



| | Natrium | Kalium | Magnesium | Calcium | Chlorid | Hydrogen-carbonat | Sulfat |
|------------------------------------|----------------|----------------|------------------|----------------|----------------|--------------------------|---------------|
| Empfohlener Tagesbedarf | mind. 550 mg | mind. 2.000 mg | 300 - 400 mg | 900 - 1.000 mg | 830 mg | | |
| Westfalenborn | 218,0 | 5,0 | 78,6 | 351,0 | 162,0 | 797,0 | 773,0 |
| Baron von Westfalen PET | 22,1 | 0,8 | 3,7 | 69,8 | 48,3 | 160,0 | 34,0 |
| Baron von Westfalen Glas | 3,7 | 1,0 | 29,7 | 122,0 | 8,7 | 378,0 | 97,6 |
| Apollinaris Classic | 470,0 | 30,0 | 120,0 | 90,0 | 130,0 | 1.800,0 | 100,0 |
| Apollinaris Medium | 470,0 | 30,0 | 120,0 | 90,0 | 130,0 | 1.800,0 | 100,0 |
| Apollinaris Silence | 117,0 | 10,0 | 52,0 | 52,0 | 34,0 | 653,0 | 34,0 |
| Ardey Quelle | 52,6 | 6,3 | 16,7 | 76,5 | 36,3 | 330,0 | 72,6 |
| Bad Meinberger | 15,5 | 0,0 | 58,3 | 211,0 | 10,4 | 314,0 | 511,0 |
| Brohler | 370,0 | 20,0 | 80,0 | 80,0 | 200,0 | 1.200,0 | 90,0 |
| Burgwallbronn | 200,0 | 4,9 | 0,7 | 1,9 | 72,6 | 384,0 | 0,0 |
| Carolinen Glas | 14,6 | 3,9 | 54,5 | 231,0 | 13,1 | 328,0 | 553,0 |
| Carolinen PET | 17,8 | 4,1 | 50,4 | 415,0 | 10,7 | 311,0 | 960,0 |
| Christinen Mild, Still | 11,3 | 1,4 | 8,2 | 105,0 | 30,4 | 261,0 | 67,0 |
| Christinen Spritzig, Medium | 319,0 | 8,4 | 4,9 | 54,4 | 228,0 | 504,0 | 114,0 |
| Eifel Quelle | 56,5 | 13,5 | 50,0 | 83,0 | 20,5 | 569,0 | 53,0 |
| Evian | 6,5 | 1,0 | 26,0 | 80,0 | 6,8 | 360,0 | 12,6 |
| Externstein | 13,5 | 3,0 | 61,0 | 539,0 | 11,0 | 322,0 | 1.309,0 |
| Forstetal | 14,7 | 2,8 | 54,7 | 586,0 | 13,5 | 238,0 | 1.450,0 |
| Förstina | 33,0 | 11,1 | 52,0 | 505,0 | 45,0 | 975,0 | 700,0 |
| Gerolsteiner Sprudel | 118,0 | 10,8 | 108,0 | 348,0 | 39,7 | 1.816,0 | 38,3 |
| Marien Brunnen | 453,0 | 6,9 | 4,5 | 71,9 | 456,0 | 534,0 | 100,0 |
| Mercator | 252,0 | 6,1 | 0,5 | 1,1 | 124,0 | 381,0 | 0,0 |
| Ravenna | 501,2 | 5,2 | 3,5 | 68,2 | 487,2 | 527,8 | 105,8 |
| Rheinfels Quelle | 240,0 | 4,8 | 0,7 | 1,7 | 124,0 | 320,0 | 27,9 |
| Romberg | 38,4 | 4,3 | 13,8 | 129,0 | 41,1 | 336,0 | 116,0 |
| Römerwall Quelle | 260,0 | 4,8 | 0,6 | 1,4 | 121,0 | 384,0 | 0,0 |
| Salvus Mineralwasser | 18,5 | 1,0 | 5,7 | 99,0 | 42,4 | 211,0 | 69,0 |
| Sawell Mineralwasser | 18,1 | 1,3 | 5,3 | 101,0 | 40,5 | 232,0 | 74,1 |
| Seltina | 178,0 | 6,9 | 19,0 | 90,4 | 112,0 | 488,0 | 122,0 |
| Staatl. Fachingen Medium | 560,0 | 15,3 | 56,6 | 92,5 | 131,0 | 1.812,0 | 39,0 |
| Staatl. Fachingen Still | 574,0 | 14,5 | 60,5 | 99,0 | 129,0 | 1.854,0 | 37,0 |
| Steinsieker Miwa, Still | 20,0 | 2,0 | 50,0 | 620,0 | 110,0 | 250,0 | 1.370,0 |
| Tönissteiner | 110,0 | 16,6 | 133,0 | 151,0 | 32,2 | 1.342,0 | 29,0 |
| Vilsa Miwa | 14,6 | 2,4 | 4,0 | 45,8 | 11,9 | 166,0 | 11,0 |
| Vittel | 7,7 | 5,0 | 20,0 | 94,0 | 4,0 | 248,0 | 120,0 |
| Volvic | 11,6 | 6,2 | 8,0 | 11,5 | 13,5 | 71,0 | 8,1 |
| Widukind | 539,0 | 7,4 | 4,6 | 78,2 | 544,0 | 533,3 | 107,0 |
| | Natrium | Kalium | Magnesium | Calcium | Chlorid | Hydrogen-carbonat | Sulfat |