HOW TO USE YOUR H2 METER

A practical guide to testing hydrogen rich water with H2 meter and H2 blue drops

AXIOM H2

Purpose of the H2 Meter

Your H2 meter is a great tool for checking hydrogen levels in your water. While it isn't lab-grade or 100% precise, it gives you a reliable reference point to ensure your machine and infusion rod are working as expected.

What the Meter Measures

1. H_2 Saturation (PPM/PPB)

- Measures hydrogen concentration in the water.
- Ideal range: 1.2 to 1.6 ppm (or 1200–1600 ppb).
- Sea-level maximum is ~1.6 ppm. In higher elevations, max saturation drops (e.g., ~1.2 ppm at 5,000 ft).
- If results are low, it may be time to clean your infusion rod.

2. ORP (Oxidation-Reduction Potential)

- Indicates whether water is oxidative or antioxidative.
- Negative values (e.g., -600 to -700 mV) are ideal and reflect antioxidant-rich water.
- Positive values indicate oxidative water, which may contribute to stress and aging.

3. pH (Acidity/Alkalinity)

- Optional feature. Not critical for hydrogen therapy, but available for additional testing.
- Must be calibrated using included powders. Recalibration is only necessary after resetting the meter.

How to Use the H2 Meter

1. Before You Begin:

- Fill a glass or cup with freshly infused hydrogen water.
- Avoid using plastic or squeezing bottles that may trap gas bubbles.

2. Insert the Meter:

- Place the sensor tip of the meter into the water.
- The reading will rise and stabilize.
- Once the number levels off, this is your reference value.

3. Reading the Results:

- **PPM/PPB Modes:** Use this for hydrogen levels.
- **If below 1.2 ppm,** your infusion rod may be clogged — we recommend boiling it (see below).
- **ORP Mode:** Negative numbers mean the water is antioxidative — that's a good sign.
- **pH Mode (optional):** Calibrate first, then switch modes with arrow buttons.

About the Digital Meter

The Digital Meter measures:

- pH (acidity/alkalinity)
- ORP (oxidation-reduction potential)
- Hydrogen saturation (up to ~2 ppm)

Important notes:

- Even though the meter shows hydrogen levels, it is not accurate.
- Only gas chromatography can accurately measure hydrogen gas in water.
- ORP and pH readings can change based on water quality, mineral content, and temperature.

Caring for Your Digital Meter

To get the most reliable readings:

- Clean the sensor tip carefully after each use.
- Use the included calibration powders regularly (see instructions with the digital meter for regular maintenance).
- Store the meter properly — clean, dry, and protected.
- Even with perfect maintenance, the meter remains an estimation tool.

Maintenance:
When to Boil the Infusion Rod

Over time, minerals in water can clog the pores of the infusion rod. This may reduce hydrogen output.

1. Signs it's time to clean:

- H2 readings drop below normal (e.g., under 0.8 ppm)
- Water seems to infuse more slowly

2. How to Clean the Rod:

- Boil it in **distilled water** for **10 minutes**
- Let it cool before reinserting into the bottle
- Test again to confirm performance has improved
- Clean the rod once a month for best results

For more information about rod maintenance, please check our Maintenance guide

Testing After Travel or Storage

- Hydrogen can dissipate if the water has been **shaken, stored,** or **transported.**
- Use the meter to test water on arrival — if it still shows saturation higher than 0.8 ppm, you're good to go.

Important Notes

- This meter is **for reference only** — not a lab-grade instrument. Fluctuations are normal.
- Always use **clean water** and **store the meter** dry when you stop using it.
- Do not touch the tip of the meter with your fingers as it is really sensitive.
- For accurate pH, calibration is essential. Follow instructions with calibration powders if using that function.

H2 BLUE DROPS

Understanding Your H_2

PLEASE READ CAREFULLY

We want to help you get the best results and fully understand how hydrogen testing works.

WHAT YOU NEED TO KNOW

The Digital Meter and the H_2 Blue Drops are basic reference tools. They are designed to show changes in the water after hydrogen infusion — but they are not highly precise instruments.

Important:

- Test results can vary for many reasons.
- These tools are not laboratory-grade scientific equipment.
- Many water factors affect the results (pH, minerals, temperature, time, and more).

About the H_2 Blue Drops

- H_2 Blue Drops can show if dissolved hydrogen is present in the water.
- Use on freshly infused hydrogen water.
- Neutral water (around pH 7) gives the best results.
- Alkaline water can cause false readings or no visible reaction.
- Test immediately after infusion.
- Store drops in a cool, dark place to maintain quality.

If Your Test Shows Little or No Hydrogen:

Before assuming a problem, check:

- Is the water neutral pH, not alkaline?
- Was the water tested immediately after infusion?
- Was clean glassware used?
- Is the meter properly cleaned and calibrated?
- Was the water filtered, mineralized, or altered?

Hydrogen is a gas that escapes quickly — small changes in handling make a big difference.

Final Reminder

- They are not certified for precise scientific or medical-grade testing.
- Only gas chromatography provides exact hydrogen measurements.
- Your test results may vary based on many outside factors.

Not all hydrogen test drops give reliable results. We do not recommend the H2 Blue Eco formula due to inconsistent readings.

Our recommendation: H2Accu – for accurate and consistent hydrogen testing, but please follow all tips we mentioned on the previous page.

We are proud to deliver high-quality hydrogen infusion — and we want you to fully understand how testing works so you can have the best experience!

HAVE MORE QUESTIONS?

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