# What’s Really In Your Water? Here’s How To Find Out

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# A newly identified chemical, chloronitramide anion, has been found in the tap water of millions of Americans, raising fresh concerns about the safety of municipal water supplies.

While its toxicity remains unknown, its presence highlights an ongoing issue: our water isn’t as clean as we’d like to believe.

From disinfection byproducts and industrial chemicals to microplastics and heavy metals, tap water can carry a cocktail of contaminants—some of which have been linked to long-term health effects, including hormone disruption, cardiovascular issues, and even cognitive decline.

So what’s really in your water? And, more importantly, how can you protect yourself?

## The Chemical Reality of U.S. Tap Water

For over a century, the U.S. has treated drinking water with chlorine and chloramines to kill bacteria and viruses. While these chemicals are essential for public health, they also create disinfection byproducts (DBPs)—compounds formed when disinfectants react with natural organic matter in water. Some DBPs, such as trihalomethanes and

haloacetic acids, have been associated with cancer risks and reproductive issues.

Other common contaminants in tap water include:

- **PFAS (Forever Chemicals):** Linked to immune suppression, thyroid disease, and cancer, these industrial chemicals **persist in the environment for decades**.
- **Lead:** Found in older pipes, lead can leach into water and cause **neurological damage, especially in children**.
- **Pesticides & Herbicides:** Runoff from agriculture introduces chemicals like atrazine, a hormone-disrupting herbicide.

**Microplastics:** A study from the University of New Mexico found that **microplastic levels in human brain tissue have surged by 50% in the last decade**, with people suffering from dementia having up to 10 times more plastic in their brains than those without.

# How to Protect Yourself: Choosing the Right Water Filtration System

Since municipal water treatment **does not remove all contaminants**, investing in a **high-quality water filter** is one of the best ways to ensure your drinking water is safe.

**Key Contaminants to Filter Out:**

When selecting a water filtration system, look for one that removes:

- **Chlorine & Chloramines** (linked to disinfection byproducts)
- **Lead & Heavy Metals** (neurotoxins)

- **PFAS Chemicals** (linked to cancer & immune issues)
- **Microplastics** (found in organs & brain tissue)
- **Pesticides & Herbicides**

# Best Water Filters for Home Use

Being informed is key. The Environmental Working Group (EWG) offers a **free Tap Water Database** where you can easily check the safety of your local water supply by entering your ZIP code.

For cleaner, healthier water, consider using a high-quality filter. Prioritize options tested for contaminant removal, such as:

- **LifeStraw Home Water Filter Pitcher** —Reduces lead, mercury, and "forever chemicals," and pesticides.
- **PUR Plus Faucet Filtration System** — Certified by the Water Quality Association to remove over 70 contaminants.
- **Aquasana Under Sink Water Filter System** — Reduces PFAS, microplastics, lead, and chlorine
- **AquaBliss Revitalizing Shower Filter** —Reduces chlorine, chlorine byproducts, and pesticides.
- **Home Master Artesian Reverse Osmosis System** —Removes up to 99% of contaminants, including chloramines, chlorine, and heavy metals.

Stay proactive, stay informed, and stay hydrated—on your terms.

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