
MINERALIZER**
— VITAL FRESH DELICIOUS —

The Best Magnesium Power Drinks for Athletes



For You and Planet Blue.



BEST WATER TECHNOLOGY

BWT drinking barometer

Sip your way to personal wellbeing

0–1/4 litres

**START PHASE**

Drink your way to the next phase to immediately prevent headaches!



1/4–1/2 litres

**GOURMET PHASE**

To maintain your good mood, refill and enjoy large and regular sips of cool water.



1/2–3/4 litres

**ANTI-STRESS PHASE**

The rising water level in your body creates a feeling of inner peace. Let's drink to that!



3/4–1 litres

**CONCENTRATION PHASE**

Your brain is well watered and brimming with creativity. Go with the flow!



up to 1.5 litres

**VITAL PHASE**

Congratulations! Your productivity remains high and your performance at work is consistent and fluid.

**LIST OF REFERENCES**

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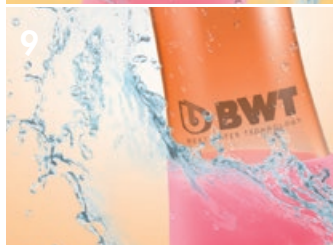
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Energy Supplier Magnesium: For peak performances in sport

WATER - THE ATHLETE'S BEST FRIEND. WHY IS WATER SO IMPORTANT DURING SPORT?

People active in sports have a greater need for minerals. For example, with every litre of sweat you lose 36 mg of magnesium - already one of the minerals that we are deficient in. Those who are active also activate their muscle cells. These draw all of the nutrients that they need from the blood. If magnesium is not present in sufficient quantities, the muscles weaken and lose their power. In the worst case, muscle cramps occur.

MUSCLES BECOME WEAK - RESULTING IN MUSCLE CRAMPS

Recreational runners fear painful muscle cramps just as much as true sports professionals do. With lots of movement, the magnesium balance simply must be maintained. Therefore, during competitions, you should ensure that you are able to call upon your reserves: a muscle cramp is just about the last thing that you need. By filtering your drinking water with the BWT Magnesium Mineralizer the water is enriched with the valuable mineral magnesium and you are gaining a reliable and ready-to-use support. Up to 20% of the daily requirement for magnesium can be covered by simply drinking about 2 liters* of BWT filtered water daily. This is extremely important during sports.

*at an average water hardness of 17° dH

EXTRA MAGNESIUM THANKS TO THE BWT MAGNESIUM MINERALIZER

An adult should consume approximately 300 mg** of magnesium daily in order that stimulation between nerves and muscles functions smoothly. If a lot of sweat is generated during sport, several milligrams will be lost - this means much more of the important mineral needs to be consumed.

This can be achieved very simply by satisfying your thirst with tap water. The extra magnesium will be provided if the water is filtered through

the BWT Magnesium Mineralizer before drinking. This is the only water filter that enriches tap water with the valuable mineral magnesium and reduces the limescale content during the filter process.

The BWT Magnesium Mineralizer ensures real drinking pleasure. For those who prefer variety for their taste buds, the following pages include some great recipes and tips for enjoyable sport drinks.

**Source: German Association for Nutrition



Sport and Power Drinks



THE BEST SPORT DRINKS

Our body loses lots of water and valuable minerals through sweating. The body must have these replenished. In sports science, a distinction is made between:

- > Hypertonic
- > Hypotonic and
- > Isotonic drinks

For the recreational athlete: Hypertonic drinks contain a high proportion of simple carbohydrates (fructose, glucose) or electrolytes. Suitable for recreational athletes for replenishing the glycogen stores after sport. Due to their high sugar content, these are not, however, suitable for replacing fluids. This type of drink includes juices and diluted juices.

Satisfy thirst more quickly: Hypotonic drinks replenish minerals and trace elements more quickly than hypertonic drinks - but not as quickly as isotonic drinks. This type of drink includes mineral and tap water, tea (cold) or highly diluted juices in the ratio between 1:3 and 1:5. They are most suitable for the rapid replacement of fluids during intense exertion. To protect the stomach, these are best when non-carbonated.

