

# THE POWER OF HYDROGEN WATER

**Fuel** Your Body, **Energize** Your Life!



# HELLO AND WELCOME!

**Thank you for choosing our guide.  
We're so glad you're here!**

In the world we live in, not all water is created equally. While regular water may temporarily quench your thirst and hydrate your body, it could also be causing you unexpected harm if the water you drink isn't of good enough quality.

**In fact, poor-quality water has been linked to a long list of ailments, including:**

- Gastrointestinal problems
- Waterborne infections
- Nutritional deficiencies
- Heavy metal toxicity
- Chemical contaminants
- Impact on the immune system

**So, what's the solution?**

**How can we protect ourselves against poor-quality water flowing from taps across the globe?**

**The answer is by drinking hydrogen-infused water.**

Hydrogen water is the superior water source that has been **scientifically proven** to eliminate contaminants while working to optimize your health and improve your overall well-being. Its origins date back to the 1960s when the Japanese introduced "shin'nooru" - the practice of drinking and bathing in hydrogen-rich water. Since then, its popularity and use has soared due to its anti-inflammatory and antioxidant properties that have been proven beneficial in treating and preventing over 150 different diseases.

Ready to learn more about water's best-kept secret?

Let's dive straight into the details you need to know to **fuel your body and energize your life!**



# WHAT IS HYDROGEN WATER?

Hydrogen water is simply ordinary water that has been infused with molecular hydrogen gas (chemical formula H<sub>2</sub>).

This infusion transforms the water you drink, allowing you to take your hydration to the next level as you tap into the incredible health benefits of having additional hydrogen molecules in your body.

Hydrogen water's favorable pH level, which ranges from 7 to 9, is one of the elements of this water that promotes optimal hydration for those who drink it.

Furthermore, it has a high ORP level (Oxidation Reduction Potential), which highlights its ability to neutralize harmful free radicals in the body. This is something we will speak about in more detail throughout the rest of this ebook.

## What's the main difference between regular water and hydrogen water?

Regular water, (with the chemical formula H<sub>2</sub>O), consists of hydrogen and oxygen atoms. Hydrogen water, on the other hand, goes the extra mile by incorporating dissolved hydrogen gas into the water.

This simply means hydrogen water has all the main benefits of water while containing additional hydrogen molecules that can boost your health.

Research suggests that molecular hydrogen acts as a powerful antioxidant in the body, so let's break that information down a little further.

In simple terms, antioxidants are substances that help counteract harmful free radicals commonly found in our bodies. Free radicals are unstable molecules that can cause damage to cells and contribute to various health issues we are likely to experience as humans. While our bodies produce free radicals naturally, for example, in response to stress and inflammation, when there's an excessive amount of free radicals in the body, it can lead to serious health problems.

Hence, by drinking hydrogen water, you introduce more antioxidants that help fight these harmful free radicals, which in turn, protects your long-term health.

Additionally, hydrogen molecules have the added ability to deeply penetrate your cells and mitochondria, which are the energy-producing centers of our cells. Once hydrogen is in these areas of the body, it specifically targets and neutralizes any troublesome free radicals, furthermore reducing oxidative stress and inflammation from its core source.

Overall, when you infuse your water with molecular hydrogen gas and turn it into hydrogen water, it becomes an effective way to introduce powerful antioxidants into your body— which is a benefit that regular water can't provide.

# THE SCIENCE BEHIND HYDROGEN WATER

The science behind hydrogen water is truly fascinating. Despite its simplicity as the smallest molecule, hydrogen possesses incredible antioxidant properties when consumed over time. Researchers have been studying the effects of hydrogen on the body for decades, uncovering a multitude of benefits with each new study.

In a nutshell, hydrogen acts as a selective antioxidant, meaning it specifically targets and neutralizes harmful free radicals while leaving beneficial molecules unharmed. As we mentioned, these free radicals are unstable molecules that can wreak havoc on our cells and contribute to various health issues. By neutralizing these troublemakers, hydrogen helps to reduce oxidative stress and inflammation, ultimately promoting overall well-being.

