

SODIUM IN SOFTENED WATER

Since sodium (NA+) is added to water softened by the cation exchange process (mechanical water softening), the level of sodium in softened water may be of interest to persons on sodium restricted diets.

The table below shows the amount of sodium (NA+) added to softened water of varying original hardness. The harder the water is originally; more sodium is added.

Formula for determining sodium (NA+) added to softened water:

For each grain of hardness removed by cation exchange water softening, 7.5 milligrams of sodium (NA+) per quart is added back to the softened water.

Initial Water Hardness	Sodium Added to Water From Cation Exchange Softening		
Grains Per Gallon (gpg)	Milligrams NA+ per gallon	Milligrams NA+ per quart	Milligrams NA+ per cup
1	30	7.5	2
3	88	22	5
5	148	37	9
7	208	52	13
10	300	75	19
15	447	112	28
20	600	150	37
25	448	187	47
30	900	225	56
35	1048	262	65
40	1200	300	75
45	1348	337	85