

What Health & Fitness Experts Say About Penta Water



Michele A. Macedonio,
MS, RD, LD

Michele Macedonio is the Cincinnati Bengals team dietician.

“Beverage of choice.”

“What is in water that is refreshingly clean and pure? Nothing! The cleaner the water, the more appealing and satisfying; and the more likely you are to drink enough. Penta is what water should be: simply clean, pure water. My clients look to food for their minerals and choose Penta’s ultra-clean water as their beverage of choice.”



Susan E. Kolb, M.D., FACS

“You’ll feel better.”

“In my clinical experience, the patients that have gone on Penta water for specific conditions have seen a benefit. Specifically fibromyalgia, hypertension, tenosynovitis (or swelling of the arms).

“My patients who are on Penta water notice that their skin is more hydrated, it’s

healthier looking, but I think the most important thing is how you feel. If you drink three to four bottles of Penta water a day, you’ll have less fatigue, you’ll feel better, you’ll sleep better—these are what my patients tell me, and these are my own personal experiences using Penta water.”

Susan Kolb, M.D., F.A.C.S., the founder of Plastikos Plastic and Reconstructive Surgery and Millennium Healthcare, incorporates holistic medicine and spiritual healing into her practice. She is one of Atlanta’s leading plastic surgeons. She is known nationally for her work with silicone breast disease and the immune protocol she developed.

Dr. Kolb also co-hosts a weekly radio program and television show in Atlanta.



Robb Latimer,
M.S.T., H.H.P.

his current clientele include many professional football players and Olympians.

“Eliminating muscle soreness and fatigue.”

“Working with professional athletes for the past 24 years, I am always looking for complementary therapies and nutritional products to enhance my sports massage treatments. Penta has provided a boost to reducing lactic acid and other metabolic wastes, eliminating muscle soreness and fatigue for competitive athletes.

Robb Latimer is the former San Diego Chargers team massage therapist, and



Katherine Roberts
Golf Fitness Expert

Katherine Roberts is a certified fitness trainer, yoga instructor, golf bio-mechanical specialist and professional coach and presents worldwide. Roberts has been featured in Sports Illustrated, Golf Magazine, USA Today, Golf for Women, and numerous other publications. She provides daily golf fitness programming on The Golf Channel and has a weekly online fitness column.

“I can absolutely tell a difference in my energy level.”

“I have seen a tremendous difference in my general health and well being by drinking Penta. That’s why I refer all my clientele—professional and amateur athletes—to use it. As a well-traveled athlete, speaker and presenter talking about health and wellness, I used to struggle with dehydration on a regular basis—until Penta came along. Now I feel much, much more hydrated with Penta. I can absolutely tell a difference with my energy level when I’m drinking Penta. The bottom line is Penta works. It’s wonderful. I love it.”



Duke (left) and the Doctor
Talk show hosts

Jan McBarron, M. D. is co-host of Duke and the Doctor, the #1 Health Talk Show in the Nation. Dr. McBarron is a Board Certified Medical Doctor with Preventive Medicine practice.

“Its benefits are therapeutic.”

“I recommend Penta water to my radio and television listeners as well as to my patients in my practice. Hydration is essential for feeling better and improving the quality of one’s life. Penta is my water of choice because it tastes great, is pure and hydrates the body so well that people can really feel the difference. Its benefits are therapeutic.”



Todd Durkin
Fitness trainer

Todd Durkin, 2004 IDEA Personal Trainer of the Year, is a performance enhancement coach and massage therapist who works with many elite and professional athletes at his facility in San Diego.

“I was impressed with the quality control.”

“After looking at the facts and research, I was impressed with the quality control of the production of every bottle of Penta. It actually is a systematic 13 step process that takes over 11 hours to make one bottle of Penta. This is very important to understand as this rids the water of all impurities. Because Penta is so pure, it is easily absorbed into your system, allowing for better hydration.”