

Questions and answers about ROI water and ROI subscription

Q1: What is the main difference between taking artificial supplements (powder or pills) with magnesium and other minerals versus drinking natural mineral-rich water with a TDS of 7481?

A1: Artificial supplements often provide isolated minerals in concentrated forms, whereas natural mineral-rich water, like ROI Roitschocrene with a Total Dissolved Solids (TDS) of 7481, delivers a balanced spectrum of minerals in their naturally occurring state. The synergistic effect of minerals in natural water may enhance absorption and utilization by the body, offering a holistic and bioavailable source of essential nutrients.

Moreover, the liver and kidneys are tasked with dissolving and digesting pills, which can exert an additional load on these organs. Drinking mineral-rich water eliminates the need for this digestive process, potentially reducing the strain on the liver and kidneys. Always consult with a healthcare professional to determine the most suitable approach for your individual needs, considering the holistic impact on your overall health.

Q2: What is magnesium good for in the body, and is it necessary to intake it?

A2: Magnesium is a vital mineral that plays a crucial role in various physiological functions within the body. It is essential for:

1. **Muscle Function:** Magnesium supports proper muscle contraction and relaxation, contributing to overall muscle health.
2. **Energy Production:** It participates in the conversion of food into energy, aiding in metabolic processes.
3. **Nervous System:** Magnesium helps regulate neurotransmitters, promoting a healthy nervous system.
4. **Bone Health:** It is a key component of bone structure, contributing to bone density and strength.
5. **Heart Health:** Magnesium supports cardiovascular function, helping to maintain a normal heart rhythm.

Given its pivotal role in these bodily functions, it is crucial to ensure an adequate intake of magnesium. ROI Roitschocrene mineral water provides a natural and balanced source of magnesium, offering an effective and convenient way to meet your daily magnesium requirements. Always consult with a healthcare professional for personalized advice on your nutritional needs.

Q3: Why do we need calcium intake, and what are its functions in the body? Is daily intake essential?

A4: Calcium is a fundamental mineral essential for various physiological functions within the body. Its key roles include:

1. **Bone Health:** Calcium is a primary building block of bones and teeth, contributing to their strength and structure. Adequate calcium intake supports bone density, reducing the risk of osteoporosis and fractures.

2. **Muscle Contraction:** Calcium is involved in muscle contraction, including the heartbeat. It ensures proper muscle function throughout the body.
3. **Blood Clotting:** Calcium plays a crucial role in the blood clotting process, preventing excessive bleeding when injuries occur.
4. **Cell Signaling:** It acts as a signaling molecule in various cellular processes, influencing cell communication and function.
5. **Nervous System:** Calcium is involved in neurotransmitter release, supporting the transmission of nerve signals.

Daily intake of calcium is vital as the body does not produce calcium on its own. Consistent intake helps maintain optimal calcium levels, ensuring ongoing support for these critical functions. ROI Roitschocrene mineral water, rich in minerals such as calcium (610 mg/l), provides a natural and easily absorbable source of these essential minerals. This mineral-rich water can contribute to meeting your daily calcium needs as part of a balanced diet.

Q5: How much magnesium and calcium intake is recommended for the male and female body per day, and how much do we typically get through an average diet?

A5: Magnesium Intake Recommendations:

- For adult males (19-30 years old), the recommended daily intake of magnesium is 400-420 mg, while for adult females in the same age group, it's 310-320 mg per day.
- As individuals age, the recommended intake for both males and females remains steady, with adult males and females aged 31 years and older advised to consume 420 mg and 320 mg per day, respectively.

Calcium Intake Recommendations:

- Adults aged 19-50 years old are recommended to consume 1000 mg of calcium per day, while males aged 51-70 years and females aged 51 years and older should aim for 1000 mg and 1200 mg per day, respectively.

Typical Dietary Intake:

- However, many individuals may not meet these recommended intake levels solely through their diet. The average diet may provide varying amounts of magnesium and calcium, often falling short of the recommended daily allowances.

The Role of ROI Roitschocrene Mineral Water:

- ROI Roitschocrene mineral water boasts an impressive mineral composition, containing 1100 mg/l of magnesium and 610 mg/l of calcium. Incorporating ROI Roitschocrene mineral water into your daily routine can contribute significantly to meeting your daily magnesium and calcium needs, providing a natural and easily absorbable source of these essential minerals.

