



Molecular H2

Effervescent Hydrogen Tablets

Molecular H₂ creates a high level of hydrogen (H₂) when added to non-carbonated water, powerfully supporting antioxidant activity and redox balance.* H₂ is a small, neutrally-charged, nonreactive, and nonpolar molecule, which enables it to readily pass through cellular membranes and the blood-brain barrier to deliver antioxidant protection to the body systemically.*

Key Features

- Clinically shown to protect against damage from radiation, improving appetite, taste, and quality of life*
- Promotes healthy metabolic function and balances the immune and stress response in human studies*
- Effectively neutralizes hydroxyl radicals ($\cdot\text{OH}$) in the cytosol and nucleus of the cell*
- Activates the Nrf2-pathway, a mediator of cellular detoxification and antioxidant transcription*
- Reduces excessive immune response to LPS (lipopolysaccharide)*
- When used as directed, Molecular H₂ is capable of producing supersaturated hydrogen-rich water



SKU #77520
60 tablets

Molecular H₂

Therapeutic use of molecular H₂ dates back to the 1940's when it was used for the prevention of decompression sickness in divers. However, as a highly flammable gas at a concentration of greater than 4% in air, its use wasn't particularly feasible until research, published in 2007, showed that a gas containing H₂ at a concentration below this threshold and an H₂-saturated nutrient solution also were able to deliver effective amounts of H₂.

Research has shown that H₂ may be of benefit in a wide variety of clinical settings due to its size, and its nonreactive and nonpolar properties – which enable it to traverse cellular and blood-tissue barriers with ease.* Its benefits also lie in the fact that it neutralizes strong oxidants such as ·OH and is nonreactive with other biologically important oxidants like hydrogen peroxide and nitric oxide.* Additionally, it activates antioxidant and detoxification-related protein transcription via the Nrf2-pathway, reduces the damaging immune response to LPS, and modulates cellular signal transduction, protein activity, and genetic transcription.* Some of the effects of H₂ have been demonstrated to persist long after it is no longer present in circulation.

Cellular, animal, and human studies have shown that H₂ acts as a neuroprotectant.* H₂ has been shown to reduce dopaminergic neuron loss; improve cognition, memory, and brain function; and protect against the cellular damage associated with impact or ischemia/reperfusion injury.* It also helps balance the response to stress, improving mood, learning, and resilience in stressful settings.*

Numerous animal models have demonstrated H₂ helps protect against cellular and organ damage associated with radiation, the majority of which is mediated by the ·OH radical.* Pretreatment with H₂ has been shown to help protect against lymphocyte, enterocyte, cardiomyocyte, and germ cell damage associated with radiation treatment.* Humans supplemented with H₂-rich water during radiation therapy had an improved quality of life, appetite, taste, and antioxidant status compared to those receiving placebo water while the therapeutic response to radiation was unaffected.*

The antioxidant and related actions of H₂ also have shown to help balance the immune response.* In humans, supplementation with H₂ has been shown to improve joint and skin symptoms associated with immune dysfunction, with some of the effects persisting up to a month after supplementation ceased.*

Human and animal studies also show that molecular H₂ may improve aspects of metabolic dysfunction.* Clinical studies have shown that consumption of H₂-rich water supports normal cholesterol metabolism and glucose tolerance, as well as healthy levels of hepatic fat content.*

Supplement Facts

Serving Size	1 Tablet
Servings Per Container	60
Amount Per Serving	
% Daily Value	
Magnesium (as Elemental Magnesium)	
	80 mg 19%
% Daily Value based on a 2,000 calorie diet.	

Other ingredients: Proprietary Hydrogen Matrix (malic acid, dextrose, tartaric acid, adipic acid, sodium stearyl fumarate).

Suggested Use: As a dietary supplement, drop 1 tablet in 12-16 oz. of filtered water, wait for it to break down, gently stirring if desired, then drink immediately. Take one or two times daily, or as directed by a healthcare practitioner.



References:

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