



## **10acity™ Hydrogen Infused 2.5 ppm Natural Spring Water Benefits for your Body**

### **Increase In Antioxidants**

Prolonged intake of Molecular Hydrogen water boosts the levels of antioxidants in the body, enhancing the neutralization of harmful reactive oxidants and supporting cellular repair and maintenance.

### **Immune System Boost**

Continuous consumption of Molecular Hydrogen water has been associated with stimulating the natural synthesis of human fibroblast collagen, counteracting detrimental free radicals, decreasing the mortality rate of specific cells, and strengthening the immune system.

### **Alleviates Fatigue**

Sustained consumption of Molecular Hydrogen water enhances metabolic activity and diminishes fatigue.

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### **Improve Skin Health**

Extended use of Molecular Hydrogen water has been discovered to enhance skin elasticity, decrease the formation of spots and freckles, lower the mortality rate of keratinocytes (the predominant skin cell type), and improve skin texture.

### **Cellular Aging**

Research has revealed that consistent consumption of Hydrogen Water over an extended period can decelerate cellular aging and potentially extend one's lifespan.

### **Aids Restful Sleep**

Drinking Molecular Hydrogen water over an extended period has been associated with enhanced sleep quality.

## **The Biggest Advantage of 10acity™ Hydrogen Infused 2.5 ppm Natural Spring Water**

In comparison to other waters, Molecular Hydrogen possesses inherent antioxidant capabilities, substantiated to combat free radicals within the body and shield cells against the consequences of oxidative stress.

Antioxidants comprise substances that counteract free radicals in your body by offering their surplus electrons. These encompass vitamins like Vitamin A, C, and E, along with natural compounds like Lycopene, Lutein, and Beta-carotene, commonly present in various fruits and vegetables. Additionally, Selenium, readily available in most grain and meat products, is also present in Molecular Hydrogen water.

Free radicals are substances that can potentially harm your body when their concentrations rise excessively. They are associated with various health conditions, including diabetes, heart disease, and cancer.



These free radicals are continually generated in your body as a natural byproduct of daily living. Their levels tend to increase significantly during strenuous physical activity, periods of stress, illness, disease, and as you age.

While your body possesses its inherent defense mechanism against these free radicals, you can enhance the abundance of antioxidants in your system by incorporating regular consumption of fruits, vegetables, dietary supplements, and Hydrogen Water.