CLAIMS

[Claim 1]

A method of producing a mineral-containing water for oral ingestion, wherein the method comprises the steps of:

extracting a mineral from activated carbon (except activated carbon treated with hydrochloric acid) of a plant-derived raw material selected from palm shell using an aqueous solvent selected from pure water or distilled water, which is performed at a temperature of 5 to 95℃ for 5 minutes or more,

concentrating a liquid mineral extract produced by the above step to provide a liquid mineral concentrate composition, provided that the liquid mineral concentrate composition excludes those comprising tea extract, coffee extract or black tea extract, wherein the liquid mineral concentrate composition contains the highest concentration of potassium ions among the metal ions present in the liquid mineral concentrate composition, and wherein the amount of magnesium ions contained in the liquid mineral concentrate composition is 1.0% or less of the potassium ion concentration, and

adding the liquid mineral concentrate composition having a pH of 7.5 to 10.5 to purified water or tap water so that the potassium ion concentration of the mineral-containing water is 20 ppm to 200 ppm.

[Claim 2]

The method according to claim 1, wherein the aqueous solvent is pure water.

[Claim 3]

The method according to claim 1 or 2, wherein the amount of chloride ions contained in the liquid mineral concentrate composition is 50% or less of the potassium ion concentration.

[Claim 4]

The method according to any one of claims 1 to 3, wherein the amount of calcium ions contained in the liquid mineral concentrate composition is 2.0% or less of the potassium ion concentration.

[Claim 5]

The method according to any one of claims 1 to 4, wherein the amount of sodium contained in the liquid mineral concentrate composition is 5 to 45% of the

potassium ion concentration.

[Claim 6]

The method according to any one of claims 1 to 5, comprising the step of concentrating a liquid mineral extract, wherein the step is followed by a step of storing the resulting liquid mineral concentrate composition under refrigeration and filtrating the liquid mineral concentrate composition under cooling.

[Claim 7]

The method according to claim 6, further comprising a step of adjusting the pH of the liquid mineral concentrate composition to 7.5 to 10.5, wherein the step is performed before the step of storing the liquid mineral concentrate composition under refrigeration and filtrating the liquid mineral concentrate composition under cooling.

[Claim 8]

The method according to claim 1, wherein the potassium ion concentration of the mineral-containing water is 50 ppm to 200 ppm.

[Claim 9]

The method according to any one of claims 1 to 8, wherein the amount of chloride ions contained in the mineral-containing water is 50% or less of the potassium ion concentration.

[Claim 10]

The method according to any one of claims 1 to 9, wherein the amount of calcium ions contained in the mineral-containing water is 30% or less of the potassium ion concentration.

[Claim 11]

The method according to any one of claims 1 to 10, wherein the amount of magnesium ions contained in the mineral-containing water is 15% or less of the potassium ion concentration.

[Claim 12]

The method according to any one of claims 1 to 11, wherein the amount of sodium ions contained in the mineral-containing water is 10 to 50% of the potassium

ion concentration.

[Claim 13]

The method according to any one of claims 1 to 12, wherein the mineral-containing water has a pH of 7.5 to 10.5.

[Claim 14]

The method according to any one of claims 1 to 13, wherein the mineral-containing water has a buffer capacity of 1.5 or more, wherein the buffer capacity is defined as a ratio (B)/(A), assuming that the amount of 0.1 M hydrochloric acid solution with which 100 g of a sodium hydroxide solution adjusted to a pH of 9.2 is titrated from a pH of 9.2 to a pH of 3.0 is (A) mL, and that the amount of 0.1 M hydrochloric acid solution with which the mineral-containing water is titrated from a pH of 9.2 to a pH of 3.0 is (B) mL.

[Claim 15]

The method according to any one of claims 1 to 14, wherein the mineral-containing water has a total organic carbon (TOC) of 3.0 mg/l or less.