



WATER FILTRATION QUICK REFERENCE SHEET

EVERYONE SHOULD FILTER THEIR DRINKING AND COOKING WATER! (And your refrigerator filter does NOT count)

While local water utilities test the water for contaminants, **legal does not necessarily equal safe**. It has been almost 20 years since the legal limits for contaminants have been updated. Less than 100 contaminants are tested, yet there are 1000s of other contaminants that are not regulated.

- Overall, **NAEM recommends using REVERSE OSMOSIS (RO) water filters**, if possible.
 - It is the only filter that clears **nanoplastics** which are accumulating in our bodies.
 - It fully filters out **chromium-6**, a carcinogenic toxin found in all 50 states' drinking water.
 - Newer tankless RO technology is very effective AND more efficient on water waste.
- For renters, pitchers and countertop filters are good options, but replace filters often.

Toxin	Why You Need to Be Concerned	Filtration Needed
Nanoplastics & Microplastics	94% of US tap water is contaminated with microplastics, and 93% of water bottles had microplastics - with an estimated 90% being nanoplastics . They impact our hormone/endocrine, cardiovascular, neurological, and immune systems.	Nanoplastics: reverse osmosis Microplastics: carbon block
PFAS/PFOS (forever chemicals)	Found in nearly half of America's tap water according to a US Geological Survey study . They are neurotoxic and linked to immune suppression and cancer.	PFAS/PFOS: carbon block
Chromium-6 (hexavalent)	Found in drinking water for all 50 states , exposing up to 250 million people (EWG) . There is no safe legal limit and utilities are not required to test for it. It is linked to lung cancer and reproductive and developmental dysfunction.	Chromium-6: reverse osmosis or certified ion exchange
Metals: Lead & Arsenic	Arsenic, a known carcinogen, is from natural and agricultural runoff. Lead, a known neurotoxin, is found in old plumbing and water service lines.	Arsenic: reverse osmosis or an adsorptive media; Lead: carbon block
Pesticides & Nitrates	Agricultural runoff includes atrazine, glyphosate, and nitrates. They are neurotoxic, carcinogenic, and harmful to fetal growth and child development	Pesticides: carbon Nitrates: reverse osmosis
Radiological Toxicants	Unstable elements like radium, radon, and uranium break down and get into our ground and tap water. Health effects include neurotoxicity, organ damage, cancer risk.	carbon helps reduce it but reverse osmosis is best

UNDERSTANDING YOUR RISK



The Environmental Working Group (EWG.org) has an excellent resource to check the safety of your local water with their [TAP WATER DATABASE](#). Their analysis uses [safety standards based on the most up-to-date independent studies](#) and flags contaminants that exceed their guidelines. It also includes recommendations for type of filtration.

FILTRATION SUMMARY BY TYPE

	GOOD	GOOD	BETTER	BEST
Type	Pitchers filters	Countertop filters	Under-the-counter filters (Not RO)	Under-the-counter or whole-house reverse osmosis (RO)
Filter Medium	Small filter, often carbon granules.	Medium filter, mix of carbon and micro/ultra filtration.	Typically 3 large multi-stage units with carbon block and other mediums	Multistage system with membrane to further reduce toxicants
Pros	Convenient for renters; effective for many toxins.	Convenient for renters; effective for many toxins.	More effective due to multiple types of filtration	Most effective at removing all major toxicants
Cons	Most do NOT filter chromium-6, arsenic, fluoride, nitrates OR nanoplastics.			Wastes water (newer models = more efficient).
	Filters \$\$\$ Replace monthly	Filters \$\$ Replace 3 months	Filters \$-\$\$ Replace 6-12 months	Filters \$-\$\$ Replace 6-12 months
Certified Brands	Refillable <ul style="list-style-type: none"> • EpicWater • Zero Water • Clearly Filtered Less Effective <ul style="list-style-type: none"> • Brita / Pur 	Gravity-Fed <ul style="list-style-type: none"> • Boroux Counter Machines <ul style="list-style-type: none"> • AquaTru RO • Aguasana 	Separate faucet <ul style="list-style-type: none"> • Aguasana Claryum Uses existing faucet <ul style="list-style-type: none"> • Clearly Filtered • EpicWater 	Tankless (more efficient) <ul style="list-style-type: none"> • Waterdrop G3P600 • Cloud RO Traditional (more waste) <ul style="list-style-type: none"> • Aguasana • iSpring

REPLACEMENT FILTERS:

Replace filters regularly, based on manufacturer's recommended timing for your water usage. **IMPORTANTLY, only purchase and use replacement filters certified by 3rd parties to be effective.** Aftermarket filters can save you money but they typically are not 3rd party tested and could be using less effective filtration materials. See the quality brands above and use their filters.