



Water Cooler and Filter

Did you know that the human body is approximately 70% water? So, it should almost go without saying that remaining properly hydrated is essential. In fact, drinking enough water can contribute to raised energy levels, clearer skin, and a healthier cardiovascular system. But the benefits don't stop there.

According to medical guidelines, we should all be drinking around two litres or six glasses of water every day. Water companies take measures to ensure tap water is clean and safe to drink, but did you know that a filtered water cooler could transform a 'good' glass of water into a 'great' glass of water?

A water filter and cooler machine can have a number of benefits, making it an excellent addition to your home or office. Whether you have been considering purchasing a filtered water cooler for its health benefits or simply because you dislike the taste of tap water, here is a bit more information on how they work and their advantages.

Why use a water filter?

Although water companies ensure that water is subjected to comprehensive filtration and disinfection processes, it must travel through long stretches of pipework before it reaches your premises. Along the way, there is the chance that it will come into contact with a variety of different contaminants and the only way to remove them is to use a filtered water dispenser in your home or office.

Water filters can also help to improve the taste of tap water. This will provide you with a much more eco-friendly way of enjoying clean water because you won't be tempted to purchase single-use plastic bottles. Instead, you will be more inclined to fill a reusable water bottle at home from your tap.

What does a carbon filter remove?

Almost every water filter and cooler machine will use a carbon-based filtration system. They remove contaminants through the process of adsorption, which attracts them to its surface in a similar fashion to the way magnets attract iron. Granular activation carbon (GAC) filters have impressive absorption capabilities and can remove everything from nitrates to hydrogen sulphides and pesticides.

Advantages of having a water cooler and filter

Filtered tap water is superior to unfiltered tap water in a variety of ways. Here are just a few advantages to having your own filtration system.

- You'll notice less limescale

Limescale is a chalky deposit that can build up in boilers, pipework, and kettles. It mostly affects people living in hard water areas and can be extremely frustrating. Water filters will work to regulate mineral content, helping you to prevent limescale and ensure the longevity of your appliances.

- A cold water filter dispenser is low maintenance

A filtered water dispenser can be incorporated into any room. Not only will it not take up much room, but it will also be portable, durable and easy to maintain.

How to keep your water cooler clean

Keeping your cold water filter dispenser clean is a simple task that won't take much time. In addition to changing the filter when required, wiping down your filter's exterior will ensure it stays looking brand new for as long as possible. It will also benefit from using a sanitising fluid once every six months to ensure its longevity.