

Tap water or bottled water from any natural source is not never just pure compound H<sub>2</sub>O, but always in terms of the original complex in water solutes. It is not only important to the absolute amount of each more or less solutes, but also the specific values of the ions and water give unique characteristics. Long-term consumption of water as the high ions, and with very low amounts of ions is unfavorable to the organism effects. This work describes the effects of these ions on human health and analyzing the ion content in various types of bottled water and water distributed through the public water supply. Finally, a comparison of ion composition of bottled water with tap water with current legislation and the recommendations National Public Health Institute.