

Can Hydrogen-rich water help in boosting energy and stamina?



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

-What makes exercise/ activity hard?

Any activity or training above a resting state immediately increases our body's needs for energy and oxygen to power the activity. Any activity that is more intense than what your body is used to, stresses your system causing a cascade of effects.



The increased oxygen produces more cell damaging oxygen (free) radicals, which cause oxidative stress. Oxidative stress silently attacks your cells behind the scenes leading to loss of cell viability and cell death, causing muscle damage, weakness, fatigue and inflammation.

If your activity is intense enough, you will use up available ATP for energy and your body will burn glycogen. When that happens you will feel the burn from lactic acid build up, which leads to fatigue and possible muscle soreness. All of this leads to decreased endurance, reduced performance, poor results and less enjoyment.

-How hydrogen-rich water increases your energy?

ATP (Adenosine Triphosphate) is the energy currency for all the activities of your body. The food we eat and oxygen we breathe create ATP in the mitochondria, powering each of our cells and our activity. Hydrogen-rich water for ATP. However, free radicals are also produced every minute from the oxygen we breathe. It's simply a fact of aerobic metabolism. Free radicals –

especially oxygen radicals – damage your mitochondria. When damaged mitochondria cannot produce the necessary levels of ATP, the body turns to metabolizing stored glycogen. Glycogen stores are found mostly in the liver where they are accessed and used for energy.

A growing body of research shows that H₂ infused water improves mitochondrial function, increases ATP production and potentially induces mitochondrial biogenesis. H₂ is the smallest molecule in the universe and so rapidly diffuses through our cell membranes, and neutralizes the damaging free radicals. Its protective properties allow the mitochondria to produce optimal levels of ATP, providing you with more energy. When you have to dig deep and go beyond your ATP production, as we all sometimes do during activity or training, research has shown that H₂ can support an increase of glycogen stored in your liver. Drinking Hydrogen-rich water increases energy through improved ATP production while increased glycogen stores help decrease fatigue and muscle damage.

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