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August 18, 2025

Mr. Cormac Hayden  
Live Oasis, LLC  
500 Broadway, Apt. 521  
Santa Monica, CA  
90401

Dear Mr. Hayden:

I am writing on behalf of the International Bottled Water Association (IBWA) regarding your Instagram post “We just retested Mountain Valley Water” ([https://www.instagram.com/p/DM\\_iDiqSp2e/](https://www.instagram.com/p/DM_iDiqSp2e/)). Your post/reel contains numerous false statements about Mountain Valley Spring Water, and we request that you remove this post from your OasisHealth.app and your Instagram page, so your followers are not misled about this safe, healthy, and convenient bottled water brand.

- All the test results for Mountain Valley Spring Water reported in your Instagram reel meet the stringent bottled water regulations established by the U.S. Food and Drug Administration (FDA). Yet your scaremongering reel will cause people to think that there is a water quality issue with Mountain Valley Spring Water, which is simply NOT TRUE.
- Your OasisHealth.App does not provide any information about how its “health guideline” levels are set. It appears to be a “because I say so” standard, without any regulatory or scientific basis whatsoever
- In the reel, you state, “Mountain Valley hasn’t been tested since 2023.” All bottled water products, including Mountain Valley Spring Water, must meet FDA’s weekly, monthly, and annual testing requirements. And, as an IBWA member, Mountain Vally must meet additional standard of quality requirements, some of which are stricter than FDA’s. There is no evidence that The Mountain Valley Spring Water did not meet these requirements. Just because the most recent water quality report posted on The Mountain Valley website was from 2023 does not establish that The Mountain Valley Spring Water product was not tested as you stated on the video or that the company concealed such reports.
- This reel is just one of many posts on your OasisHealth.App Instagram profile that is rife with misinformation. OasisHealth.App is presented as a tool that informs consumers about bottled water products you claim are not healthy. However, your reels are full of false and misleading information. Your activity does nothing more

than frighten people so they will sign up for your app ([Oasis](#)). Basically, you are making defamatory remarks as clickbait for your personal profit.

- Regarding “potential links” to health impacts of various naturally occurring substances, such as arsenic and fluoride, independent scientist Chris DeArmitt, PhD, FRSC FIMMM, cautions people to remember that when they hear the word “linked” that does not mean causation. Oftentimes, the two things have nothing to do with each other (e.g., ice cream sales and shark attacks both increase in summer months). [Read more here](#).

We request that you remove this post/reel from your Instagram profile to help ensure your followers are not misled about the facts. This reel includes false information about the safety and quality of bottled water that could deter them from drinking the healthiest packaged beverage on the shelf: bottled water.

Americans are making great efforts to live a better lifestyle by choosing healthier foods and beverages, and drinking water—tap, filtered, or bottled—should be encouraged. In fact, new research shows that in 2025 bottled water will retain its title as America’s favorite packaged beverage for the tenth year in a row. That’s an achievement to be celebrated, as bottled water provides a safe, convenient, and healthy beverage choice that can help lower the high rates of obesity, diabetes, and heart disease currently in Americans. Discouraging people from choosing this healthy drink option is not in the public interest.

Sincerely,



Jill Culora  
Vice President Communications  
International Bottled Water Association

Sent via email to:

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