

SCIENTIFIC VALIDATION OF HYDROGEN

ATHLETIC & MUSCLE PERFORMANCE:

Hydrogen water has exhibited potential in reducing lactic acid build-up, decreasing muscle fatigue during exercise, and potentially aiding muscle-wasting diseases.

Scientific Report | 1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3395574/> Pilot study: Effects of drinking hydrogen-rich water on muscle fatigue caused by acute exercise in elite athletes

Scientific Report | 2 <https://pubmed.ncbi.nlm.nih.gov/28474871/> Effects of hydrogen rich water on prolonged intermittent exercise

Scientific Report | 3 <https://pubmed.ncbi.nlm.nih.gov/25295663/> Effectiveness of oral and topical hydrogen for sports-related soft tissue injuries

Scientific Report | 4 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6837388/> Molecular hydrogen alleviates motor deficits and muscle degeneration in mdx mice