

# AFTER DRINKING HYDROGEN WATER

◦ 4.5PPB HYDROGEN

◦ ZERO CALORIES

◦ ALL NATURAL



◦ 5-30 MINUTES

Metabolic rate increases by 30% in men and women.

◦ 90-120 MINUTES

Hydrogen is no longer present in the body.

◦ 30-50 MINUTES

Increases brain function & Alertness.

◦ 12-24 HOURS

TIME to ENJOY MORE!

◦ 60-90 MINUTES

Fights Free Radicals and increases other beneficial processes in the body!

**CONTINUED USE OF HYDROGEN GAS HAS BEEN PROVEN TO REDUCE OXIDATIVE STRESS IN OVER 1,100 STUDIES!!**

We look at what happens to your body after drinking Hydrogen water from the moment it hits your lips to the time it leaves your body.

