If you’re a bottled water drinker, you just might want to put that bottle down.

Niagara Bottling has recalled 14 brands of bottled spring water produced at two Pennsylvania manufacturing plants after the operator of one of its contracted springs failed to reveal evidence of E. coli bacteria at the spring source.

Niagara Recall Highlights Safety Problems With Bottled Water
Food & Water Watch, Washington, DC 20036 / CBS News June 2015

Statement of Food & Water Watch Executive Director Wenonah Hauter

Washington, D.C. - This week’s recall of 14 brands of bottled water from Niagara Bottling is yet another reminder that bottled water is no safer than water from the tap.

For years, the bottled water industry has touted the so-called purity and superiority of its products, even drumming up fear towards tap water. While problems relating to our nation’s aging infrastructure can sometimes compromise the quality of tap water, it’s important to remember that the United States has some of the safest, cleanest water in the world. That’s because tap water is more strictly regulated by the Environmental Protection Agency than bottled water is by the Food & Drug Administration.

Perpetually under-funded and short-staffed, FDA has a poor record of protecting consumer health and safety. FDA sends inspectors to bottling plants once every two to three years. While highly disturbing, this recall is hardly surprising. In 2009, Researchers from Environmental Working Group investigated 10 major brands of bottled water and found roughly eight contaminants per brand.

California’s drought and the controversy over Nestle’s bottling practices reminded us once again that bottled water companies are not responsible stewards of this essential human resource. Now this recall reminds us that many cannot even guarantee its safety.

People should never be so leery of tap water that they resort to obtaining their water from other questionable sources such as bottled water.

Is there plastic in your bottled water? CBS News March 2018
According to research conducted at the State University of New York, more than 90 percent of some of the most popular bottled water brands contain tiny particles of plastic microfibers and microplastics. Tests on more than 250 bottles from various brands were found to be contaminated with plastic debris. One popular brand tested at 10,390 particles per liter, the highest level of plastic out of any sampled.