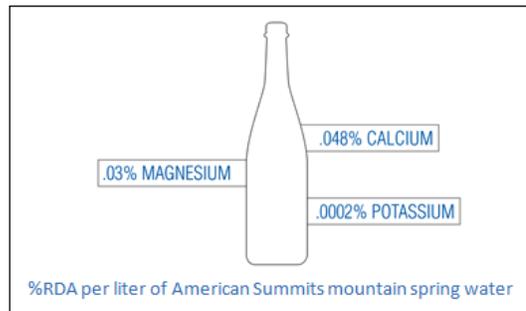




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**RAISE A GLASS:
AMERICAN SUMMITS OFFERS TIPS TO EVALUATE BENEFICIAL MINERALS IN
BOTTLED WATER**

NEW YORK, NY – Feb. 13, 2013 – H₂O is not only essential to hydration, but consumers who choose their water wisely may find other benefits in their bottle as well. [American Summits](#), the nation's fastest growing mountain spring water brand, is offering the following tips to help buyers evaluate the beneficial mineral content of their preferred water brand. A few things to look for:



Sodium: Less is more when it comes to this important nutrient. While sodium aids enzyme operation, muscle contraction and maintaining fluids in the body, the typical American diet provides far more sodium than is healthy – more than twice the FDA-recommended 2,300 mg per day. Certain brands of bottled water contain enough sodium to be a potential risk to people with high blood pressure – a reminder that it's always important to check the label.

Calcium: Calcium promotes bone health and helps prevent osteoporosis, yet the majority of Americans don't consume enough of this essential mineral. The USDA recommends 1,000 mg per day for adults.

Magnesium: Magnesium regulates muscle contractions and nerve impulse transmission and is also important for bone health. The FDA recommends 400 mg daily.

Potassium: Potassium assists in cell growth, making it an especially important nutrient for youth. It is also essential to heart and kidney function. The FDA-recommended daily intake is 3,500 mg.

Sourced from an isolated spring in Wyoming's remote Beartooth Mountain Range, American Summits water is organically filtered through layers of mountain granite and mechanically filtered to remove fine particulates a process that leaves traces of beneficial minerals. Low in sodium, each liter of American Summits water contains 65 mg of calcium, 16 mg of magnesium and 1.4 mg of potassium. American Summits has a balanced alkaline level of 7.4-9.1 ph.

About American Summits

American Summits mountain spring water flows from an isolated spring, naturally recharged by rain and snowfall, located in Wyoming's remote Beartooth Mountain Range. Bottled at the source, American Summits water is never subjected to chemical treatment, preservatives, reverse osmosis or distillation. Instead, it is organically filtered through layers of mountain rock, and mechanically filtered to remove fine particulates, leaving traces of beneficial minerals and a balanced alkaline level. The result is a natural, unadulterated spring water of exceptional purity and clarity. With its still and sparkling water the perfect accompaniment to any food or wine, American Summits seeks to be the mineral water of choice at fine restaurants, hotels and spas across the country, and at celebrations large and small in American homes. Above all, it strives to offer a pure taste of the American wilderness itself.

American Summits is distributed to restaurants, hotels and specialty retailers who are committed to purity, quality, and local sourcing and is currently available in greater Los Angeles, Chicago, Las Vegas, metropolitan D.C., Wyoming, Montana, and Utah. American Summits can be shipped to businesses and consumers in most areas of the United States. Learn more or order online at www.AmericanSummits.com. Like American Summits on Facebook at www.facebook.com/AmericanSummits ; follow the company on Twitter at @AmericanSummits.

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