

Molecular Hydrogen (H2) Key Concepts

What is it?

Two hydrogens (H₂) with a strong stable covalent bond that remains intact even in water

How does it work?

- 1.) Anti-oxidant for dangerous hydroxyl radical without destroying free radicals needed for metabolism
- 2.) Activates Nrf2 anti-oxidant cascade including glutathione peroxidase, catalase, and superoxide dismutase (SOD)
- 3.) Decreases pro-inflammatory cytokines through cell signaling
- 4.) Promotes mitochondrial ATP energy function

How do you take it?

Tablet dissolved in water easiest method

Is it safe?

Naturally produced by bacteria in the intestine in low doses
Animal safety studies showed no side effects even with high doses

What would you use it for?

Neuroinflammation since easily crosses the blood brain barrier
Metabolic syndrome with obesity and vascular disease
Oxidative stress from injury, illness, and exercise
General inflammation prevention and treatment

Research

500 plus research studies showing therapeutic potential in over 170 human and animal disease models¹

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