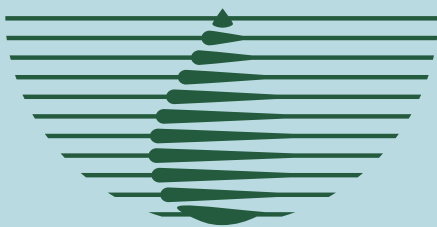


MEDICAL CENTER  
ROGAŠKA



Let your health  
benefit from  
Donat Mg natural  
mineral water

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# The pearl of the world's natural mineral waters – Donat Mg

This pearl of nature is formed at depths of 280 to 600 m by the dissolution of rocks which are rich in magnesium, calcium, sulphates, hydrogen carbonates and a range of other elements required for the correct functioning of the body's metabolic processes. It is accompanied by large amounts of free carbon dioxide.

Balneological knowledge, medical findings, as well as Donat Mg's chemical composition and physical properties, mean it has been used for therapeutic and preventive purposes at the Rogaška Slatina health spa for over 200 years. The method to be followed for drinking Donat Mg from a spring is prescribed by a spa doctor (balneologist) after conducting a detailed physical examination and any necessary tests.



# Donat Mg is recommended as follows:

## CONSTIPATION, ACID REFLUX, GASTROINTESTINAL PROBLEMS AND BLOATING



are an unpleasant part of a modern lifestyle. A poor diet, irregular eating habits, insufficient fluid intake, a sedentary lifestyle, day-to-day stress, etc. are the factors that most often impair the body's digestive processes. In fact, good digestion is vital in order for the body's defence system to be effective.

## CONSTIPATION



Donat Mg natural mineral water is rich in mineral salts. Sulphates in the form of sodium and magnesium salts have a favourable effect on digestion. Drinking larger amounts may cause diarrhoea, which will clear up if consumption is halted.

## HEARTBURN



Donat Mg natural mineral water acts in a way that harmonises the body's processes by helping with problems caused due to impaired gastric acid secretion and heartburn problems (triggered by excess gastric acid secretion). It improves blood circulation in the gastric mucosa. Hydrogen carbonates bond to gastric acid in equal amounts. Magnesium acts to prevent contractions in the stomach, improves peristalsis and the stopping function of the cardia (the muscle at the upper opening of the stomach) and speeds up cell regeneration.

# PREVENTING THE FORMATION OF GALL STONES



Donat Mg is beneficial for those suffering from gall stones. It causes the gallbladder to contract and empty and – thanks to sulphates – speeds up bile excretion. Regular emptying of the gallbladder prevents the formation of gall stones and reduces bad cholesterol levels.

# OBESITY AND INCREASED BODY WEIGHT



**OBESITY IS ON THE RISE AND REPRESENTS A GROWING THREAT TO THE HEALTH OF PEOPLE IN BOTH THE DEVELOPED AND UNDEVELOPED WORLD. IT IS TAKING ON THE DIMENSIONS OF AN EPIDEMIC AND BECOMING AN INCREASINGLY ALARMING MEDICAL AND SOCIO-ECONOMIC ISSUE.**

Obesity is characterised by the accumulation of fat in the body. It leads to problems with metabolic processes and the increased occurrence of a number of illnesses; it shortens life span and, consequently, diminishes quality of life. In parallel with the rise in obesity, the number of people with type 2 diabetes is on the rise.

When losing weight, fats and proteins break down into acids, and the body loses important minerals.

**DONAT Mg NATURAL MINERAL WATER NEUTRALISES ACIDS FORMED IN THIS WAY AND REPLACES LOST MINERALS. IT IS A NATURAL LAXATIVE AND IS VERY BENEFICIAL WHEN WE BEGIN LOSING WEIGHT BECAUSE IT CLEANSSES THE BODY OF LEFTOVER TOXINS AND WASTE PRODUCTS AND HELPS ESTABLISH AN ACID-BASE HOMEOSTASIS, RELIEVING THE BODY OF METABOLITES.**

As it is rich in sulphate salts, which increase cholecystokinin secretion, regular consumption **reduces appetite**. Sulphates are also known to prevent the absorption of lipids and help empty the gallbladder.

