

Dr. Fuhrman

PRODUCT FACTS

HYDRO BIOTECT



When Hydro Biotect tablets dissolve, they infuse your water with a high concentration of molecular hydrogen (H₂), which counteracts oxidative stress, along with a natural raspberry flavor.

In vitro, molecular hydrogen acts as a selective antioxidant that scavenges strong oxidants.^{1,2} In the body, research suggests molecular hydrogen promotes our natural antioxidant enzymes, supporting redox homeostasis.³

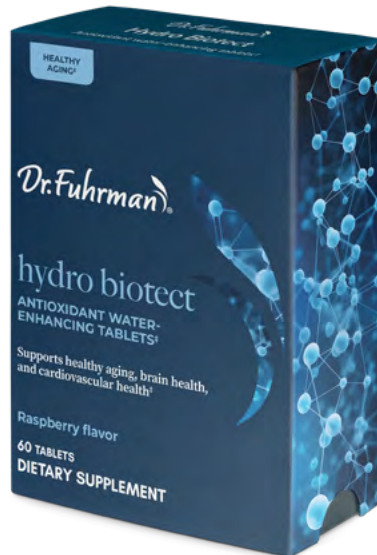
Oxidative stress, inflammatory markers, and cardiovascular health

Studies assigning human participants to drink hydrogen-rich water for several weeks have reported increases in circulating antioxidant enzymes or vitamins, or decreases in oxidative stress markers.^{4,7} Improvements in inflammatory biomarkers and glucose metabolism have also been reported.^{5,8,9}

In one randomized controlled trial, sixty participants with metabolic syndrome drank either hydrogen-rich water or a placebo for 24 weeks. In this study, there were decreases in oxidation markers in the hydrogen group, as well as increases in vitamins C and E, decreases in multiple inflammatory markers, decreased fasting glucose and hemoglobin A1c, total cholesterol, and triglycerides.⁵

Several studies have investigated changes in lipid levels in response to hydrogen-rich water. According to a 2023 meta-analysis, pooled data from these seven studies showed a significant decrease in total cholesterol, LDL cholesterol, and triglycerides.¹⁰

In addition to lipid levels, hydrogen-rich water may promote cardiovascular health through its antioxidant properties. Oxidative status is a key determinant of



nitric oxide availability in the vessel wall, and nitric oxide regulates blood flow and blood pressure by facilitating relaxation of vascular smooth muscle. Studies in healthy volunteers have found improvements in vasodilation in those drinking hydrogen-rich water compared to placebo.^{11,12} In vitro studies have found that hydrogen activates the Nrf2 transcription factor – the master regulator of the antioxidant and detoxification response – in human endothelial cells in culture.³

Brain health and alertness

In healthy young adults, hydrogen-rich water after 24 hours of sleep deprivation improved alertness, based on increased performance on a cognitive test and reduced the number of errors compared to drinking tap water. An MRI-based indicator of brain metabolism also improved.¹³ In another similar study, hydrogen-rich water performed similarly to caffeine in measures of alertness following sleep deprivation.¹⁴

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Product Features

- Effervescent tablets dissolve, infusing drinking water with molecular hydrogen to protect against free radical damage
- Natural raspberry flavor
- Promotes healthy aging and mitochondrial function
- Promotes endothelial function, healthy lipid and glucose levels, and cardiovascular health
- Supports a healthy inflammatory response
- Supports exercise performance
- Vegan and non-GMO



Exercise performance, mitochondrial function, and healthy aging

Pre-exercise hydrogen-enriched water had beneficial effects on exercise performance or reduced indicators of muscle fatigue or delayed-onset muscle soreness in several studies on healthy volunteers or athletes.¹⁵⁻²⁰ Another study found drinking hydrogen-rich water before and after exercise counteracted the reduction in antioxidant capacity following exercise.⁷

Multiple studies testing pre-exercise hydrogen-rich water's effects on exercise performance have reported reduced lactate levels compared to control groups, suggesting improved mitochondrial function.^{15, 16}

A study in older adults (over 70) assigned participants to drink hydrogen-rich water daily for six months. Participants had longer telomere length at the end of the study, as well as improvements in MRI-based brain health markers.²¹



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Supplement Facts

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Serving Size 1 Tablet

Servings Per Container 60

	Amount Per Serving	% Daily Value
Magnesium	80mg	19%

Other Ingredients: Malic Acid, Dextrose, L-Tartaric Acid, Adipic Acid, Natural Raspberry Powder, Chinese Blackberry Leaf Extract, Sodium Stearyl Fumarate

Suggested Use: Once or twice daily, place one tablet in a glass of water and allow to dissolve completely, then drink.

Box contains 60 tablets in blister packs.

Allergen statement: Does not contain: eggs, dairy, peanuts, tree nuts, fish, shellfish, soy, wheat, gluten. Not produced in an allergen-free or gluten-free facility. Produced in a facility with an allergen control program in place designed to properly handle, store and use materials in production to eliminate the risk of cross-contamination, in accordance with Good Manufacturing Practices (GMPs).

Caution: If you are pregnant, nursing, or on medication, consult with your healthcare practitioner.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For more detailed information about this supplement, visit <https://shop.drfrhrman.com/hydro-biotect/>