

Does Molecular hydrogen (H₂) actually benefits our body?

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



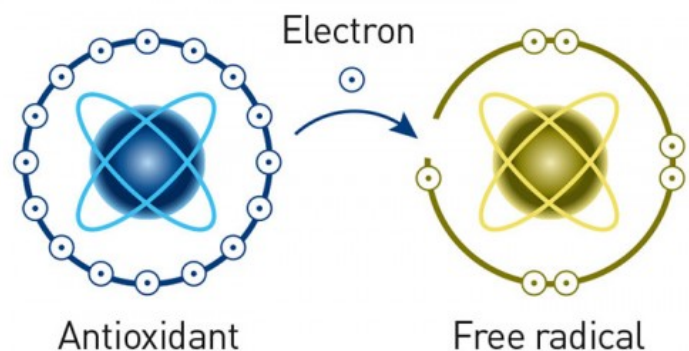
We all know antioxidants are great for us. They act as a friendly police force, helping us fight free radicals. Without antioxidants, free radicals can run rampant throughout the body causing damage as they go. We eat more berries, drink tea, and justify our glass of wine each night with the idea the antioxidants in them are what make each of these a healthy choice.

But above all we have Hydrogen-rich water!!!

Molecular hydrogen or H₂ gas is a very small neutrally charged molecule that has the ability to cross cell membranes and the blood-brain barrier. This gives it the unique ability to access DNA and mitochondria within the cell where it has protective action.

Free radicals are uncharged or unstable molecules, which make them highly reactive and extremely likely that they'll pull apart pieces of other molecules to gain stability. In their search for stability, they can damage your body. Sometimes this can result in chain reactions. Antioxidants are molecules that safely stabilize free radicals and reduce the amount of damage that can be done.

The most common way to consume molecular hydrogen is drinking hydrogen-rich water produced through electrolysis process.



Molecular hydrogen has so many wonderful benefits and acts as a powerful antioxidant neutralizing free radicals that contribute to disease progression. It is a straightforward and easy supplement everyone should add to their day.

Molecular hydrogen is going to be one of the biggest health and wellness trends in the upcoming years.

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