MOLECULAR HYDROGEN

BALANCE • ENERGY • A HEALTHIER YOU

SUPPORT YOUR WEIGHT MANAGEMENT JOURNEY

Research suggests that molecular hydrogen (H_2) may help support metabolic health, energy balance, and healthy inflammation responses — key factors in a healthy weight management journey. [1] [2]



SUPPORTS METABOLIC HEALTH

Studies suggest that molecular hydrogen may help support healthy metabolic function and energy utilization. [1] [2]

VIEW STUDIES →



SUPPORTS ENDURANCE AND RECOVERY

Research suggests that molecular hydrogen may help support the body's antioxidant capacity during exercise, as well as muscular endurance and recovery. [3] [4] [5]

VIEW STUDIES →



SUPPORTS HEALTHY INFLAMMATION RESPONSE

Studies suggest that molecular hydrogen may help support a balanced inflammation response, which plays a role in overall metabolic health. [6]

VIEW STUDIES →

The statements in this document have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

MOLECULAR HYDROGEN

THE RESEARCH BEHIND THE CARDS

The studies behind each card, in the order they appear on the front. Tap any title to open the original publication.

HUMAN Conducted in people · ANIMAL Early-stage, not human evidence · REVIEW Summarizes existing research

01 SUPPORTS METABOLIC HEALTH

1 HUMAN · Placebo-controlled crossover pilot · 10 women

Molecular hydrogen affects body composition, metabolic profiles, and mitochondrial function in middle-aged overweight women →

Korovljev D, Trivic T, Drid P, Ostojic SM · Irish Journal of Medical Science · 2018

2 HUMAN · Randomized controlled trial · 60 adults · 24 weeks

The Effects of 24-Week, High-Concentration Hydrogen-Rich Water on Body Composition, Blood Lipid Profiles and Inflammation Biomarkers in Men and Women with Metabolic Syndrome: A Randomized Controlled Trial →

LeBaron TW, et al. · Diabetes, Metabolic Syndrome and Obesity · 2020

- ANIMAL · MICE · Not human evidence

Molecular Hydrogen Improves Obesity and Diabetes by Inducing Hepatic FGF21 and Stimulating Energy Metabolism in db/db Mice →

Kamimura N, Nishimaki K, Ohsawa I, Ohta S · Obesity · 2011

- REVIEW · Animal and human research

Therapeutic Potential of Molecular Hydrogen in Metabolic Diseases from Bench to Bedside →

Xie F, et al. · Pharmaceuticals · 2023

02 SUPPORTS ENDURANCE AND RECOVERY

3 META-ANALYSIS · 6 studies · 76 healthy adults

Can molecular hydrogen supplementation reduce exercise-induced oxidative stress in healthy adults? A systematic review and meta-analysis →

Li YT, et al. · Frontiers in Nutrition · 2024

Found improved antioxidant capacity, with no direct change in oxidative stress markers.

4 HUMAN · Placebo-controlled crossover · 12 men

Hydrogen Rich Water Consumption Positively Affects Muscle Performance, Lactate Response, and Alleviates Delayed Onset of Muscle Soreness After Resistance Training →

Botek M, Krejčí J, McKune A, Valenta M, Sládečková B · Journal of Strength and Conditioning Research · 2022

5 HUMAN · Placebo-controlled crossover · 18 trained men

Effects of 8 days intake of hydrogen-rich water on muscular endurance performance and fatigue recovery during resistance training →

Zhou et al. · Frontiers in Physiology · 2024

Muscular endurance improved; authors note hydrogen water alone may not be enough for recovery from soreness.

03 SUPPORTS HEALTHY INFLAMMATION RESPONSE

6 REVIEW · Animal and clinical research

Hydrogen, a Novel Therapeutic Molecule, Regulates Oxidative Stress, Inflammation, and Apoptosis →

Tian Y, Zhang Y, Wang Y, Chen Y, Fan W, Zhou J, Qiao J, Wei Y · Frontiers in Physiology · 2021

This review looks at inflammation in general. It does not study weight management.

+ ADDITIONAL RESEARCH

RELATED TOPICS · NOT CITED ON THE FRONT

- HUMAN · APPETITE

Pilot study: five treated participants; four historical controls

Molecular hydrogen modulates brain glutamate/GABA-glutamine cycle in overweight humans →

Korovljev D, Ostojic J, Todorovic N, Ostojic SM · Archives of Medical Science · 2023

- HUMAN · MOOD · Placebo-controlled crossover · 26 adults

Hydrogen-rich water for improvements of mood, anxiety, and autonomic nerve function in daily life →

Mizuno K, et al. · Medical Gas Research · 2017

- HUMAN · ALERTNESS · Sleep-deprived adults

Hydrogen-rich water and caffeine for alertness and brain metabolism in sleep-deprived habitual coffee drinkers →

Todorovic N, et al. · Food Science & Nutrition · 2021

- ANIMAL · RATS · Not human evidence

Hydrogen influences HDL-associated enzymes and reduces oxidized phospholipids levels in rats fed with a high-fat diet →

Liu B, Zhao M, Xue J, Gu Q, Zhang X, Qin S · Life Sciences · 2021

Study titles are shown as published. Numbers match the footnotes on the front page.

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