Now, let's dive into some influential scientific studies that highlight the health benefits of hydrogen water. Keep in mind that this is just a glimpse into the wide range of positive impacts hydrogen water can have on your life and health.



## ANTI-INFLAMMATORY EFFECTS

In one study published in the "European Journal of Applied Physiology", researchers discovered how hydrogen water consumption can significantly reduce markers of inflammation in athletes. This suggests that hydrogen water could aid in post-exercise recovery and even help prevent injuries. (1)



## GASTROINTESTINAL HEALTH

In a randomized clinical trial published in the "World Journal of Gastroenterology", scientific researchers uncovered how hydrogen water consumption improved symptoms and quality of life in patients with irritable bowel syndrome (also called IBS for short). This study suggested that the antioxidant and anti-inflammatory properties of hydrogen water may contribute to these positive effects. (2)



## SKIN HEALTH

In a study published in the "Journal of Photochemistry and Photobiology," researchers discovered that hydrogen water had the potential to protect the skin against harmful UV radiation. The study suggested that the antioxidant properties of hydrogen water could help mitigate skin damage caused by UV exposure. (3)



## **BENEFITS TO CANCER PATIENTS**

Another noteworthy study focused on patients with liver cancer undergoing radiation therapy. The research involved 49 participants who drank hydrogen-rich water for six weeks during their treatment. The results showed an improvement in the patient's quality of life due to a reduction of common symptoms for people who are going through radiation therapy. This indicated the potential positive impact of hydrogen-rich water on individuals undergoing cancer treatment. (4)

These studies, along with countless others conducted as far back as the 1960s, provide compelling evidence of the benefits of hydrogen water across various aspects of health. Based on this extensive scientific research, it's clear that using the power of hydrogen and drinking it freely in your water, gives your body the antioxidants it needs to enhance well-being and promote optimal health for a wide range of people.



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**TIME AND HEALTH ARE TWO PRECIOUS ASSETS  
THAT WE DON'T RECOGNIZE AND APPRECIATE  
UNTIL THEY HAVE BEEN DEPLETED.**

Denis Waitley

# THE OVERALL HEALTH BENEFITS OF HYDROGEN WATER

While some people may be curious about the targeted benefits of hydrogen water for specific ailments, let's dive into the overall health benefits that hydrogen water can offer to everyone who drinks it! No matter who you are, you can consider hydrogen water as a refreshing boost for your body, providing a range of advantages such as improved energy levels, enhanced athletic performance, and a reduction in inflammation.



## FEELING ENERGIZED

If you're seeking an extra energy boost without resorting to doubling your caffeine or sugar intake, hydrogen water is the solution you've been looking for. By fighting off harmful free radicals and reducing oxidative stress, hydrogen water supports the optimal functioning of your cells. This natural cellular support can lead to increased energy levels, leaving you feeling more vibrant and ready to tackle whatever comes your way.



## UNLEASH YOUR INNER ATHLETE

Whether you're a professional athlete or simply someone who enjoys being active, hydrogen water may become your secret weapon. It has been linked to enhanced athletic performance, giving you that extra edge you've been striving for. By targeting and neutralizing free radicals, hydrogen water helps reduce the inflammation that can hinder your performance. This means you can push yourself further, recover faster, and achieve your fitness goals with greater ease.



## SAY GOODBYE TO INFLAMMATION

We all know that inflammation can be a real pain, both literally and figuratively. But here's the good news: hydrogen water can help! By acting as a powerful antioxidant, hydrogen water plays a crucial role in reducing inflammation throughout your body. This can bring much-needed relief from joint discomfort, muscle soreness, and other inflammatory conditions. By incorporating hydrogen water into your daily routine, you may experience increased comfort and ease in your own body, with fewer aches and pains holding you back.

Hydrogen water truly has the potential to transform your overall well-being.

