



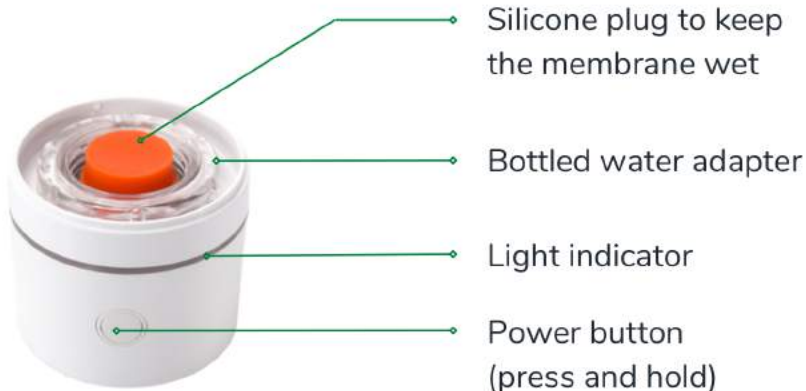
USER GUIDE

WITH FREQUENTLY
ASKED QUESTIONS

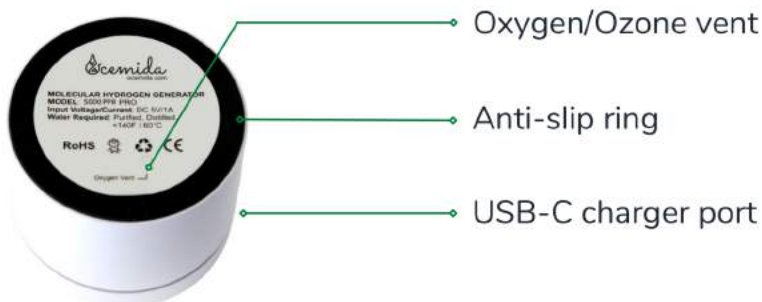


Get to know YOUR HYDROGEN WATER BOTTLE

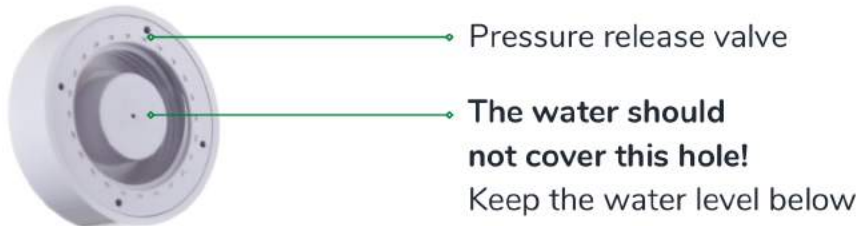
TOP VIEW



BOTTOM VIEW



BOTTLE CAP



First time use

INITIAL MEMBRANE ACTIVATION



1

Unscrew the container and remove it from the base. **Remove the orange silicone plug.**

Wash the container and the cap with dish soap and warm water. Do not wash the generator!!!
Do not submerge in water!!!

While we ship the unit with a little bit of water inside to preserve humidity, it's possible the membrane is dry. Use this plug when you travel or not using the device for long periods of time.



2

Assemble the unit and fill in the container with warm water (<math><60^{\circ}\text{C}</math> / 140F) and white distilled vinegar or Ocemida's cleaning solution.

Half water, half vinegar. Leave it to soak for an hour.

3

Fully charge the device while waiting. Wait for the green light. Do not use speed chargers or computer USB ports!

4

Rinse and fill in with warm water again.

Press and hold to power the device.

Wait until the cycle is over (5 minutes = 3000ppb)

A beep will indicate the end and the light will turn off.

Rinse one last time and use normally. This procedure is necessary only once and when the membrane is dry.

OPERATION

- 1 Fill the bottle with cold water to the Max line.
- 2 Close the cap. Make sure the water level is accurate.
- 3 Start the cycle: Press and hold the button until you hear a beep. The light will cycle from red to blue to green, and tiny bubbles will rise from the membrane for 5 minutes. A beep will indicate the end of the cycle, and the device will turn off.

One 5-minute cycle produces a hydrogen concentration of approximately 3000ppb. To reach the maximum concentration (5000ppb), run a second cycle immediately after the first one completes, without opening the cap.

Important Safety Notes:

- DO NOT run the device more than twice in a row. This could damage the membrane and void your warranty.
- Always open the cap to release pressure after two consecutive cycles (10 minutes), even though there is a valve. This is essential to prevent leaks.

Battery Care:

- DO NOT leave the device plugged in continuously. Unplug it when you see the green light to maximize battery life.

OPERATION



MAX WATER LINE

Fill the bottle with water to this line: about 240ml (1 cup)

Cold water holds more hydrogen for longer but do not place the device in the fridge. Just use cold water in the device. You can also slowly transfer the hydrogenated water in a glass with ice cubes.



THE WATER SHOULD NOT COVER THIS HOLE because this is where the pressure release valve is located.

