

ADOBE SPRINGS

ADOBE SPRINGS is a source of natural magnesium-rich spring water having 110 mg of magnesium per liter. Magnesium in water "may represent an excellent way to overcome and control the marginal intakes of Mg obtained with many Western diets."^[1] It may thus prevent numerous deaths from heart disease and stroke.^{[2] [3][4] [5] [6] [7]} The U.S. National Academy of Sciences has estimated that a nation-wide initiative to add calcium and magnesium to soft water might reduce the annual cardiovascular death rate by 150,000 in the United States.^[8] Animal studies have shown that 100 mg of magnesium in drinking water fully replenished the magnesium status of Mg-deficient animals, but 40 mg of magnesium per liter did not.^[9]

Adobe Springs water contains magnesium in the healthful form of magnesium bicarbonate.^{[10] [11] [12] [7]} Adobe Springs water is an unusually clean water source, having only .11 NT Units of turbidity (NTU definition^[13]) as documented in Title 21 testing.^[14] Tests have shown that the spring water contains 529 mg/L bicarbonate, 110 mg/L magnesium, 13 mg/l sulphate, 6.3 mg/L sodium, 6 mg/L chloride, 4.4 mg/L calcium, and 3.1 mg/L nitrate with a pH of 8.7, and a TDS of 420 ppm.^{[15][16][17]}

The springs flow at a rate of about 75 million gallons per year (annualizing summer flow, and not counting the excess flow during the winter rainy season).^[18] Adobe Springs is the source for several brands of water, including Noah's® California Spring Water.^[19] More than 60 million gallons per year are not utilized.

Adobe Springs is located in the Coast Range of California approximately 60 miles southeast of San Francisco. The terrain in Adobe Canyon is steep and rugged with a relief of over 1500 feet, and the springs flow from bedrock fractures.^[16] The springs can be found at 19000 Del Puerto Canyon Road, Patterson, CA 95363, nineteen miles west of I-5. There is a free spigot with lighting open 24/7, except for maintenance on Sundays, from noon to 6 p.m.

Adobe Springs is the sole support of The Magnesium Online Library, the world's leading online library devoted to magnesium-related medical journal articles and general information about magnesium at <http://www.mgwater.com>.

References

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