



WISE NUTRIENTS

Hydro-ReGen F.A.Q.

1. What is HYDRO-REGEN? HYDRO-REGEN is a powerful, mineral-balanced antioxidant formula designed using scientifically proven high-quality ingredients that enhance your antioxidant defence system. HYDRO-REGEN, at its core, is a **Molecular Hydrogen** generating product.

2. What is Molecular Hydrogen? Molecular hydrogen is two hydrogen atoms bonded together. It's the smallest molecule that exists, so it's able to pass through cells much faster and easier than any other molecule. Molecular Hydrogen exists as a gas, so it dissipates quickly throughout the body. Over the past 10 years, more than 500 peer-reviewed research studies have confirmed that molecular hydrogen is the most versatile antioxidant and has therapeutic potential in essentially every organ in the human body. Molecular hydrogen became a focused topic of study after it was discovered that the health benefits of alkaline ionized water actually came from the small amount of molecular hydrogen dissolved in the water! You can learn more about molecular hydrogen at the following websites:

www.molecularhydrogenstudies.com

www.molecularhydrogenfoundation.org

3. How Does HYDRO-REGEN produce Molecular Hydrogen? HYDRO-REGEN's proprietary blend generates Molecular Hydrogen by donating electrons to hydrogen ions in water. When a capsule of HYDRO-REGEN dissolves in the stomach and the contents are released, our proprietary **Activated Magnesium Carbonate** donates electrons to the water. Hydrogen ions that take up an electron become hydrogen atoms, and two hydrogen atoms combine to form Molecular Hydrogen. Our **Activated Magnesium Carbonate** is different from any ordinary magnesium carbonate because it has the ability to create a reaction in water to produce Molecular Hydrogen.

4. What are Nanobubbles? HYDRO-REGEN generates molecular hydrogen slowly over time, reaching its peak hydrogen production after 1 hour inside the stomach and continuing to produce hydrogen for 24 hours. HYDRO-REGEN generates molecular hydrogen in the form of **nanobubbles**. **Nanobubbles** are 100x smaller than **Microbubbles** so they are more stable in water. **Nanobubbles** are able to stay inside the cells for longer periods of time, allowing it to neutralize free radicals and produce a positive effect in your cells.

5. What is the difference between drinking hydrogen-enriched water vs taking HYDRO-REGEN?

There are many hydrogen water producing devices that are developed mostly in Japan and South Korea. Hydrogen water is excellent because when hydrogen bubbles are produced in the water, the water is restructured for better absorption. Not only do you receive hydrogen from drinking the water, you hydrate much more effectively.

However, the two limitations with hydrogen water are the following:

- a. Most hydrogen water devices are not portable, so you can't have hydrogen water when you're on-the-go.
- b. Hydrogen Water can only hold 1.6 ppm of Hydrogen at maximum saturation, but hydrogen is so small that it escapes the water rapidly. Which is why you need to drink hydrogen water as soon as it is made to get the best results.

HYDRO-REGEN on the other hand produces hydrogen inside your body, so you get the highest concentration of hydrogen delivered to your body per capsule. One capsule of HYDRO-REGEN will evolve more hydrogen in your body than what is contained in 2L of freshly made, fully saturated hydrogen-enriched water. Ideally, you would use both the hydrogen water and the HYDRO-REGEN for the best results because hydration w/ hydrogen is key.

6. Do you still need to take other antioxidants e.g SOD and glutathione, polyphenols, vitamin C etc. if you take Hydro-ReGen?

Absolutely. Because polyphenols and Vitamin C are not just antioxidants, they also benefit your health in a variety of ways. You are constantly bombarded with free radicals throughout the day so your cells need as much help as they can get. It is true that Hydrogen activates antioxidant enzymes inside the body as well, but these other antioxidants will work synergistically with HYDRO-REGEN for a more powerful result.

7. Who should take HYDRO-REGEN?

HYDRO-REGEN is for people who:

1. Want to live a healthy and fulfilling life
2. Are looking for a real solution to their health problem
3. Understand the dangers of free radicals and want to protect themselves and their loved ones.

8. What is the Recommended Dosage of HYDRO-REGEN?

The recommended dosage is 3 capsules with 8oz of water per capsule throughout the day. For a more powerful effect, we recommend a loading dosage of 6 to 9 capsules per day for the first two weeks until you notice a change in your energy levels or health condition.

Depending on your weight and sensitivity, the dosages may change. The recommended dosage above is for a person weighing 160 lbs. Depending on your weight and sensitivity to supplements adjust the dosage accordingly.

9. What can I expect from taking Molecular Hydrogen?

Most people of average health notice an increase in energy levels, increased endurance during exercise, minimal fatigue in the morning and minimal to no hangover after a night of drinking. Most of these effects happen in 1 day to 1 week. Some Benefits Include:

- Boost in energy, mental clarity and focus Maintenance of optimal weight
- Enhanced athletic performance
- Decreased recovery time Regular Bowel Movements Improved Skin Health
- It all depends on how free radicals are affecting your health because free radicals and oxidative stress affects each person differently. Your results will vary.

10. Are there any side effects with taking HYDRO-REGEN? You may have a detoxification reaction where you need to go to the restroom more frequently or have some of your health symptoms intensify. This is a very natural part of detoxification. Further, if you are sensitive, you may not be able to go to sleep if you take HYDRO-REGEN too close to bedtime because you will have increased energy. If that's the case, take your last dose of HYDRO-REGEN before dinner time.

If you feel uncomfortable at any time, stop taking HYDRO-REGEN immediately and resume with a lower dose when your symptoms subside. Please make sure to stay hydrated during this whole process.

11. Isn't taking too much antioxidants considered bad for your health? Yes, too much antioxidant supplementation may not be ideal for good health. Most antioxidants such as Vitamin C, Vitamin E, CoQ10 etc. are non-selective. Meaning they go after all different types of free radicals including ones that are useful for your body such as Hydrogen Peroxide and Nitric Oxide. They may break the balance of free radicals and antioxidants. However, this is rare because most of the time the balance is skewed towards free radicals due to our lifestyle, diet, and environment.

Molecular Hydrogen, however, is selective. Meaning it will only attack and eliminate harmful free radicals such as hydroxyl radicals. Hydroxyl radicals form when excess superoxide anions react with metals and toxins inside the cells. Molecular Hydrogen only selectively eliminates cytotoxic free radicals inside the cells so there's no risk of over supplementation of antioxidants with HYDRO-REGEN. Not only that, Molecular hydrogen modulates the antioxidant enzymes in your cells so depending on the amount of free radicals in your cells, molecular hydrogen will upregulate or downregulate the production of antioxidants.

12. Why do you have magnesium stearate in your product? Due to the nature of our formula, our powder blend is fluffier than other powder blends and does not flow easily. This is why we are using a vegetable-grade magnesium stearate in less than 2% of our formula for the time-being. As we continue to develop our product we will completely phase out magnesium stearate.