



# Mineral water trails

## LUCIUS

NATURAL MINERAL SPRING

### NAME

Lucius was one of the first Christian missionaries in Rhaetia.

### TYPE OF SPRING

Naturally carbonated mineral water with sodium, hydrogen carbonate, chloride and iron

### MAIN COMPONENTS

|                                                  |           |
|--------------------------------------------------|-----------|
| Sodium Na <sup>+</sup>                           | 3680 mg/l |
| Potassium K <sup>+</sup>                         | 156 mg/l  |
| Calcium Ca <sup>2+</sup>                         | 612 mg/l  |
| Magnesium Mg <sup>2+</sup>                       | 179 mg/l  |
| Iron Fe <sup>2+</sup>                            | 7 mg/l    |
| Chloride Cl <sup>-</sup>                         | 2180 mg/l |
| Hydrogen carbonate HCO <sub>3</sub> <sup>-</sup> | 6770 mg/l |
| Sulphate SO <sub>4</sub> <sup>2-</sup>           | 1520 mg/l |

### PARTICULARITIES

Lucius is considered the spring with the most highly mineralised water in Europe. The sum of dissolved substances is 15,100 milligrams per litre.

The water of the Lucius spring contains particularly high levels of calcium, chloride and sulphate.

Calcium is needed for the maintenance of bones and teeth and for energy metabolism. In its dissolved form it contributes to normal muscle function, blood clotting and normal signal transmission between nerve cells. The average daily requirement for an adult is 800 milligrams.

Chloride contributes to normal digestion by forming stomach acid. The salty taste is due to the combination of sodium and chloride (sodium chloride is the same as table salt).

Large quantities should not be consumed without medical advice – especially in the case of stomach and intestinal diseases.

«There are as many waters as the soils they flow through.»

Aristotle (384 – 322 B.C.)