

CONTRIBUTOR

Hydrogen Infused Water Is A Must Have

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As a Coach, Personal Trainer, Fitness Model, Distance Runner, and Group Fitness Instructor, I'm constantly evaluating my performance and that of my clients. Being ready at a moments notice, whether it be to give dieting tips, demonstrate a difficult exercise, or a fitness modeling casting, I need to always be prepared and at my best. Whether I'm trying to cut minutes off my marathon time, or looking to make it up a flight of steps without running out of breath, I want to be at my best, and ready to take on any challenges that may come my way. Dieting plays a major part in my everyday success. I'm super picky about the content of the food that goes into my body. Many sports drink like Powerade have too much sugar in them. Poland Spring Water is okay, but studies have shown that it's basically the same as tap water.



There are a number of beverages out there that claim to help keep consumers hydrated, and quench our thirst. But what happens when you need more? That's where H-FACTOR comes in. Founded in 2013, H-FACTOR is a U.S based beverage company that provides hydrogen-rich water, full of antioxidants in an eco-friendly pouch. Studies have suggested that the oral intake of hydrogen rich water before exercise may reduce muscle fatigue caused by intense exercise. Studies have also shown that daily intake of two Liters of hydrogen rich water for 2 weeks may help with reducing lactic acid build up. So what does this all mean? It means that by drinking H-FACTOR, you may be able to simultaneously reduce any tightness/soreness in your muscles, while simultaneously increasing your energy levels.

There isn't a person alive who doesn't want to receive positive results within a short amount of time. Not only does H-FACTOR do just that, but it does so without giving you any excess sugar, or any additional chemicals, and unnecessary additives. Combine that with the high levels of hydrogen packed into each package of water, and you're not only getting a great product for athletes. You're getting a great experience for that can help almost anyone reach their health and wellness goals. Checkout H-FACTOR today. You'll be a healthier athlete and person because of it.

