VITALS VAULT

FREE GUIDE

# The water filter chooser

Picking a filter starts with knowing what you want out of your water. Answer five questions, then use the number codes to match a filter to your goal.

## FIVE QUESTIONS BEFORE YOU BUY

- [ ] Do I know my water source: city report or a private well test?
- [ ] What do I want removed: taste, lead, hardness or something else?
- [ ] Does the data sheet list a certification for that goal?
- [ ] Does the filter match the water I use in a day?
- [ ] Do I know how often the cartridge must be replaced?

## WHAT THE NSF/ANSI NUMBERS COVER

| Number | What it certifies |
|---|---|
| **42** | Taste, odor and chlorine |
| **53** | Health contaminants such as lead, chromium, Cryptosporidium, VOCs |
| **58** | Reverse osmosis, including PFOA and PFOS |
| **401** | Emerging contaminants such as some pesticides and drugs |
| **473** | PFOA and PFOS |
| **372** | Lead |
| **62** | Distillers |
| **44** | Softeners |

## TYPES IN ONE LINE

Pitcher, faucet and under-sink filters treat one tap; whole-house filters treat all incoming water. Carbon filters need regular replacement. Reverse osmosis removes the most but costs more and wastes water.

## QUESTIONS TO ASK

- [ ] Is my water supply tested, and what did it find?
- [ ] Does my household need extra care with water, such as a well?
- [ ] Do any of my results, like lead, depend on water?
- [ ] What should I do if my water report shows a problem?

Sources: Filter guidance from a water-filtration handout. Our own checklist. This does not say tap water is unsafe; read your local water report.

**Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com**