

# *We would like to introduce ourselves...*

Five generations of our family have lived at Ballabrooie. For three decades we have adhered to organic principles looking after our land and its natural resources.

We have and will continue to invest in our environment by planting thousands of native and food bearing trees.



- We believe in and support a sustainable self sufficient community on the Island.
- We believe fresh naturally produced food is imperative for our health and the world we live in.
- We believe the purity of our water is at least as important as the quality of our food.

For the first time on the Island we are now able to offer you the benefits of Pure Spring Water fresh from the heart of the Isle of Man.

Green Mann Spring Water is uniquely soft with an unrivalled taste. The finest spring water known to Mann.



Green Mann Spring Water is as nature intended with absolutely nothing added. Available in still or sparkling. Our typical analysis:

Calcium	29.6	Sulphate	17.1
Magnesium	10.9	Nitrate	0.41
Sodium	31.4	Fluoride	0.187
Potassium	2.0	Ph at source	7.6
Chloride	21.9		

Being fully hydrated enables optimum physical and mental performance; 8 glasses / 1.5 litres of water per day is recommended.

Our water meets the highest E.U. standards for spring water.