

# AXIOM H2

CELLULAR OPTIMISATION MACHINES &  
TABLETS PROTOCOLS



Experience the Hydrogen Revolution with the  
highest quality products on the market!



# GENERAL PROTOCOLS FOR INHALATION



## **NEW USERS:**

- Start with 15-30 minutes per session to assess tolerance.
- Practice slow, deep breaths every few respirations to maximise gas absorption.
- Gradually increase to 1-2 hours daily over the first 1-2 weeks.
- Watch for detox symptoms (e.g., headache, nausea) and reduce duration if needed. Slowly build back up.
- If you do not have chronic conditions, use the machine 3 - 4 times a week. Time: minimum 1 hour per session with HW600 or 2 hours per session for HW300.

## **CHRONIC CONDITIONS:**

- HW600: Minimum 4-6 hours daily; for severe cases (e.g., stage 4 cancer), up to 12-24 hours per day.
- HW300: Double the time of HW600 due to lower flow rate.
- Break sessions into multiple intervals if preferred (e.g., 2-3 hours in the morning, 2-3 hours in the evening).



# GENERAL PROTOCOLS FOR INHALATION



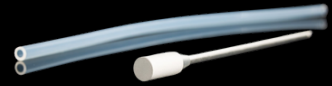
## **ATHLETES:**

- Before training/competition: 30-60 minutes to energize and improve performance.
- After training/competition: 30-60 minutes to aid recovery, reduce inflammation, and replenish energy stores.
- Combine inhalation with hydrogen-rich water for optimal hydration and recovery.



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# WATER INFUSION PROTOCOLS



## **GENERAL USE:**

- Start with 1 liter of hydrogen-rich water daily; ideally increase to making all your drinking water infused with hydrogen within 1-2 weeks.
- Smaller individuals (100 LBS or less) can start with half a liter daily.
- Larger individuals (250 LBS or more) can start with more than 1 daily.
- HW600: Infuse 1 gallon in 10 minutes.
- HW300: Infuse 1 gallon in 20 minutes.

## **ATHLETES:**

- Drink hydrogen-infused water before training to support hydration and endurance.
- Continue drinking hydrogen-rich water post-training to promote recovery.

## **CHRONIC CONDITIONS:**

- Ensure all drinking water is hydrogen-infused.
- Increase intake to support detox and systemic benefits.



# EYE GOGGLES PROTOCOL



## **NEW USERS:**

- Start with 15 minutes per session to assess tolerance.
- Gradually increase to 30 minutes per session based on comfort.

## **FREQUENCY:**

- Use 3-4 days per week.
- For best results, use 1-2 times per day with eyes open (closed eyes are also effective but less optimal).

# EARPHONES PROTOCOL



## **NEW USERS:**

- Start with 15 minutes per session to assess tolerance.
- Gradually increase to 30 minutes per session based on comfort.

## **FREQUENCY:**

- Use 3-4 days per week.



# SSH TABLETS PROTOCOL



## **GENERAL USE:**

- Take 1 tablet daily on an empty stomach for gut-targeted benefits.
- For larger individuals (200+ lbs), increase to 2 tablets daily.
- For intensive detox, take 3 tablets daily (before breakfast, lunch, and bed) for 14 days.

## **SENSITIVE INDIVIDUALS:**

- Start with 1 tablet every other day or take after food to reduce strength.
- Monitor for detox effects (e.g., headaches, bowel changes) and adjust frequency accordingly.

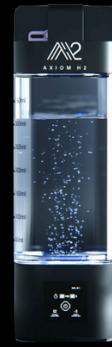
## **ATHLETES:**

- Take 2-3 tablets daily to enhance recovery and manage oxidative stress.



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# SUPERSATURATED WATER BOTTLE



## General Guidelines

### Ease Into It:

- For the first 3 days, **start with one 3-minute cycle per day** to allow your body to adjust. Observe how you feel during this time.
- **Gradually increase** from one to three 3-minute cycles per day over the first week, based on your comfort level and response.

### Super-Saturated Dosage:

- After the initial week, if you are not experiencing negative detox symptoms (such as headaches, nausea, or stomach discomfort), you can move up to **one 20-minute cycle per day** (referred to as a "super-saturated dosage").
- Gradually increase to a **maximum of 6–7 super-saturated dosages per day**, depending on your needs and response.
- For children under 5 years old, we recommend a maximum of 4 super-saturated dosages per day, depending on their specific health needs or issues.
- Start slow and increase gradually—this bottle is far stronger than standard hydrogen water devices.

By following these protocols, you can safely and effectively incorporate hydrogen therapy into your lifestyle and experience its powerful benefits. If you have any concerns or questions feel free to reach out.



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# WHAT ARE SOME BENEFITS I COULD EXPECT AFTER MY FIRST FEW SESSIONS OF HYDROGEN THERAPY?

Hydrogen therapy works as an antioxidant, anti-inflammatory & anti-aging molecule that can be used regularly to promote many health benefits such as:

- A clearer mind with less brain fog
- More positive emotions
- Improved gut health
- Cleaner and more robust lungs
- Better sleep quality
- Higher energy levels
- Increased liver functioning
- Healthier immune system
- Improved blood circulation
- Faster recovery time after exercising or injury

**[CLICK HERE FOR RESEARCH!](#)**



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# ADVANCED PROTOCOLS

## COMBINATION THERAPY FOR CHRONIC CONDITIONS:

- Combine gas inhalation (4+ hours daily) with hydrogen-rich water and tablets for multi-level support.
- If you have also have our Supersaturated Water bottle, then combine it with 3 doses of 20 min cycles a day



## DISCLAIMER

This document is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a healthcare professional before starting any new health regimen, including hydrogen therapy.

Axiom H2 does not provide medical advice or assume responsibility for actions based on this information.

# HAVE QUESTIONS?

Feel free to contact us at [info@axiomh2.com](mailto:info@axiomh2.com).



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