Pressure release valve behind this sticker. Do not press or peel.



MAINTENANCE

🔍 IF THE MEMBRANE IS ALWAYS WET, IS THERE A RISK OF GROWING MOLD?

If a bottle remains unused for an extended period in a damp environment or particular climate, mold may develop inside it. It's advisable to rinse your bottle after every use and disinfect it weekly.

In such cases, clean the container and cap using soap and warm water, and disinfect the membrane with our cleaning solution.



Pour about 100 ml (3 oz) of cleaning solution into the bottle and let it sit for 30 minutes.

Don't turn on the device during this time!!!

Rinse it with warm water and use it as usual.

Scan this code to see a video:



Q IS IT DISHWASHER SAFE?

Do not use a dishwasher.

Wash all the parts manually. Do not submerge the generator in water.

Q HOW OFTEN SHOULD I CLEAN THE INSIDE OF THE BOTTLE AND THE GENERATOR?

It's recommended to rinse all parts daily with warm water and weekly with white vinegar.

Q SHOULD I USE SOAP OR OTHER CLEANING AGENTS ON THE MEMBRANE?

Soap or other cleaning agents could damage the membrane. Only rinse the membrane with pure water or vinegar.

Use a cotton swab or a cotton pad to clean the threads.





Frequently Asked QUESTIONS

Q HOW MUCH HYDROGEN WATER SHOULD I DRINK A DAY?

According to the hydrogen water expert Dr. Shigeo Ohta, all you need is two glasses of hydrogen water per day (500 ml)

Q IS IT POSSIBLE TO OVERDOSE ON HYDROGEN-RICH WATER?

The conducted scientific research proves that it's not possible to overdose on hydrogen water or hydrogen gas. The study below used a very high dosage of over 5.5 millimoles daily. For reference, OCEMIDA produces about 0.15 millimoles

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7102907/>



Q CAN I USE IT WITH REVERSE OSMOSIS OR DISTILLED WATER?


Yes. Purified water will increase the life of the membrane.

Q IS HYDROGEN WATER THE SAME AS ALKALINE WATER?

No, hydrogen water has molecular hydrogen dissolved in the water, while alkaline water has dissolved minerals.

Q CAN THE HYDROGEN GENERATOR BE USED WITH ALKALINE WATER?

You can add alkaline drops to your hydrogen water after production but do not use alkaline water directly in the device.



Frequently Asked QUESTIONS

DOES HYDROGEN WATER HAS ANY EFFECTS WHEN APPLIED TO THE SKIN AND SCALP?

Yes, hydrogen is absorbed through the skin, and it will also have antioxidant benefits.

CAN I GIVE HYDROGEN WATER TO MY PETS?


Yes, hydrogen is completely safe, and your cat, dog, or fish can benefit, too, from its antioxidant properties.

CAN I USE HYDROGEN IF I HAVE A CHRONIC DISEASE OR MEDICAL CONDITION?

You should always consult with your physician or health care professional before use.

WHY IS THE DEVICE SO SMALL?

The compact size of the device may seem counterintuitive to many, but its small design is intentional. A smaller volume of water enables higher hydrogen concentrations. Consider hydrogen water more as a supplement rather than a typical water bottle.

 For more information, check out this article on our blog: bit.ly/whysmall

Frequently Asked QUESTIONS

WHY IS MY BRAND NEW GENERATOR WET INSIDE?

DuPont membranes require 100% humidity to operate. This is why we ship the unit moist after testing it with the specially designed silicone plug. Make sure to remove the plug before use!!!

WHEN SHOULD I USE THE SILICONE PLUG?

The silicone plug should be used when the glass container is not used for long periods or to protect the membrane from damage, dust, and mold. You should always use the plug if you only carry the base with a regular water bottle.

HOW IS THIS DEVICE DIFFERENT FROM THE OTHERS ON THE MARKET?

To go beyond the typical concentration of 1600 PPB, Ocemida uses a high-pressure design consisting of a reinforced hydrogen chamber and a Tritan plastic container.

Enhance Your Experience

ACCESSORIES

Q NASAL CANNULA FOR HYDROGEN INHALATION

Easily attachable to an adapter or a specially designed bottle cap, this 100% silicone cannula offers a comfortable way to inhale the hydrogen gas.



Q INHALATION CAP

The Inhalation Cap for the Hydrogen Water Bottle enables simultaneous hydrogen gas inhalation and water production; simply swap the standard cap with this one to enjoy the benefits of both inhaling and drinking hydrogen water without any delay.



Q INHALATION ADAPTER

The Inhalation Adapter allows for the inhalation of hydrogen gas without the bulk of the water container, compatible with most hydrogen generators that have a bottled water adapter.

