Although there are many health benefits from drinking increased amounts of bottled water, you may be getting more than you bargained for. Plastic containers are composed of chemicals that can leak out of the bottles and into the fluid. This occurs not only with water bottles, but also soda bottles, sports drink bottles and the most worrisome, baby bottles.

However, there are steps you can take to decrease the incidence of exposure to these toxic chemicals. I found a great article on what plastics to avoid. I would suggest we read this so we know we are storing our water safely.

What Are The Toxic Plastics To Avoid?

Photo credit: stevendepolo