

SODIUM IN DRINKING WATER

The aesthetic objective for sodium in drinking water is 200 mg/L at which it can be detected by a salty taste. Sodium is not toxic. Consumption of sodium in excess of 10 grams per day by normal adults does not result in any apparent adverse health effects. In addition, the average intake of sodium from water is only a small fraction of that consumed in a normal diet. A maximum acceptable concentration for sodium in drinking water has, therefore, not been specified.

Persons suffering from hypertension or congestive heart disease may require a sodium-restricted diet, in which case, the intake of sodium from drinking water could become significant and your doctor should be consulted. Sodium levels in the Richards Landing water supply consistently exceed 40 mg/L.

Softening using a domestic water softener increases the sodium level in drinking water and may contribute a significant percentage to the daily sodium intake for a consumer on a sodium-restricted diet. It is recommended that a separate unsoftened supply be retained for cooking and drinking purposes.