

**Basic Report 14075, Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water, [a](#)**

Report Date: June 24, 2017 22:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	8.0 fl oz 240g
<b>Proximates</b>			
Water	g	99.95	239.88
Energy	kcal	0	0
Protein	g	0.00	0.00
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	33	79
Iron, Fe	mg	0.00	0.00
Magnesium, Mg	mg	11	26
Phosphorus, P	mg	0	0
Potassium, K	mg	2	5
Sodium, Na	mg	13	31
Zinc, Zn	mg	0.00	0.00
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.000	0.000
Riboflavin	mg	0.000	0.000
Niacin	mg	0.000	0.000
Vitamin B-6	mg	0.000	0.000
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>8.0 fl oz 240g</b>
Vitamin E (alpha-tocopherol)	mg	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0

**Footnotes**

<sup>a</sup> Mineral content varies between brands