

1 Bottled water

This fact sheet provides information about water quality in bottled water. This information relates to both bottled water purchased in shops and the bottled water provided by SES Water during an emergency.

Is bottled water sterile?

In a similar way to tap water, bottled water is also disinfected to make it wholesome to consume. The disinfection process removes any harmful organisms that may be found within the water. Sterilisation is a different process to disinfection; therefore, bottled water cannot be described as sterile.

Can I use bottled water to make up baby formula?

Bottled water is not recommended to make up infant formula feeds for your baby on a day to day basis. This is because it may contain too much salt (sodium) or sulphate.

If in an emergency you need to use bottled water to make up a feed, check the label on the bottled water to make sure it contains:

- less than 200 milligrams (mg) a litre of sodium (also written as Na)
- no more than 250mg a litre of sulphate (also written as SO₄)

These are the maximum permitted limits for sodium and sulphate in drinking water.

How much sodium and sulphate is in bottled water?

Different brands of bottled water contain different levels of sodium and sulphate. The label on the bottle of water will provide details of the sodium (Na) and sulphate (SO₄) levels, in that specific bottle of water.

Bottled water provided by water companies must comply with the Water Supply (Water Quality) Regulations and therefore a bottle of water supplied by SES Water will contain less than 200 milligrams (mg) a litre of sodium (Na) and no more than 250 mg a litre of sulphate (SO₄).

Regular water quality testing of bottled water supplied by SES Water has confirmed both the sodium (6 – 70 mg/l) and sulphate (7 – 60 mg/l) levels to be low.

How do I make up baby formula with bottled water?

As bottled water is not sterile, it will need to be boiled like tap water, before you prepare your baby's formula. Bottled water needs to be boiled at a temperature of at least 70°C. It is important to let the formula solution cool before you give it to your baby.

Can I give bottled water to my pets?

Yes, bottled water is suitable for both human and animal consumption.

Can I drink bottled water during pregnancy?

Yes, bottled water is safe to drink whilst being pregnant.

Where should I store bottled water?

It is recommended that bottled water is always stored at room temperature, or cooler, and out of direct sunlight. Once opened, the bottled should then be stored in the fridge. The water should also be used by the date indicated on the bottle.

What happens if bottled water is left in a hot car?

Bottled water should be stored in a cool, dark environment, out of direct sunlight.

If water is stored within a warm environment, like a hot car, you may notice a difference in the taste and odour and it is possible a green colouration can develop. If this colouration appears, it is recommended that the bottled water is not consumed.

Office Opening Hours:
Monday – Friday: 8am to 6pm

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