The wealth of magnesium found in Donat Mg natural mineral water **speeds up the metabolism, boosts immunity and increases energy reserves**. In combination with physical activity, it protects the heart, arteries and muscles. **The intensity, type and duration of diet, level of physical activity, and the amount of Donat Mg consumed should be determined by a doctor following a detailed physical examination and tests.**

## KIDNEY STONES



Large amounts of basic minerals, particularly hydrogen carbonate, which is known for its great ability to bond with acids, contribute to the body's acid–base balance and increase pH levels in the kidneys. **A BASIC ENVIRONMENT PREVENTS THE FORMATION OF CALCIUM OXALATE, URATE AND URINARY TRACT STONES.**

## BODY ACIDOSIS – DISEASE OF MODERN CIVILISATION



Sodium hydrogen carbonate, which acts as a base, plays an important role in maintaining the body's acid–base balance. It serves to neutralise excess acid and is active in the formation of all digestive juices. In addition, it creates a base surplus in the body.

# Donat Mg contains more than 1,000 mg of magnesium per litre. Why is this important?

Magnesium plays a role in over 300 vital metabolic processes in our body. Since our body is not able to produce it, magnesium needs to be introduced through food and drink on a daily basis in order to maintain health and wellbeing. It is an indispensable macroelement which helps reduce tiredness and fatigue, maintain the balance of electrolytes and support the function of the nervous system and muscles. It plays an important role in cell division and protein synthesis and helps release energy from metabolism. Magnesium is an integral part of blood plasma, which is required for normal muscle contractions, including those of the heart. It also helps keep bones and teeth healthy.

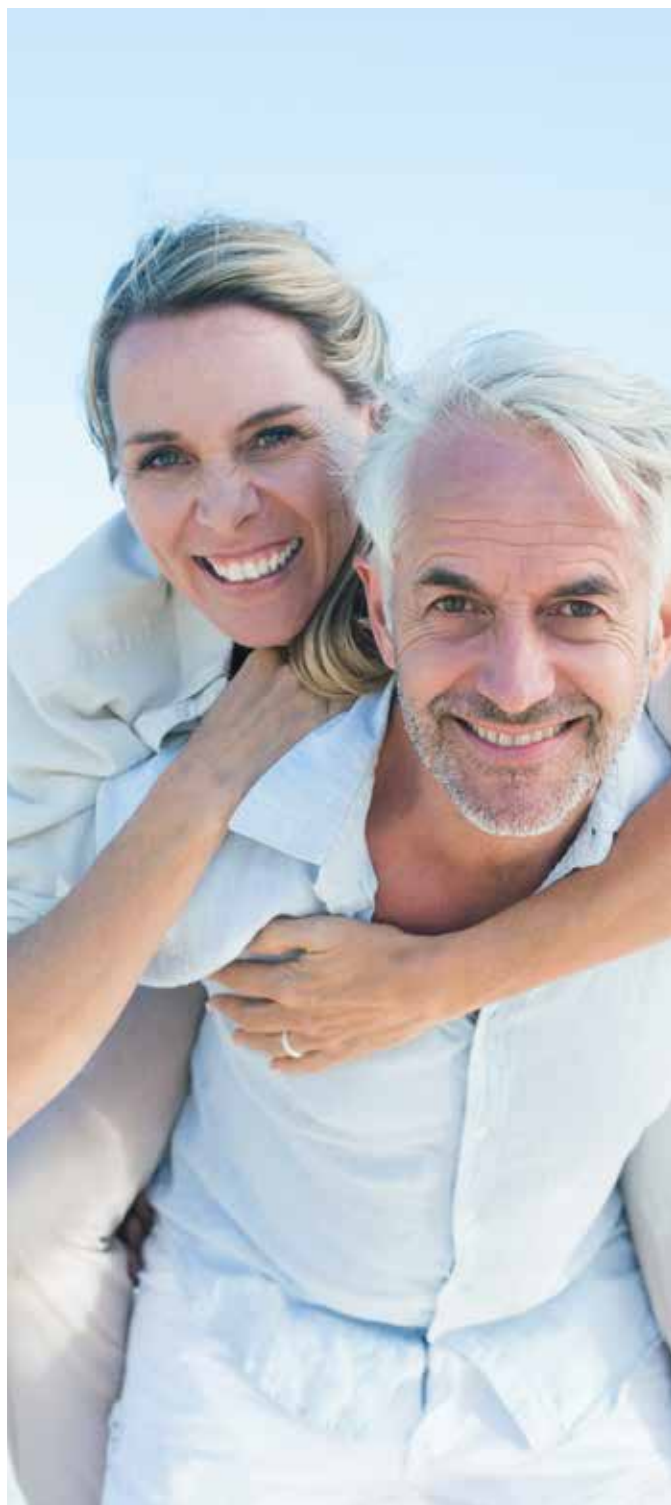
## WHO IS AT RISK OF MAGNESIUM DEFICIENCY?

