



Mineral water trails

BONIFACIUS

NATURAL MINERAL SPRING

NAME

The name Bonifacius stems from the Latin and means *benefactor*.

TYPE OF SPRING

Naturally carbonated mineral water with calcium, sodium, hydrogen carbonate and iron

MAIN COMPONENTS

| | |
|--|-----------|
| Sodium Na ⁺ | 510 mg/l |
| Potassium K ⁺ | 31 mg/l |
| Calcium Ca ²⁺ | 790 mg/l |
| Magnesium Mg ²⁺ | 96 mg/l |
| Iron Fe ²⁺ | 11 mg/l |
| Chloride Cl ⁻ | 25 mg/l |
| Hydrogen carbonate HCO ₃ ⁻ | 3920 mg/l |
| Sulphate SO ₄ ²⁻ | 187 mg/l |

PARTICULARITIES

The highly mineralised water of the Bonifacius spring primarily contains lots of calcium and iron.

Calcium is needed to maintain normal bones and teeth. In dissolved form, it contributes to normal energy metabolism, normal muscle function, blood clotting and signal transmission between nerve cells. The average daily requirement for an adult is 800 milligrams.

Iron in dissolved form contributes to the normal formation of red blood cells and haemoglobin and thus to normal oxygen transport in the body. It also plays an important role in the normal functioning of the immune system and reduces fatigue. The average daily requirement for an adult is 14 milligrams.

A huge tufa has formed at the overflow into the Inn. The conspicuous orange-reddish colour is evidence of the iron content of the water.

«*Water is best.*»

Pindar (ca. 520 – 446 B.C.)