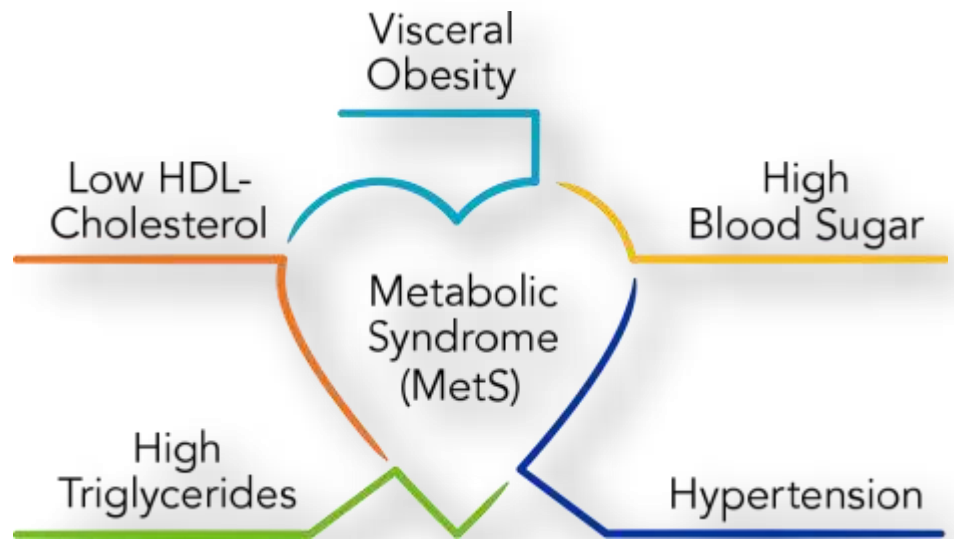


The Effects of 24-Week, High Concentration Hydrogen-Rich Water on Body Composition, Blood Lipid Profiles and Inflammation Biomarkers in Men and Women with Metabolic Syndrome

-Metabolic Syndrome

Metabolic syndrome is a cluster of conditions that occur together, increasing your risk of heart disease, stroke and type 2 diabetes. Metabolic syndrome is associated with several medical risk factors including dyslipidemia, hyperglycemia, and obesity, which has become a worldwide pandemic. The sequelae of this condition increase the risk of cardiovascular and neurological disease and increased mortality. Its pathophysiology is associated with redox dysregulation, excessive inflammation, and perturbation of cellular homeostasis. Having just one of these conditions doesn't mean you have metabolic syndrome. But it does mean you have a greater risk of serious disease.



Molecular hydrogen (H_2) may attenuate oxidative stress, improve cellular function, and reduce chronic inflammation. Pre-clinical and clinical studies have shown promising effects of H_2 -rich water (HRW) on specific features of metabolic syndrome. Supplementation with high-concentration HRW significantly reduces blood cholesterol and glucose levels, attenuated serum haemoglobin A1c, and improved biomarkers of inflammation and redox homeostasis. Furthermore, H_2 tends to promote a mild reduction in body mass index and waist-to-hip ratio.

In conclusion, HRW might have promising effects as a therapeutic modality for attenuating risk factors of metabolic syndrome.

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