Children and teenagers, pregnant women, smokers and anyone else who is exposed to intensive psychological and physical strain on a daily basis are at risk of magnesium deficiency. Elderly people often experience magnesium deficiency, due in part to decreased intake and decreased absorption and increased secretion through the kidneys. This is why it is vital that elderly people stick to the recommended daily intakes.

Severe deficiencies are rare, whereas a mild deficiency may result in low energy levels, frequent headaches, anxiety, insomnia, muscle cramps and immunodeficiency.

The average recommended daily magnesium intake for adults is 375 mg.







# WHY IS THE MAGNESIUM IN DONAT Mg SO EFFECTIVE?



A single litre of Donat Mg contains around 1000 mg of magnesium. Although many food supplements containing magnesium are available, the best way to take magnesium is through water as this is the most suitable form for minerals to be absorbed into the metabolism. Magnesium in mineral water is immediately available to the body.

## TYPE 2 DIABETES



Poorly managed type 2 diabetes is often accompanied by a magnesium deficiency due to enhanced magnesium excretion through kidneys. Magnesium deficiency speeds up the formation of free radicals and impairs the functioning of certain membrane enzymes, which may lead to complications such as retinopathy and nephropathy.

**BESIDES MAGNESIUM, DONAT Mg ALSO CONTAINS LARGE AMOUNTS OF SULPHATE. SULPHATE WATERS ARE CHARACTERISED BY THE FACT THAT THEY STIMULATE THE FUNCTIONING OF THE PANCREAS, DIGESTIVE TRACT AND GALLBLADDER, THE EMPTYING OF THE GALLBLADDER AND THE CLEANSING OF THE BILE DUCTS. HYDROGEN CARBONATE ALSO PLAYS AN IMPORTANT ROLE BY MAINTAINING AN APPROPRIATE ACID-BASE BALANCE IN YOUR BODY.**

In combination with a healthy diet, watching your weight and getting a lot of exercise, Donat Mg is an excellent supplement that can contribute to an improved diabetic condition.

## PREGNANCY



**Magnesium is particularly important during pregnancy, when the body's need for magnesium increases.** An insufficient intake of nutrients, including magnesium, can lead to numerous adverse complications during pregnancy: premature birth, low birth weight, gestational diabetes, hypertension, pre-eclampsia, etc. (Durlach, 2004; Hutcheon et al., 2011).

# General guidelines on drinking Donat Mg

**DRINKING WARM DONAT Mg – QUICKLY AND ALL AT ONCE – IN THE MORNING ON AN EMPTY STOMACH HAS A FAVOURABLE EFFECT ON DIGESTION.**

**SIPPING COLD DONAT Mg SLOWLY THROUGHOUT THE DAY, 20 MINUTES PRIOR TO A MEAL, IMPROVES MINERAL ABSORPTION.**

If you do not like CO<sub>2</sub> bubbles, pour your Donat Mg into a glass and stir well before drinking.

