



Can Hydrogen Water keep your nails hydrated?

KYK Hydrogen Water | 1,500 PPB of DH | KYK Co., Ltd. (South Korea)

Healthy fingernails are smooth, without pits, strong and pinkish in color due to the tiny blood vessels that feed each nailbed. They're uniform in color and consistency and free of spots or discoloration.

Sometimes fingernails develop harmless vertical ridges that run from the cuticle to the tip of the nail. Vertical ridges tend to become more prominent with age. The nail plate (the part of the nail that we can see) is made of keratin, the same protein that your hair is made from. Your fingernails can be an indicator of overall health, with one aspect being hydration. Some symptoms of dehydrated nails are: Dull, brittle looking nail surface; looking slightly yellow; and displaying vertical ridges. Vitamin B and Zinc in your diet supports strong nail growth. You can check whether your nails are hydrated or not through Capillary Refill Check.

Drinking hydrogen-rich water is the best way to keep your body hydrated. And these effects will clearly be seen through your nails. Hydrogen water contains H₂ in its most natural form. Hydrogen is the smallest molecule in the universe. Therefore, Hydrogen has a unique ability to penetrate cells and even tiny structures inside cells (organelles), such as mitochondria and the nucleus. No other molecules can penetrate deep into the cells. H₂ removes all the toxic wastes produced within our body and also keep our body hydrated for a longer time. Hydrogen-rich water is very light in weight so you can consume more water at a time as compared to RO water. If you will maintain a healthy, hydrated body your nails will automatically turn pinkish and healthy.



Call Now: 1800-102-0908

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