Peak performances at the fastest pace: Isotonic drinks are absorbed into the body at the fastest pace. They balance the loss of fluids and electrolytes and are best suited to high-intensity and endurance exertions. In addition to non-carbonated electrolyte drinks, isotonic drinks include mineral rich fruit or vegetable juices mixed in a ratio of between 1:1 and 1:3 with magnesium-rich water, e.g. tap water with magnesium from BWT.

The best sport drinks – and afterwards proteins, the most important nutrients for our body: Protein shakes and smoothies promote muscle development and fat reduction ideally - which is why they are the ideal drink after sport. In order to develop muscles, the amount of protein in our diet must be increased. The motto "less is more" applies here, though, because our body can only process a certain amount of protein at once. Consuming too much protein can have negative effects and lead to undesired weight gains. Depending on training goals and nutritional methods, the daily protein requirement is between 2 and 2.5 g per kilogram of body weight.

HYPERTONIC

Whey Mix

KEY DATA

- > Does not replace fluids
- > After intensive sport (more than 1 hour)
- > For replenishing the glycogen stores

INGREDIENTS

for one sports bottle (0.5 L)

- 0.6 g table salt
- 200 ml fruit whey*
- 300 ml magnesium mineralized filtered water



HYPOTONIC

Multi Mix

KEY DATA

- > Prior to / during / after training (less than 1 hour)
- > For replenishing fluids

INGREDIENTS

for one sports bottle (0.5 L)

- 0.5 g table salt*
- 40 ml multivitamin syrup
- 460 ml magnesium mineralized filtered water



*Fruit whey

Fruit whey is made up of approximately 94% water, 4% lactose and contains very little fat. Furthermore, it is a good source of valuable vitamins such as B1, B2 and B6 as well as calcium, potassium and phosphorous.

*Table salt

Table salt (also known as sodium chloride, NaCl) is lost through sweating and should be replenished in small quantities.



ISOTONIC

Malto Mix

KEY DATA

- > Prior to / during / after training (less than 1 hour)
- > For rapid balancing of fluid- and electrolyte losses

INGREDIENTS

for one sports bottle (0.5 L)

- 0.7 g table salt
- 35 ml fruit syrup (any)
- 10 g maltodextrin*
- 460 ml magnesium mineralized filtered water



REGENERATION

DRINK Chocolate

INGREDIENTS

for one sports bottle (0.5 L)

- 1 large Date*
- 125 g fresh pineapple, cut into pieces
- 1 tbsp buckwheat sprouts (alternatively, boiled buckwheat)
- 1 medium banana
- 1 tbsp cocoa powder
- 250 ml coconut water
- 250 ml magnesium mineralized filtered water



*Maltodextrin

Maltodextrin (also known as malto) is a substance which is ideally suited as an additional source of energy during long endurance exertions, and is used above all during endurance sports.

*Dates

These brown fruits contain a high level of tasty and natural sugar and are therefore a true glucose booster. The glycogen supply to the muscles and liver ensures a long-term supply of energy to the body.



REGENERATION DRINK

Green Garden

INGREDIENTS

for one sports bottle (0.5 L)

- 4 large dates
- 1 tbsp hemp protein
- 1 tbsp ground chia seeds*
- 2 tbsp buckwheat sprouts (alternatively, boiled buckwheat)
- juice of half a lemon
- juice of a quarter of lime
- ½ tsp grated lemon peel
- 1 tsp ground out flakes
- 1 tsp algae powder (chlorella or spirulina)
- 500 ml magnesium mineralized filtered water



