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Is Bottled Water Filtered? *What You Need to Know*

Full Article: [Culligan.com](https://www.culligan.com)

Grabbing a single-serve bottle of water is an easy choice when you want to quench your thirst; I would even go as far to say that some folks prefer it over their home's tap water. Still, one question that we may ask ourselves, "is bottled water filtered?"

This question isn't as simple as it may seem. The U.S. has implemented regulations that bottled water can originate either from municipal water or natural sources. That being said, every company that distributes bottled water filters it differently.

What may this suggest for bottled water treatment?

The reality is that it depends on the kind of water you prefer to consume. Often times water is treated at its origin point. Most of the water that is sourced from natural resources have been approved and safeguarded by both state and federal authorities. The remainder of these facilities employ practices similar to those found in your local municipal water treatment systems that include filtration, distillation, and UV light disinfection. However those methods of filtering weren't designed to treat microplastics or "forever chemicals." There are a few exceptions to this rule, including:

Municipal water: a facility can use municipal water, with no additional treatment, but it must be labeled as such.

Spring water: a company can label their bottled-water as "spring water" only if it is taken directly from the source with no further treatment.

Mineral water: for a company to mineral water, they must use the original source with no extra additives, and be labeled properly.

What Could Be in Your Bottled Water?

Most single-serve bottled waters undergo treatment, but it may not eliminate all contaminants. Different treatment methods target specific water quality issues and may not address unregulated contaminants.

For instance, PFAS chemicals are a major concern, as regulations are still developing. Bottled water production and municipal treatment cannot effectively eliminate these "forever chemicals," risking contamination in bottled and spring water.

The three main plastic concerns of single-use bottled of water:

BPA: Bisphenol A is a chemical found in food storage containers and single-use water bottles, and while exposure is considered low-risk, it can lead to health issues.

Microplastics: These tiny plastic particles are found particularly in bottled water and in various environments, including the human body, potentially impacting health.

Plastic waste: Additionally, disposable bottles contribute to the 400 million tons of plastic waste generated globally each year.

Is Bottled Water Better Than Unfiltered Tap Water?

Even though municipal water goes through a treatment system, it is still considered "unfiltered" and private wells are reliant on the homeowner to make sure the water is safe for consumption. Without knowing the source of where the water from your bottled-water comes from, there's really no telling of which is better or safer.

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