

NITRATE IN DRINKING WATER

Research has shown that a high nitrate intake in very young babies causes 'blue baby syndrome' technically known as Methaemoglobinaemia. Consequently, if you intend bottle feeding a newborn baby using water with a high nitrate content you are strongly advised not to.



Instead find an alternative source. This may be mains water obtained from a neighbour, or bottled water. You are advised to find bottled water, which is suitable for a low sodium diet. This will then ensure your baby does not receive a high nitrate or high sodium intake for its first few weeks.

Nitrates, being highly soluble in water move through the soil and rock into the water table, similarly they are washed freely into rivers. Since they are dissolved in water, they are non-filterable using normal techniques.

Research is on-going to determine any other effects high nitrates may have on our health. No conclusive evidence has yet been found to indicate anything specific.

In the meantime we need to view the high intake of nitrates with caution. Hence, a Maximum Admissible Concentration of 50 mg/l has been imposed on us through the Water Industry Act 1991 & Private Water Supplies Regulations 1991

If your nitrates are in excess of 50 mg/l you will need to either:

Treat your domestic supply or

Find an alternative source.

If your nitrates are just over the 50 mg/l limit –Do not panic!

NITRATES ARE NOT REMOVED BY BOILING THE WATER –This process concentrates the nitrates