ENERGY BAR

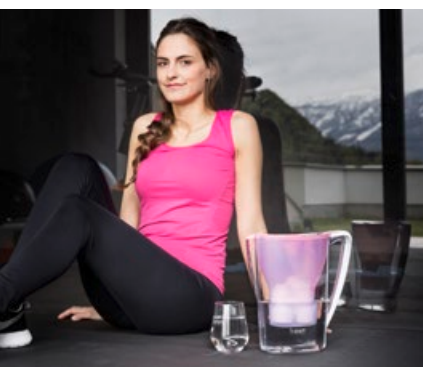
Banana Fig Cinnamon

INGREDIENTS

- 110 g dried figs (steeped in magnesium-mineralized water)
- 1 tsp. cinnamon
- ½ tsp freshly ground nutmeg
- 1 small banana
- 1 small handful of buckwheat sprouts* (alternatively, boiled buckwheat)
- sea salt to taste
- 3 tbsp Hemp seeds

PREPARATION

Steep the dried figs in magnesium mineralized water. Then add to the mixer with the remaining ingredients and blend, and then form into bars and cut to shape. Afterwards, sprinkle with hemp seeds.



*Chia seeds

Due to their particularly high levels of magnesium, potassium, calcium and iron, chia seeds are ideally suited to replace the minerals lost through muscle contractions and sweat.

*Buckwheat

Buckwheat is a high-quality source of protein rich in simple carbohydrates which supplies long-lasting energy, and is one of the very best endurance fuels there are.



Your tap water can do more!

Turn your tap water into a unique taste experience with BWT. The addition of magnesium keeps the tap-water's mineral level in balance.

The result is an almost neutral pH value that connoisseurs of high-quality mineral waters appreciate for its delicious taste and softness.

How the Magnesium Mineralizer Works



1

DISTINCTLY BETTER TASTE

Reduces substances impairing taste and smell, such as chlorine.

2

LOWER LIME CONCENTRATION

Reduces the limescale concentration of the water, as well as heavy metals (e.g. copper and lead) and particles.

3

ENRICHED WITH MAGNESIUM

Enhances the mineral content of the water with magnesium. Enjoyed on its own, the filtered water has a velvety-soft taste and is ideal for making tea and coffee.

The BWT Sports Equipment

BWT Magnesium Mineralizer

- ✓ Modern, Scandinavian design
- ✓ Various bright colours matching any kitchen
- ✓ Electronic filter-change indicator



Glass Drinking Bottle

- ✓ Material: glass (borosilicate glass)
- ✓ Volume: 550 ml
- ✓ Bottle height: 24 cm
- ✓ Weight: 350 g

Available from the BWT Online Shop:
www.bwtshop.co.uk

11 Tips for Sport

Regular sport keeps you healthy, makes you fit and increases well-being. It protects you from illnesses such as obesity, gastro-intestinal problems, cardiovascular diseases and musculoskeletal pains. According to the German Association of Sports Physicians, the following eleven rules are to be observed when participating in sport activities - whether you are a beginner, a returning athlete or an experienced athlete.

1 HEALTH CHECK
Health check recommended: Beginners or returning athletes over 35 years of age and people who suffer from illnesses such as diabetes, obesity or high blood pressure should first have their health checked by a doctor.

2 BEGIN CORRECTLY
Every beginning is difficult: it is easier to start a training session slowly, to avoid overtraining. You can then increase the intensity slowly and your body will adjust to the training session. It is even better with a trainer or in a team. In the beginning, a session of approximately 20 to 40 minutes - three or four times a week is sufficient.

3 AVOID OVERTRAINING
Too much sport and long sessions quickly lead to overloads, resulting in drops in motivation. Sport is meant to be fun and therefore: Avoid overtraining and complete each session with a positive feeling of tiredness.

4 RECOVERY PERIODS
Just as important as the training session is relaxation afterwards: The body needs sleep and peace, in order to be fit and ready for the next training session.

5 TIMEOUT DURING COLDS OR ILLNESS
If you have a cold or feel unwell, take a timeout from training. Participating in sport when feeling ill has a negative effect on combating viruses and can lead to a longer illness or an aggravation of the symptoms. After the pause and successful return to health, it is best to make a slow return and increase your training program gradually.