With these perks, it can be an exciting addition to your daily routine that can positively impact many aspects of your life.



# HYDROGEN WATER AND YOUR MENTAL WELL-BEING

When it comes to your health, it's important to consider both your physical and mental well-being.

Thankfully, hydrogen water is there to support you in all aspects of your health. In addition to its physical health benefits, research suggests that hydrogen water may also have an influence on brain health as it positively impacts your brain function, memory, and mood regulation.

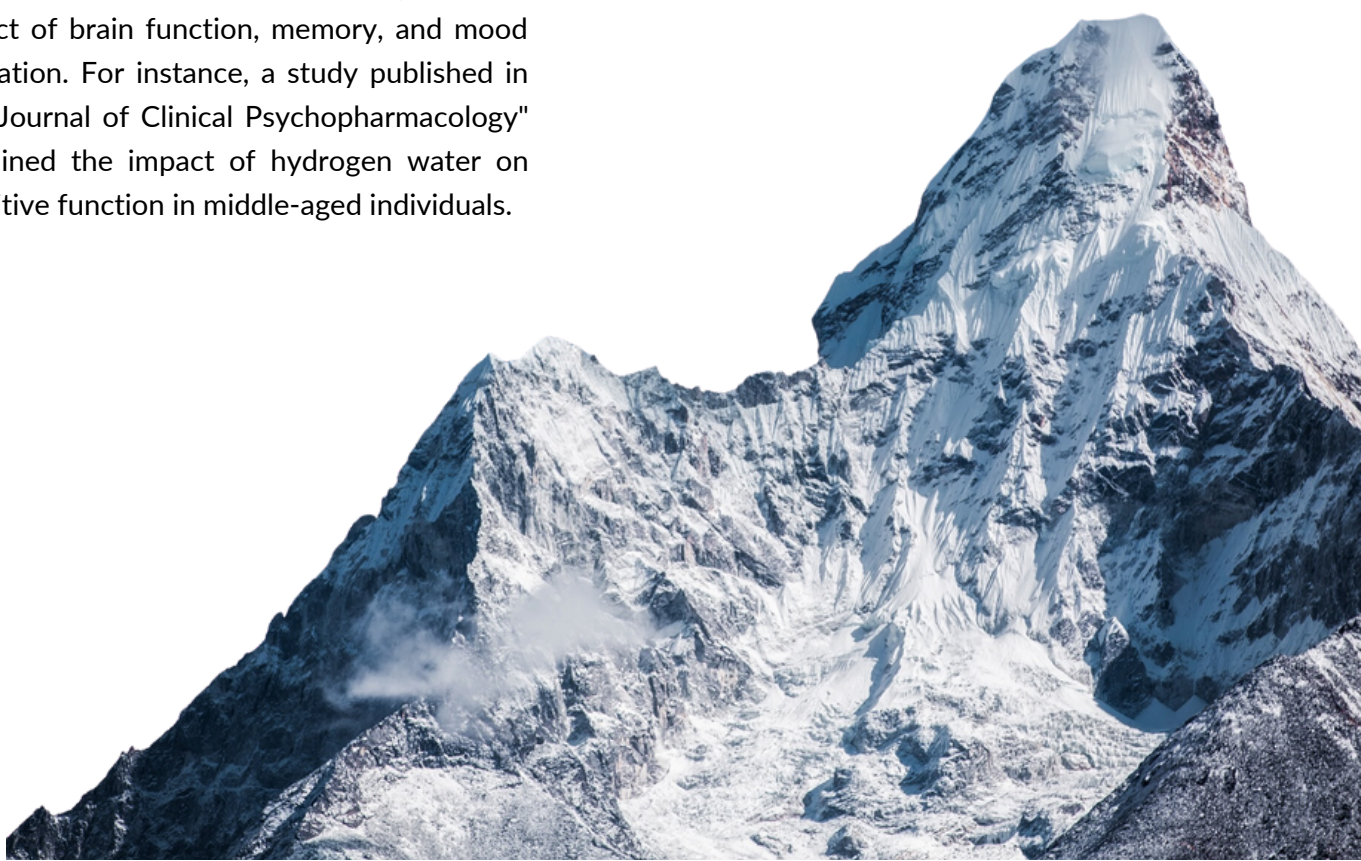
By acting as a powerful antioxidant, it helps combat oxidative stress, which can contribute to cognitive decline and neurodegenerative disorders. By incorporating hydrogen water into your daily routine, you might be providing your brain with the extra boost it needs to protect itself in the long run.

