



FAIRMONT SPA

FAIRMONT SPA GEOTHERMAL SPRING MINERAL CONTENT

The following naturally occurring minerals are present in detectable quantities in the mineral water that fill all of our pools at Fairmont Sonoma Mission Inn & Spa. We invite you to be Nourished by Nature.

Aluminum

Boron

Bromide

Calcium: Functions in the body include, Structural bone and tooth growth, blood clotting, muscle contraction, nerve transmission, cell membrane permeability, and is a catalyst in many reactions

Iron: Functions in the body

Oxygen transport (hemoglobin); Activates Vitamin A: Antibody production, DNA: RNA and collagen synthesis; drug detoxification; regulates blood fats; boost immune system

Magnesium: Functions in the body

Catalyst in many reactions, part of bone, nerve transmissions, muscle relaxation; ATP production; tooth enamel; cold adaptation.

Manganese: Function in the body

Skeletal and connective tissue synthesis; synergy release; fatty acids; cholesterol; DNA, RNA; Urea synthesis; mobilizes fats from the Liver.

Potassium: Function in the body

Acid base and fluid balance; nerve transmission; muscle relaxation; insulin release; catalyst; glycogen and protein synthesis; primary positive electrolyte inside cells.

Chloride: Function in the body

Stomach acid; acid-base balance; allows blood to carry Oxygen and Carbon Dioxide; growth of bone and connective tissue; key electrolyte.

Iodine: Function in the body

Regulates body energy usage through Thyroxin.

Zinc: Functions in the body

DNA and protein synthesis; fertility; skin growth; healing; protein digestion; Carbon Dioxide removal; disease resistance; processing alcohol.

Fluoride: Function in the body – Aids the hardening and stability of Calcium Salts (bones and teeth)

Sulfate: Function in the body

Offers energy transfer (coA, Biotin); Blood clotting, detoxifier, collagen for hair, nails and skin synthesis

Nitrate

Antimony

Copper: Function in the body

Works with Iron in the red blood cell formation: energy release: nerve wrapping: Collagen, Elastin and Melanin synthesis (tanning pigment)

Molybdenum: Function in body

Mobilizes Iron from Liver stones; Uric acid excretion; works with fluoride.

Bicarbonate

Carbonate

Silicate: Function in the body

Stimulates growth; Collagen synthesis, bone calcification.

Nickel: Function in the body

DNA and RNA synthesis; enhances Iron use.

Phosphate: Function in the body

Structural for bones and teeth; captures energy (ATP); absorption and transformation of nutrients; DNA and RNA synthesis.

Chromium: Function in the body

Works with Insulin to allow Glucose into cells; indirectly affects levels of fat in the blood.