6 AVOIDANCE OF AND RECOVERING FROM INJURIES
The best way of avoiding injuries is to warm up and stretch prior to participating in sport activities. In the event of an injury, a break from training should be taken here, too, in order to support recovery.

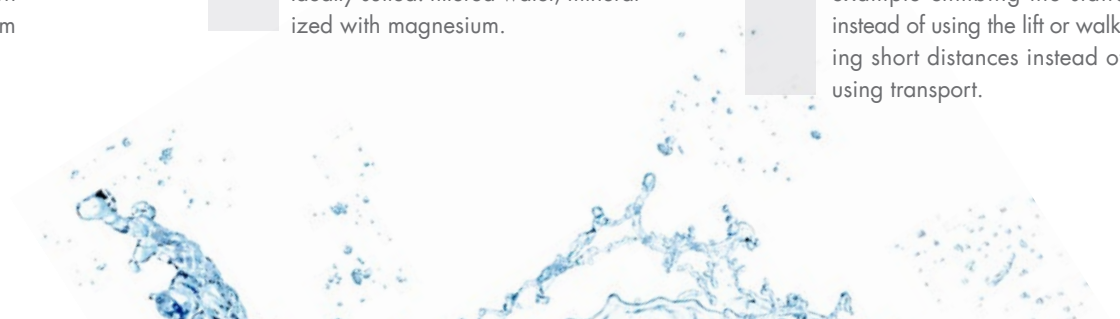
7 CORRECT SPORTS CLOTHES
Comfortable, functional clothing is the athlete's best friend for defying weather and environmental conditions and is the foundation of successful training.

8 WELL-BALANCED NUTRITION, SUFFICIENT FLUIDS
Foods containing carbohydrates and fibre are the perfect diet (not only) for people who participate in sport. Just as important are sufficient fluids, because fluids are lost through sweating. Ideally suited: filtered water, mineralized with magnesium.

9 AGE-APPROPRIATE SPORT PARTICIPATION
Suitably structured endurance and power training and a tailored training program is of particular importance for older athletes. Challenge and stimulate your body, but do not overstrain it.

10 FUN DURING SPORT
Sport should make you fit, but above all it should be enjoyable. Different types of sport, exercise or participation in sporting events - these are things that add change and fun to your life. It is true: Sport makes you happy.

11 EVERYDAY TIPS
Certain everyday activities can also be tailored to be health boosting, such as for example climbing the stairs instead of using the lift or walking short distances instead of using transport.



Practical drinking tips at home and on the go

Tired, listless, lethargic? Depending on body weight and the level of activity, the body requires an average of 2–3 litres of water a day to remain fit and efficient; this requirement is even higher on hot days. Some of our fluid intake is contained in the food we eat, but we must still drink adequate quantities of fluids. Without sufficient water the blood circulation slows down, hampering the efficient transport of nutrients around the body. Headaches and poor concentration are generally the first signs of a 'water shortage' and the performance curve dips.

Here are a few tips that will help you drink regularly during the day:

1 FIRST THING IN THE MORNING

Ideally, drink your first glass of water immediately after you get up to compensate for the loss of fluid during the night.

2 ALWAYS DRINK BEFORE YOU START FEELING THIRSTY

Listen to your body, because it will tell you when it needs fluids. Drink water regularly, and before you are thirsty, to avoid a loss of performance.

3 REMEMBER TO DRINK WHEN ON THE GO

The brain requires roughly 250 ml of water an hour, which is why you must always carry water with you when you're out and about. Take small, regular sips, ideally from a bottle of filtered water.

4 NON-CARBONATED

It is better to drink non-carbonated water, because carbon dioxide places an unnecessary strain on the body and is less efficient, because the carbonic acid resulting from the metabolism of CO₂ needs removing via the lungs.

5 BWT GOURMET TABLE WATER FILTER ON YOUR DESK

Place Filter jug on your desk first thing in the morning. Always keep it within easy reach to remind you to drink, and drink regularly!

