

Molecular Hydrogen: Best Anti-Aging Supplement



Aging is a reality for all living organisms, and is the result of the progressive accumulation of deleterious changes that reduce an organism's ability to resist stress, decreasing the possibility of survival.

One of the most popular theories used to explain the mechanisms of aging is the mitochondrial free radical theory of aging. In this theory, mitochondrial function declines in an age-dependent manner, thereby enhancing the production of reactive oxygen species (ROS). Moreover, during aging, it is reported that increased production of ROS induces oxidative mitochondrial DNA (mtDNA) damage, which can stimulate the activation of Nod-Like Receptor Protein (NLRP) 3 inflammation in tissues. Because NLRP3 inflammation serve as a platform for caspase-1 activation and subsequent proteolytic maturation of the potent pro-inflammatory cytokine interleukin (IL)-1 β , these indicate that oxidative mtDNA damage can stimulate age-related inflammatory reactions in tissues. Therefore, reduction in oxidative mtDNA damage through antioxidant therapy may be effective in suppressing age-related inflammatory reactions.

Molecular hydrogen has been scientifically proven to have antioxidant properties that help to remove free radicals from your body that cause premature aging of your skin. Oxidative

damage is involved in age-related inflammatory reactions. The anti-oxidative effects of hydrogen-rich water suppress oxidative damage, which may aid in inhibiting age-related inflammatory reactions. Hydrogen acts as a therapeutic antioxidant by selectively reducing cytotoxic oxygen radicals. Hydrogen is one of the smallest molecules in the universe, the smaller molecule size means better penetration into cells to remove free radicals in your body than other antioxidant with larger molecule size. Therefore, drinking hydrogen-rich-water is the easiest form of delivering sufficient hydrogen to your body on daily basis. You can also use

hydrogen-rich-water for cleansing, to remove make-up, to soothe, and moisture your skin. Hydrogen is found to be one of



the best agent in reducing oxidative mtDNA damage through antioxidant therapy effective in age-related inflammatory reactions.

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