

POTASSIUM

Potassium is an essential element in humans and is seldom, if ever, found in drinking-water at levels that could be a concern for healthy humans. It occurs widely in the environment, including all natural waters. It can also occur in drinking-water as a consequence of the use of potassium permanganate as an oxidant in water treatment. In some countries, potassium chloride is being used in ion exchange for household water softening in place of, or mixed with, sodium chloride, so potassium ions would exchange with calcium and magnesium ions. Possible replacement or partial replacement of sodium salts with potassium salts for conditioning desalinated water has been suggested. The latter seems to be an unlikely development at this stage, in view of the cost difference.

Reason for not establishing a guideline value	Occurs in drinking-water at concentrations well below those at which toxic effects may occur
Assessment date	The risk assessment was conducted in 2009.
Principal reference	WHO (2009) <i>Potassium in drinking-water</i>

Currently, there is no evidence that potassium levels in municipally treated drinking-water, even water treated with potassium permanganate, are likely to pose any risk for the health of consumers. It is not considered necessary to establish a health-based guideline value for potassium in drinking-water.

Although potassium may cause some health effects in susceptible individuals, potassium intake from drinking-water is well below the level at which adverse health effects may occur. Health concerns would be related to the consumption of drinking-water treated by potassium-based water treatment (principally potassium chloride for regeneration of ion exchange water softeners), affecting only individuals in the high-risk groups (individuals with kidney dysfunction or other diseases such as heart disease, coronary artery disease, hypertension, diabetes, adrenal insufficiency, pre-existing hyperkalaemia; people taking medications that interfere with normal potassium-dependent functions in the body; and older individuals or infants). It is recommended that susceptible individuals seek medical advice to determine whether they should avoid the consumption of water (for drinking or cooking) treated by water softeners using potassium chloride.

When high-risk individuals have been advised by a physician to avoid elevated potassium intake from water, the recommended strategy is to limit the addition of potassium to water that will be ingested or to avoid ingesting such water. This can be done by having a proportion of the water bypass the softener altogether; this approach is recommended by several countries. Although technologies are available to remove potassium, they are generally more expensive and redundant when combined with the softening treatment.