When properly combined with other factors and procedures, drinking water directly from a spring can become a unique ritual which gives precious benefits to your health. The intake amounts, type and time of drinking is determined by the Medical Centre Rogaška's spa doctor (balneologist) according to the guest's health condition and his/her objectives.

## When is drinking Donat Mg not recommended?

Donat Mg is not recommended for those suffering from kidney problems, bradycardia or an acid-base imbalance (alkalosis). If you are suffering from a serious illness, you should consult your doctor before drinking Donat Mg.

**Drinking larger amounts may cause diarrhoea, which will clear up if consumption is halted.**



# Water cure

TYPE OF ILLNESS	WHEN
Disorders of the gall bladder, bile ducts, conditions following gall bladder and bile duct surgery, chronic disorders of the pancreas	On an empty stomach Before lunch Before dinner
Liver disorders, bloating in the stomach	On an empty stomach Before lunch Before dinner
Diabetes, increased uric acid levels, increased cholesterol levels	On an empty stomach Before lunch Before dinner
Constipation (obstipation)	On an empty stomach Before bed (as required)
Disorders of the stomach and duodenum	On an empty stomach Before lunch Before bed
Increased stomach acid levels (acid reflux)	Drink 20 min. before meals multiple times during the day, during meals and 1 to 2 hours after meals
Obesity, increased body weight	On an empty stomach When feeling hungry during and before meals
Cardiovascular diseases	3–4 times daily
Healthy people, to feel better	Before meals
Anxiety disorders (stress), headaches, migraines	On an empty stomach Before bed
Magnesium deficiency, Increased need for magnesium (pregnant women, athletes, etc.)	On an empty stomach In the afternoon In the evening
Reducing the likelihood of recurrence or the formation of calcium oxalate stones, cystine stones and urate urinary stones	On an empty stomach Before lunch Before dinner Before bed and if you wake during the night

Warm – heated: **30°-37° C**  
 Lukewarm: **23°-25° C**

Room temperature: **around 20° C**  
 Cold: **17°-18° C**

TEMPERATURE AND AMOUNTS		METHOD OF DRINKING	DURATION
Lukewarm	300–500 ml	Slowly	6 weeks,
Cold	200 ml	Slowly	4-week break
Lukewarm	200 ml	Slowly	3 times a year
Warm	200–300 ml	Slowly	2 months,
Warm	100 ml	Slowly	1-month break
Cold	100 ml	Slowly	3 times a year
Warm	300 ml	Relatively quickly	5 days,
Cold	100 ml	Slowly	2-day break, repeat
Cold	100 ml	Slowly	continuously
Warm	300–800 ml	Quickly	Continuously or for 5 days,
Lukewarm	200 ml	Relatively quickly	2-day break
Lukewarm	200–300 ml	Slowly	3 months in the spring,
Lukewarm	100 ml	Slowly	3 months in the autumn
Lukewarm	100 ml	Slowly	
Room temperature	100 ml	Slowly	Continuously or with shorter breaks
Warm	300–500 ml	Quickly	3 months,
Cold	100 ml	Slowly	1-month break
			3 times a year
Room temperature	100 ml	Slowly	2 months,
			1-month break
			3 times a year
Cold	100–200 ml	Slowly	Continuously or with shorter breaks
Cold	300 ml	Slowly	2 months,
Cold	100–200 ml	Slowly	1-month break
			3 times a year
Cold	200 ml	Slowly	Continuously or with shorter breaks
Cold	100 ml	Slowly	
Cold	100 ml	Slowly	
Lukewarm	200 ml	Slowly	Continuously or with shorter breaks
Lukewarm	200 ml	Slowly	
Lukewarm	200 ml	Slowly	
Lukewarm	200 ml	Slowly	

Donat Mg natural mineral water is filled in Rogaška Slatina by Droga Kolinska d.d., Kolinska ulica 1, 1544 Ljubljana, an Atlantic Grupa member. For information on where to buy Donat Mg in your country visit: [www.donatmg.eu/en](http://www.donatmg.eu/en).



Distributor for UK & Northern Ireland:  
[www.heartyliving.co.uk](http://www.heartyliving.co.uk)



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