Just like the physical effects of hydrogen water, numerous studies have explored its impact of brain function, memory, and mood regulation. For instance, a study published in the "Journal of Clinical Psychopharmacology" examined the impact of hydrogen water on cognitive function in middle-aged individuals.

The results showed improvements in attention, working memory, and overall cognitive performance, suggesting that hydrogen water might support mental clarity and focus. (5)

Another study published in the "Journal of Neuropsychiatric Disease and Treatment" focused on the effects of hydrogen water on mood regulation. The findings indicated that hydrogen water consumption was associated with reduced symptoms of anxiety and depression, potentially offering a natural and complementary approach to supporting mental well-being. (6)

Of course, it's important to note that hydrogen water should not be considered the sole treatment for mental health conditions. If you are experiencing severe or persistent mental health issues, it's crucial to consult with a healthcare professional who can provide proper guidance and support. However, incorporating hydrogen-infused water into your daily water consumption can be a valuable step towards protecting both your mental and physical health long term.



# HOW TO INFUSE YOUR WATER

Infusing your water with hydrogen is as easy as adding carbonation to still water or soda.

With our specially designed HydroLite™ bottles, you can enjoy the benefits of hydrogen-infused water in just under 3 minutes. Hydrogen water is known for its crisp, clean and fresh taste. Once the process is complete, there isn't any bubbles - just easy to drink, refreshing water.



The process is incredibly straightforward, all you need to do is:

- 1** Fill the HydroLite bottle with clean, filtered water. Make sure to leave some space at the top to accommodate the hydrogen infusion process. Then, securely close the lid of the HydroLite bottle to ensure a tight seal.
- 2** Press the activation button on the bottle, and the hydrogen infusion process will begin. You'll notice the bottle emitting a gentle stream of tiny hydrogen bubbles into the water.
- 3** Allow the hydrogen infusion process to happen. This typically takes less than 3 minutes. During this time, molecular hydrogen gas is being dissolved into the water, enriching it with its health-boosting properties.
- 4** Once the infusion is complete, you can enjoy your hydrogen-infused water right away. Simply open the lid and drink your way to enhanced hydration and complete well-being. Please note, if you will be running multiple cycles on the bottle then make sure you remove the lid to reduce any pressure build up.



## UNLIMITED HYDROGEN WATER

Enjoy fresh, soft and smooth tasting hydrogen-enriched water. Anytime. Anywhere.



## REMOVES HARMFUL CHEMICALS

Ozone and chlorine are discharged from the exhaust vent.



## NO REPLACEMENT FILTERS

One less thing to worry about so you can enjoy your hydrogen-rich life.



# INCORPORATING HYDROGEN WATER INTO YOUR HEALTHY LIFESTYLE



Now that you know the incredible benefits of hydrogen water, you might be wondering how to make it a part of your daily routine. Luckily, incorporating hydrogen water into your lifestyle is simple, and doesn't look any different than your regular hydration habits.

We recommend that you start your morning with a refreshing glass of hydrogen water to kickstart your day on the best note possible. After that, you can continue to sip hydrogen water between meals or during physical activity to stay hydrated and energized, just like you would with regular water.

No matter what, it's always best to listen to your body and adjust the quantity of water you need based on your individual activities and routines. For example, if you exercise a lot, you'll need to drink more hydrogen water than if you haven't had any movement. Similarly, if the weather is hot, drinking more water is necessary. In essence, whatever rules you have about regular water consumption should be brought into your new hydrogen water routine.