By incorporating mineral-rich water like ROI Roitschocrene into your daily hydration routine, you can help ensure that you're providing your body with the essential nutrients it needs to function optimally. As always, it's advisable to consult with a healthcare professional for personalized nutrition advice tailored to your individual needs.

Q6: How should ROI water be consumed for the first time, and what can one expect during the initial two months of drinking it?

A6: To enjoy ROI water for the first time, it's recommended to follow these steps:

1. When opening the bottle initially, do so slowly by releasing some of the natural gas first. This ensures a smoother opening experience.
2. Store the ROI bottle at room temperature, maintaining it under 22°C, and avoid exposing it to direct sunlight or any other heat sources near the bottle. After opening the bottle in the morning, place the remaining portion in the refrigerator for storage.
3. It's important to note that ROI bottles are made of 100% glass, which is endlessly recyclable. In the empty bottle and the glass from which you will drink ROI, you may notice white rounds, which are minerals. Please use the glass designated solely for drinking ROI water.

Regarding what to expect during the initial two months of drinking ROI water:

- **Week 1 and 2:** You may observe improvements in digestion during the first week. Starting from week 2, expect better and calmer sleep.
- **Week 3 and 4:** In week 3, anticipate quicker muscle recovery after physical activities like the gym, running, or sports. By week 4, you'll likely notice reduced stress levels in both your body and mind.
- **Week 5 and 6:** During weeks 5 and 6, you can anticipate normalized blood sugar levels and a rising body pH, approaching the neutral value of 7.
- **Week 7 and 8:** Expect lower cholesterol and triglyceride levels, increased natural mineral intake, and a potential improvement in overall well-being during weeks 7 and 8. Remember that individual results may vary, and maintaining a healthy lifestyle is key for long-term health.

Q7: Can pregnant women and women who breastfeed drink ROI water, and is it suitable for children?

A7: ROI water can be a beneficial addition to the diets of pregnant women, breastfeeding mothers, and children due to its rich mineral content and potential health benefits.

Pregnant Women:

- Pregnant women require adequate hydration and essential nutrients for the healthy development of the fetus. ROI water, with its high mineral content including calcium, magnesium, and bicarbonate, can contribute to meeting the increased nutritional demands during pregnancy.
- Calcium is crucial for fetal bone development, while magnesium supports muscle function and helps alleviate pregnancy-related muscle cramps.
- Bicarbonate in ROI water may help alleviate symptoms of acid reflux and heartburn, common discomforts during pregnancy.
- However, pregnant women should consult with their healthcare provider before making significant changes to their diet or fluid intake.

Breastfeeding Women:

- Breastfeeding mothers require additional fluid intake to support milk production and hydration. ROI water can be a hydrating option, providing essential minerals like calcium and magnesium that can be passed on to the baby through breast milk.
- These minerals can contribute to the baby's bone development and overall health. However, it's essential for breastfeeding mothers to maintain a balanced diet and adequate fluid intake alongside ROI water.

Children:

- Children can benefit from the minerals present in ROI water for their growth and development. Calcium supports bone health and growth, while magnesium aids in muscle function and overall wellness.
- However, parents should ensure that children have a balanced diet and monitor their fluid intake, including ROI water, as part of a healthy lifestyle.
- It's advisable to consult with a pediatrician regarding the appropriate fluid intake and mineral requirements for children based on their age and individual needs.

In conclusion, ROI water can be a nutritious beverage option for pregnant women, breastfeeding mothers, and children, providing essential minerals and potential health benefits. However, it's essential to consult with healthcare professionals for personalized advice regarding dietary choices and fluid intake during these critical life stages.

Q8: How can I order ROI Water by myself, and how can my friend, who needs more information, order water through a company consultant?

AB: Ordering ROI Water is convenient and flexible, catering to individual preferences and the need for personalized assistance:

1. Ordering ROI Water Personally:

- To place an order individually, visit our website, roiwater.ae, and sign in to your account.
- Explore our product range and select the option that meets your requirements, whether it's a trial box of 6 bottles or a subscription plan for ongoing supply.
- Follow the prompts to complete your order, providing necessary details such as delivery address and payment information.
- Upon confirmation, you'll receive updates regarding the status of your delivery.

