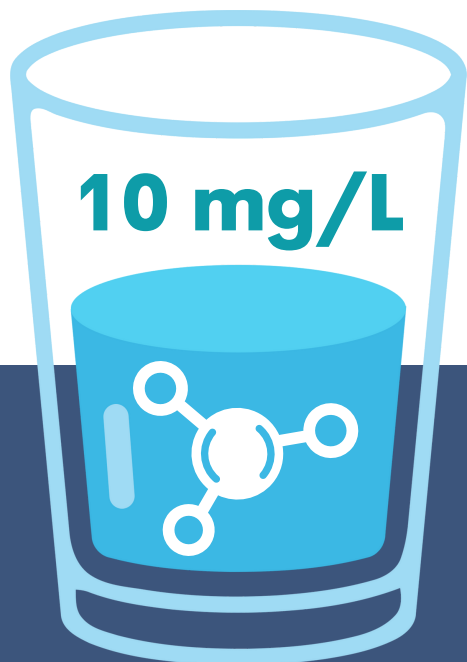


Nitrate in Drinking Water

Chemical fertilizers, animal waste, and leaky septic tanks are just a few sources of the elevated nitrate levels in many public water systems and private wells. The impact of nitrate on human health is an area of ongoing research, but there are several health risks that are known to be linked with nitrate in drinking water.



DRINKING WATER STANDARD

The drinking water standard for nitrate as nitrogen is 10 mg/L, as established by the US Environmental Protection Agency in 1992 (over 30 years ago!). Current research suggests that prolonged exposure to nitrate levels below 10 mg/L can still lead to increased health risks.

WELL WATER ISN'T TESTED

Approximately 43 million Americans get their water from private wells, which are not regulated by the EPA. Well users are responsible for testing their own water. Most states recommend testing at least once every other year.

HEALTH CONCERNS

**THYROID
DISEASE**

**BIRTH
DEFECTS**

**COLON
CANCER**

**BLUE BABY SYNDROME
(METHEMOGLOBINEMIA)**

WHAT TO DO

If your drinking water contains nitrate levels above 10 mg/L, take the following steps:

- Contact a licensed well contractor or your public system operator to identify next steps
- Obtain drinking water from a safe source, such as bottled water. **Boiling water will not remove nitrate.**
- Consider installing a reverse osmosis, ion exchange, or distillation water filtration system. Well users may also consider drilling a new well.

JOIN NITRATE WATCH

Want to find out how much nitrate is in your water?

Visit nitratewatch.org to request your free nitrate test kit!

