



**Do not  
re-use  
mineral  
water bottles!**

Many are unaware of poisoning caused by re-using plastic bottles.

Some of you may be in the habit of using and re-using your disposable mineral water bottles (e.g. Nestle, Bisleri, Aquafina, Kinley, Evian, etc...), keeping them in your car or at work. Not a good idea.

It happened in Dubai, when a 12 year old girl died after a long usage (16 months) of SAFA mineral water bottle, as she used to carry the same fancy (painted by herself) bottle to her school daily.

In a nutshell, the plastic (called polyethylene terephthalate or PET) used in these bottles contains a potentially carcinogenic element (something called diethylhydroxylamine or DEHA). The bottles are safe for one-time use only; if you must keep them longer, it should be or no more than a few days, week max, and keep them away from heat as well. Repeated washing and rinsing can cause the plastic to break down and the carcinogens (cancer-causing chemical agents) can leak into the water that YOU are drinking. Better to invest in water bottles that are really meant for multiple uses.

This is not something we should be scrimping on. Those of you with family - do please advise them, especially children. Please forward this information.

Prevention is better than cure.

**How to avoid:**

**Check on the bottom of the bottle there is a triangle sign and there will be a number on it. If the number is higher than or equal to 5 --> then this bottle is safe to use.**

**Whatever number under 5 will release the chemical. For most bottle water, the number is 1.**

Did you know chemical released by plastic water bottles can cause cancer (It is not the water that affecting you but the chemical releasing from the bottle)