2. Ordering with Company Consultant Assistance:

- If your friend requires more information or personalized assistance, they can connect with our professional CSC/company sales consultants.
- They can reach out to our consultants via email at info@roiwater.ae, WhatsApp at 056 700 4187, or through social media chats.
- Our consultants are equipped to provide detailed information, assist with orders, and offer recommendations tailored to individual preferences and requirements.
- By engaging with our consultants, your friend can access expert guidance and support throughout the ordering process, ensuring they make informed decisions regarding their water supply needs.

For pricing details, promotions, and updates, customers can visit our website or check our social media channels @RoiWaterDubai. Whether ordering individually or seeking assistance from our consultants, we strive to deliver exceptional service and satisfaction to all our customers.

Q9: HOW DOES THE DELIVERY PROCESS WORK FOR ROI WATER ORDERS?

A9: The delivery process for ROI Water orders is designed to be seamless and convenient for our customers:

1. **ORDER PLACEMENT:**
 - Once you've placed your order on our website or through other channels, our team processes the request promptly.
2. **DISPATCH AND TRACKING:**
 - Your order is carefully prepared and dispatched from our facility, ensuring that it reaches you in optimal condition.
 - You'll receive a confirmation email or message containing tracking information, allowing you to monitor the progress of your delivery.
3. **TIMELY DELIVERY:**
 - We prioritize timely delivery to ensure that you receive your ROI Water supply when you need it most.
 - Our delivery partners work diligently to adhere to scheduled delivery times and minimize any delays.
4. **SAFE HANDLING AND PACKAGING:**
 - We take utmost care in handling and packaging your ROI Water order to maintain its quality and integrity during transit.
 - Our bottles are securely packed to prevent breakage and maintain freshness upon arrival.
5. **CONVENIENT OPTIONS:**
 - We offer flexible delivery options to accommodate your schedule and preferences.
 - You can choose your preferred delivery time and address during the checkout process, ensuring maximum convenience.
6. **CUSTOMER SUPPORT:**
 - Our customer support team is available to assist you with any delivery-related inquiries or concerns.
 - If you encounter any issues with your delivery, don't hesitate to reach out to us for prompt assistance.

At ROI Water, we strive to provide a hassle-free delivery experience, ensuring that your order arrives safely and promptly at your doorstep. Your satisfaction is our priority, and we're committed to delivering excellence every step of the way.

Q10: WHAT ARE THE BENEFITS OF BECOMING A MEMBER OF ROI WATER?

A10: Becoming a member of ROI Water offers a range of exclusive benefits designed to enhance your experience and support your hydration needs:

1. **PRIORITY ACCESS TO PRODUCTS:**
 - As a member, you gain priority access to our latest products and promotions, ensuring that you stay informed about our offerings.
2. **SUBSCRIPTION DISCOUNTS:**
 - Members enjoy exclusive discounts and special offers on subscription plans, allowing you to save on your regular water supply.
3. **CUSTOMIZED RECOMMENDATIONS:**
 - Our team provides personalized recommendations tailored to your preferences and hydration requirements, ensuring that you receive the best-suited products and services.

4. **MEMBER-ONLY EVENTS AND OFFERS:**

- Gain access to member-only events, promotions, and giveaways, providing opportunities to engage with our community and enjoy additional perks.

5. **CONVENIENT ORDERING AND DELIVERY:**

- Membership streamlines the ordering and delivery process, offering convenient options and priority scheduling for your water supply needs.

6. **DEDICATED SUPPORT:**

- Receive dedicated support from our customer service team and company consultants, who are available to assist you with any inquiries or assistance you may require.

7. **ACCESS TO RESOURCES:**

- Access educational resources and information about hydration, health, and wellness, empowering you to make informed choices about your well-being.

By becoming a member of ROI Water, you join a community committed to hydration, health, and quality living. Experience the difference of membership today and elevate your hydration journey with ROI Water.

Q11: IS THERE A MINIMUM ORDER QUANTITY FOR ROI WATER?

A11: No, there is no minimum order quantity required when purchasing ROI Water. Whether you need a single box of 6 bottles to try the water or wish to subscribe for continuous supply, you have the flexibility to order according to your preferences and needs. We strive to accommodate all orders, regardless of size, to ensure that you have access to our premium mineral water whenever you need it. Simply select the quantity that suits you best and proceed with your order hassle-free.

