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1 **Original research article**

2 **The mineral content of tap water in United States households**

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10 **Abstract**

11 The composition of tap water contributes to dietary intake of minerals. The Nutrient Data  
12 Laboratory (NDL) of the United States Department of Agriculture (USDA) conducted a  
13 study of the mineral content of residential tap water, to generate current data for the  
14 USDA National Nutrient Database. Sodium, potassium, calcium, magnesium, iron,  
15 copper, manganese, phosphorus, and zinc content of drinking water were determined in a  
16 nationally representative sampling. The statistically designed sampling method identified  
17 144 locations for water collection in winter and spring from home taps. Assuming a daily  
18 consumption of one liter of tap water, only four minerals (Cu, Ca, Mg, and Na), on  
19 average, provided more than 1% of the US Dietary Reference Intake. Significant

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