



10th April, 2018

pH LEVEL OF PACKAGED WATER ON THE GHANAIAN MARKET

The attention of the Food Drugs Authority (FDA) has been drawn to a video circulating on social media via YouTube on the pH levels of some brands of bottled water sold in Ghana purporting that water with high pH [more alkaline] is better for health reasons than other brands which are less alkaline.

The pH of drinking water according to the World Health Organization (WHO), CODEX and the Ghana Standards Authority should be between 6.5 and 8.5. This means that any water with the pH outside this range is not suitable for drinking.

Despite claims by some persons that alkaline water prevents the onset of cardiovascular and other diseases, there is no documented peer review evidence which has been internationally accepted and endorsed by the WHO and the Medical Community indicating that drinking water of more alkaline nature impact good health better than other drinking water.

Additionally, the FDA through its Post Market Surveillance (PMS) has not found any registered package drinking water on the market with pH level outside this standard range (6.5 – 8.5).

The FDA therefore wishes to advise the general public to disregard the said video. Consumers are further advised to look out for the registration numbers on packaged drinking water before buying them.

The general public can always forward concerns with respect to FDA's mandate through the following numbers;

HOTLINES – 0299802932, 0299802933

WHATSAPP - 0206973065

TOLL FREE NUMBER- 08001511000

SMS SHORTCODE: - 4015

Signed

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