Q12: IS THE PACKAGING OF ROI WATER ECO-FRIENDLY?

A12: Yes, the packaging of ROI Water is eco-friendly and designed with sustainability in mind. Our bottles are made of 100% glass, which is endlessly recyclable and minimizes environmental impact. We are committed to reducing our carbon footprint and promoting environmental responsibility throughout our production and packaging processes. By choosing ROI Water, you can enjoy premium mineral water while contributing to environmental conservation efforts.

Q13: CAN I GET MORE INFORMATION ABOUT THE WATER'S SOURCE AND PURIFICATION PROCESS?

A13: Certainly! At ROI Water, we prioritize transparency and quality in every aspect of our production process. Our water is sourced from pristine natural springs, ensuring purity and freshness. We employ advanced purification methods to maintain the water's integrity while preserving its natural mineral content. Our purification process involves multiple stages, including filtration and sterilization, to meet stringent quality standards and ensure that you receive only the finest quality water. If you'd like more detailed information about our water source and purification process, please don't hesitate to reach out to our customer service team or visit our website for comprehensive details. Your satisfaction and peace of mind are our top priorities, and we're committed to providing you with the highest quality water possible.

Q14: DO YOU OFFER CUSTOMIZABLE PACKAGING FOR LARGE ORDERS OR CORPORATE EVENTS?

A14: Yes, we offer customizable packaging options for large orders and corporate events to meet your specific requirements and branding needs. Whether you're planning a corporate gathering, promotional event, or special occasion, we can work with you to create personalized packaging solutions that reflect your brand identity and message.

For inquiries regarding customizable packaging options, please contact us through our email at: info@roiwater.ae or reach out to us via **WhatsApp at 056 700 4187**. Our dedicated company sales consultants are available to assist you and discuss your customization needs in detail. We look forward to collaborating with you to create memorable and impactful packaging solutions for your upcoming events.

Q15: WHAT ARE THE SHIPPING AND LOGISTICS OPTIONS FOR LARGE ORDERS?

A15: For large orders, we offer flexible shipping and logistics options to accommodate your specific requirements and preferences. For details, please contact us through our email at: info@roiwater.ae or reach out to us via **WhatsApp at 056 700 4187**.

Q16: CAN I GET A TRIAL SAMPLE FOR A ONE-TIME PURCHASE, OR ARE THERE DIFFERENCES IF I BECOME A MEMBER OF ROI WATER?

A16: Yes, you can get a trial sample for a one-time purchase, or you can become a member of ROI Water for additional benefits.

TRIAL SAMPLE OPTIONS:

- For one-time purchases, we offer trial samples in various sizes:
 - You can purchase trial samples consisting of 6, 18, or 30 bottles of ROI Water to experience the quality and benefits firsthand.

MEMBERSHIP BENEFITS:

- If you choose to become a member of ROI Water, you can enjoy additional benefits, especially through our subscription plans:
 - Members who subscribe to our 6-month subscription plan receive exclusive benefits, such as discounted pricing, free delivery, and promotional offers.
 - By becoming a member, you unlock access to special perks and rewards that enhance your ROI Water experience.

In summary, while you have the option to purchase trial samples for one-time use, becoming a member of ROI Water offers you the opportunity to enjoy ongoing benefits and privileges through our subscription plans. Whether you opt for a trial sample or choose to become a member, we strive to provide you with premium-quality water and exceptional service.

Q17: Is there any warning associated with drinking ROI Roitschocrene mineral water?

A17: The maximum recommended daily consumption of ROI water is 0.5 liters. Please adapt the daily dose according to your body weight and digestive system.

ROI Roitschocrene mineral water is intended for health purposes and not solely to quench thirst. It should not be considered a substitute for the daily fluid intake needed by the body.

Caution: Excessive quantities of ROI can have a laxative effect. It is crucial to adapt the daily dose based on individual body weight and digestive system. Drinking excessively may lead to diarrhea, which is likely to cease upon reducing consumption to the recommended daily intake.

Important Note: Individuals with kidney failure, hydrops conditions, or any acid-base disturbances (alkalosis) are advised not to drink ROI Roitschocrene mineral water.

Please consult with a healthcare professional if you have any concerns or specific health conditions before consuming ROI Roitschocrene mineral water.