Remember, hydrogen water is not a substitute for a balanced diet or medical treatments, but rather a complementary addition to a healthy lifestyle.

Nonetheless, by incorporating hydrogen water into your daily routines, you're taking a proactive step towards optimizing your health and well-being - for good!

# READY TO FUEL YOUR BODY AND ENERGIZE YOUR LIFE?

You can experience the unlimited benefits of hydrogen water with the innovative HydroLite™ Hydrogen Water Bottle! With just one press of a button, you can transform your regular water into something sensational.

## But that's not all!

Our bottle is designed to be versatile. You can easily attach our filter to any bottle type, ensuring that every drop of water you consume is of the highest quality possible. determined to support your health.

Today is your day to join thousands of satisfied customers who have uncovered the power of hydrogen water. Don't wait any longer - get your very own Hydrolite Hydrogen Water Bottle today by clicking the button below!



**Website:** [www.shophydrolite.com](http://www.shophydrolite.com)



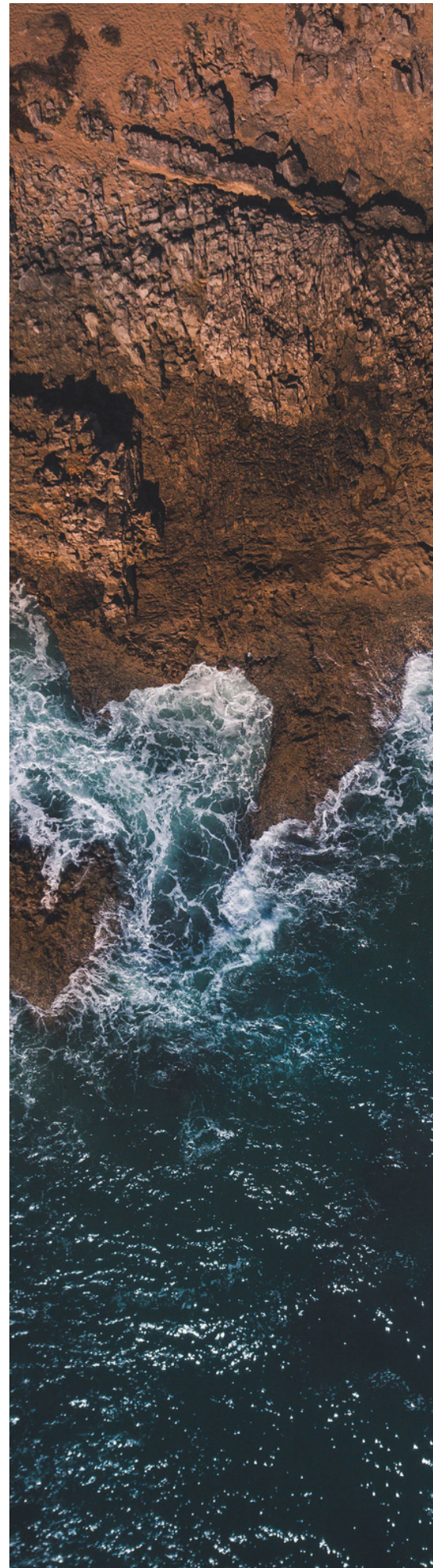
**Instagram and Facebook:** @shophydrolite



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**REMEMBER, YOUR HEALTH AND WELL-BEING ARE WORTH INVESTING IN.**

Take the step towards a healthier and more vibrant life with a HydroLite™ water bottle by your side.



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After researching hydrogen water I purchased this bottle. I had never tried hydrogen water before but from the first time I tried it, I felt better.

**A feeling of well being, mental clarity and increased energy.**

I have better workouts and my recovery time is reduced as hydrogen water increases energy levels and decreases recovery time due to its anti-inflammatory properties.

It even tastes amazing- it's light, clean and crisp.

**DANA**



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 **YDROLITE**