

## WATER:

# The Primary Nutrient

The Most
Misunderstood Nutrient

# Water

makes up 70%

of the body.

- 1. Water is the key component for the life and shape of every cell.
- 2. Major component of all body fluids.
- 3. Necessary for heat dissipation.
- 4. Transports nutrients to the cells and removes cellular by-products.
- 5. Necessary for digestion and absorption.
- 6. Aids respiration.
- 7. Necessary for blood circulation.

## Water Intake & Requirement for Dairy

Milk Production	Estimated Dry Matter Intake	Gallons/Day 70 degree F Water				
40 lbs	42 lbs	23.7 gallons				
60 lbs	48 lbs	27.1 gallons				
80 lbs	54 lbs	30.4 gallons				
100 lbs	60 lbs	33.8 gallons				

Water consumption will change
1.58 lbs for each
0.9 lbs for each
1 lbs of dry matter change
1 lbs of milk produced
gram of sodium consumed
1.47 lbs for each
degree F change

Besides water intake- Water retention is important for energy flow in the body:

The Three Life Support Systems: Blood Plasma 5 % water

Extra cellular fluids around the cell 15 % water

Inner cell 50 % water

### Water retention:

### What Is It?

ANALYTICAL RESULTS  SAMPLE ID: 03-17-2008 LABORATORY NUMBER: 1402858												d'l		
PARAMETER METHOD UNITS	SODIUM EPA 200.7 Na ppm	CALCIUM EPA 200.7 Ca ppm	MAGNESIUM EPA 200.7 Mg ppm	<b>PH</b> EPA 150.1	NITRATE EPA 300.0 NO <sub>3</sub> -N ppm	SULFATE EPA 300.0 SO <sub>4</sub> ppm	EPA 120.1	TOTAL DISSOLVED SOLIDS TDS ppm	HARDNESS SM 2310B gr / gallon	TOTAL COLIFORM SM 9222B cfu / 100 ml	IRON EPA 200.7 Fe ppm	MANGANESE EPA 200.7 Mn ppm		COPPER  EPA200.7  Cu ppm
LEVEL FOUND	16.4	71.4	30.8	8.27	n.d.	1	0.528	343			1.65		3	n.d.
CAUTION LEVEL	150	150	80	6.5/9.0	25	300	1.50	1000			0.3		500	0.3
INTERPRETATION														
PARAMETER	SODIUM	CALCIUM	MAGNESIUM	pH	NITRATE	SULFATE	CONDUCTIVITY		HARDNESS	TOTAL	IRON	MANGANESE	CHLORIDE	COPPER
METHOD	EPA 200.7	EPA 200.7	EPA 200.7	EPA 150.1	EPA 300.0	EPA 300.0	EPA 120.1	DISSOLVED	SM 2310B	COLIFORM	EPA 200.7	EPA 200.7	EPA 300.0	EPA200.7
	Na	Ca	Mg		NO <sub>3</sub> -N	SO <sub>4</sub>		SOLIDS TDS	- 1- A	SM 9222B	Fe	Mn	CI	Cu
UNITS GRAPHIC	ppm	ppm	ppm		ppm	ppm	mmhos / cm	ppm	gr / gallon	cfu / 100 ml	ppm	ppm	ppm	ppm
No Apparent Problems Potenial Problems Problems Likely Level Exceeds EPA Limits					_	1000							_	
ADDITIONAL PARAMETERS														
PARAMETER METHOD UNITS														
LEVEL FOUND														
The result(s) issued on this report only reflect the analysis of the sample(s) submitted.  For applicable test paramaters, Midwest Laboratories is in compliance with NELAC requirements.  Our reports and letters are for the exclusive and confidential use of our clients and may not be reproduced in whole or in part, nor may any reference be made														

Water consumption will change 0.11 lbs for each gram of sodium consumed, 0.18% of salt for every lb of dry matter.

to the work, the results, or the company in any advertising, news release, or other public announcements without obtaining our prior written authorization.

You would not fertilize your soil without a soil test.

Why would you feed your cow the primary nutrient without a water test?

For every lb of feed, 3-4 lbs of water needs to be consumed.

\*Remember that nothing moves in the body without water.

Water is the conductor. That is how the body communicates and transfers nutrients.

Electrical Conductivity and Energy Transfer in the body is totally reliant on quality water.

The digestive system demands 70% of the Immune System to protect the body from normal digestive processes.

Water becomes the missing link to countless biological functions in the body as it promotes equal concentration of nutrients to energize water molecules across cellular membranes.

This technology sets us apart by fortifying the natural balance and assimilation of minerals.

