

Hot Spring Information

I. Contents

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|--|---|-------------------------|
| 1. Outflow Location | 1325-1 Sugigatani, Arima-cho, Kita-ku, Kobe
(carbonated water source) | |
| 2. Characteristics | Simple cold-water mineral spring containing carbon dioxide and iron
(low tonicity, low acidity, cold mineral spring) | |
| 3. Temperature | 18.3°C (Air temperature 21°C) | |
| 4. Composition | | |
| ①Properties | Colorless, clear, carbonated flavor, iron flavor, odorless,
gas effervescence, gas generation
(If left out for an extended period of time) Yellowish, slightly cloudy,
carbonated flavor, iron flavor, sweet, odorless | |
| ②pH | 4.3 | |
| ③Density | (at 20°C/ 4 °C) | 0.9987g/cm ³ |
| ④Evaporation residue | (at 110°C) | 0.422g/kg |
| ⑤Radon (Rn) content | 23.3Bq/kg (6.30 × 10 ⁻¹⁰ Ci/kg, or 1.73ME) | |
| ⑥Composition, quantity and makeup of a 1-kg sample | Same as printed on the Hot Spring Analysis Report | |
| 5. Analysis Date | October 25, 2019 | |
| 6. Analyzer | Hot Spring Research Center, JAPAN (JHRC)
Registration Number 14-Kenchiei No. 1 | |

II. Contraindications and Cautions for Consumption

1. Contraindications from Chemical Composition

If more than 250ml of hot spring water is consumed per day (limit calculated based on iodide ion content): Hyperthyroidism

2. Methods & Precautions for Consumption

Since hot spring water has been seen to change with time after flowing out of the ground, freshly issued hot spring water is said to be the most effective. However, if it is not used in a manner appropriate to the type of water, it may adversely affect one's body instead; therefore, it is necessary to observe the following rules when drinking hot spring water.

Furthermore, if a facility is providing hot spring water for drinking, the installation personnel, etc. of the facility must use fresh hot spring water and give due consideration to public health regarding the hot spring source and facilities for drinking.

- a. Seek guidance from a doctor with specialized knowledge before drinking hot spring water for medical treatment. Also, persons who are taking medication should seek advice from their primary physician.
- b. Those under the age of 15 should generally avoid drinking this water. However, there may be exceptions under the guidance of a doctor with specialized knowledge.
- c. Drink fresh hot spring water that has been directly taken from the source at a designated location.
- d. Generally, about 100 to 150 ml of hot spring water should be consumed at one time, with a total amount of no more than 200 to 500 ml per day.
- e. When drinking hot spring water, use sanitized items such as personal or disposable cups.
- f. Hot spring water should generally be consumed about 30 minutes before eating.
- g. Do not take home the hot spring water for drinking purposes.
- h. Be careful of aspiration when drinking.

(Note) "Aspiration" refers to the inhalation of water into the lungs or trachea due to gargling or hasty drinking. Those who have dysphagia (difficulty swallowing) should not drink hot spring water.

3. Date of Decision March 10, 2021

4. Decision Made by Kobe City Government

Indications for Drinking

It is necessary to understand the following points when using hot springs for medical therapy.

- ① The benefits of hot spring therapy depend on biological reactions, including psychological reactions, from the combined effects of different factors including: chemical factors such as hot spring composition, heat and other physical factors, topography and climate of the hot spring area, and changes in the user's lifestyle rhythms.
- ② The purpose of hot spring therapy is not to cure a specific disease, but rather to reduce the symptoms and pain of the person undergoing treatment, and to help recover and improve their health, thereby achieving overall improvement.
- ③ Hot spring therapy can provide certain effects such as mental refreshment even within a short period of time, but in order to obtain sufficient effectiveness, a treatment period of 2 to 3 weeks is usually appropriate.
- ④ Indications themselves can be exacerbated depending on the stage of the disease or the condition of the person receiving treatment, so hot spring therapy should be based on the instructions and guidance of a doctor with specialized knowledge, including medicine, exercise and rest, sleep, diet, etc.
- ⑤ Traditionally, the effects of indications have been based on biological reactions, including psychological reactions, from the combined effects of various factors. Therefore, it is difficult to determine the effects of each hot spring based solely on the composition of the hot springs, but the general indications are as follows.

1. Indications from Spring Water Qualities

Gastrointestinal dysfunction, iron deficiency anemia

2. Date of Decision March 10, 2021

4. Decision Made by Kobe City Government