MINERAL WATER SENSORY ASSESSMENT

Birutė still

Source: Birutė
Source Location: Kunigaikštienės Elenos g. Birštonas (Lithuania)
Carbonation: still
Licence number: 24-05
Assessment date: August 2024 (valid until August 2027)



Sensory description

Appearance: crystal clear with a silvery shining surface.

Aroma: pure and neutral in the nose.

Taste and mouthfeel: the first sip is very soft and smooth. A creamy mouthfeel quickly spreads through the mouth. A pleasantly salty note is perceptible in the main drink. *Birutė still* finishes pleasantly soft and leaves a spicy note on the tongue for a short time.

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Nutritional properties

Birutė still is a powerful mineral water. The rather high content and unique ratio of minerals make it the perfect water for sportsmen and sauna enthusiasts.

If *Birutė still* is consumed before and after sport, it can compensate for a loss of electrolytes and thus counteract a drop in performance due to mineral losses.

Pairing Recommendations

Birutė still is a drink for lovers of still mineral water with a strong character of its own. It is particularly suitable as a morning drink shortly after getting up to ensure a good supply of minerals for the whole day. *Birutė still* is also the perfect drink after an evening of high alcohol consumption to prevent a hangover and replenish the body with important electrolytes.

Suitability as a mixed drink: especially in the morning, a healthy smoothie – whether made from fruit or vegetables – can be refined with Birute and thus become a perfect mineral booster.

Suitability with wine: the delicate saltiness of Birute makes it possible to discover new and exciting combinations as a wine companion. We recommend this mineral water with very strong red with pronounced tannins that have been matured in barrique barrel.

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Food-pairing: thanks to its tasty nature, the mineral water can lighten up heavy dishes and also holds its own with intense flavors. The salty note of *Birutė still* can add extra spice to the accompanying dish.

Hearty meat dishes such as roasts or beef steaks gain even more flavor with Birute still.

Cheese in particular – whether mild or spicy – becomes even more aromatic with Birute as a partner.



Physiological characteristics

With a mineral salt content of 2671 mg/l, *Birutė still* is certified as "rich in mineral salts" (minimum concentration for certification according to Directive 2009/54/EC: 1500 mg/l mineral salt content).

With 186 mg/l calcium, *Birutė still* is certified as "contains calcium" (minimum concentration for certification according to Directive 2009/54/EC: 150 mg/l calcium).

With 81 mg/l magnesium, *Birutė still* is certified as "contains magnesium" (minimum concentration for certification according to Directive 2009/54/EC: 50 mg/l magnesium.

With 650 mg/l sodium, *Birutė still* is certified as "contains sodium" (minimum concentration for certification according to Directive 2009/54/EC: 200 mg/l sodium).

Characteristic chemical composition

Calcium: 186 mg/L
Magnesium: 81 mg/L
Sodium: 650 mg/L
Potassium: 6 mg/L
Bicarbonate: 243 mg/L
Sulphate: 375 mg/L
Chloride: 1204 mg/L