Watch how to use it here: bit.ly/h2inhale



Enhance Your Experience

ACCESSORIES

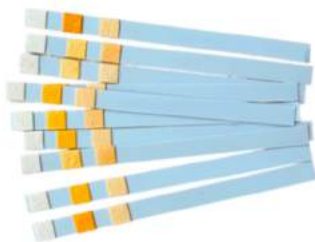
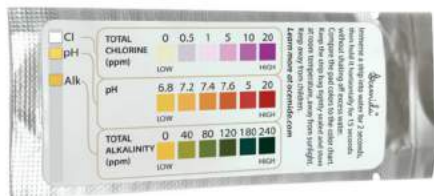
Q BOTTLED WATER ADAPTER

Our hydrogen water generators include an integrated Evian adapter, but this additional adapter expands compatibility to include many other bottle brands like Dasani and Aquafina.



Q WATER TEST STRIPS

3-in-1 Hydrogen water test strips, your new go-to solution for maintaining optimal water quality. These state-of-the-art strips offer a comprehensive evaluation of your water, testing for Chlorine, pH, and Total Alkalinity.



Designed specifically for hydrogen water, these strips are essential for assessing water before and after hydrogenation. An overly alkaline water source can clog the Proton Exchange Membrane (PEM) in your Hydrogen Water Generator. By testing beforehand, you can prevent such issues and ensure your generator runs smoothly.

Watch more about accessories: bit.ly/h2accessories



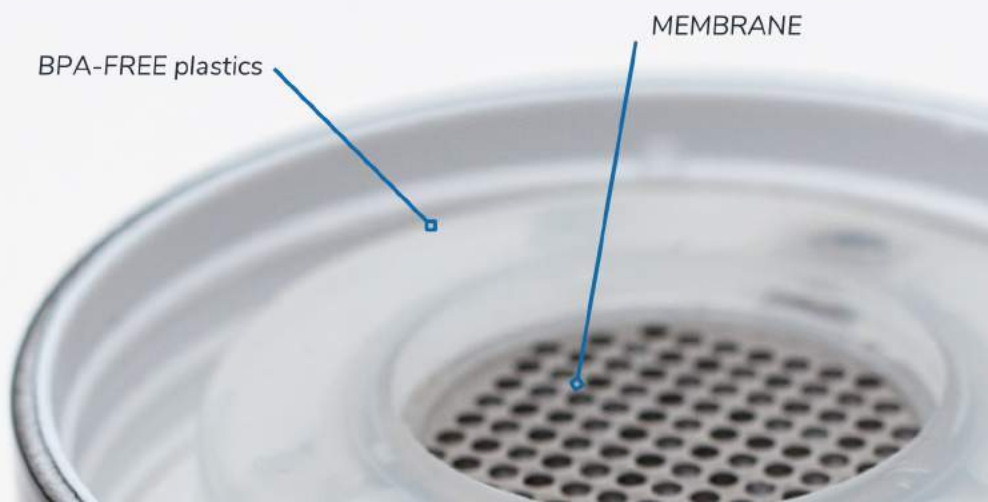
TROUBLESHOOTING

🔍 MY DEVICE WON'T POWER ON

- 1 **Press and hold** the power button. If you see a red light, it means you need to charge the battery. If you see no light, try changing the charger.

🔍 MY GENERATOR DOESN'T MAKE ANY BUBBLES OR BUBBLES ARE VERY BIG




- 1 The membrane is dry. Soak it in warm water (below 60°C) for at least one hour and then run a few cycles with warm water. The activation of the membrane gradually improves over a period of 10 days of use.
- 2 Remove the orange silicone plug.






TROUBLESHOOTING

WATER IS LEAKING FROM THE BASE

POSSIBLE SOLUTIONS

-  If the leak is only when the generator is operating, the gas pressure may increase too much inside the container. Make sure the level of the water is below the pressure vent. Unscrew the cap every two cycles (10 minutes) to release the pressure.
-  Remove the container and inspect the silicone gasket (seal). It could be damaged or misplaced.
-  Screw the container tightly to the generator.

WHAT DO THE DIFFERENT LIGHT COLORS MEAN?

-  Red means the battery needs to be charged.
-  Green indicates a fully charged battery.
-  A red flashing light means the battery is completely empty. Contact us so we can investigate together.

DID YOU KNOW?

COLD BREW

SOME PEOPLE NOTICE A POSITIVE TASTE DIFFERENCE WHEN USING HYDROGEN WATER WITH THEIR COLD-BREW COFFEE. TRY IT YOURSELF!

SPACE-AGE HYDRATION


SOME RESEARCHERS ARE EXPLORING HYDROGEN WATER AS A POSSIBLE SOURCE OF HYDRATION AND ANTIOXIDANT SUPPORT FOR ASTRONAUTS ON LONG-DURATION SPACE MISSIONS.

**NEED HELP
WITH YOUR OCEMIDA?**

+1(833)526-5033

TEXT-ONLY NUMBER FOR INSTANT SUPPORT

SUBSCRIBE TO OUR YOUTUBE CHANNEL

 youtube.com/@ocemida