

## **10acity® Hydrogen Infused 5.5 ppm Natural Spring Water with Supplements**

This water contains 3 healthy aging supplements.

### **1. Lithium Orotate:**

Lithium Orotate may help regulate neurotransmitter activity in the brain, leading to more stable moods and reduced symptoms of depression and anxiety. Some individuals report feeling calmer and more balanced after incorporating Lithium Orotate into their daily routine. Cognitive Support: Emerging research suggests that Lithium may have cognitive-enhancing effects, potentially improving memory, focus, and overall cognitive function.

### **2. Wheat germ extract [0.2% spermidine]:**

Wheat germ has excellent nutritional value as a food supplement, experts say. It's a great source of vegetable proteins, along with fiber and healthy fats. It is also a good source of magnesium, zinc, thiamin, folate, potassium, and phosphorus. Wheat germ is high in vitamin E, an essential nutrient with anti-oxidant properties. Anti-oxidants are believed to decrease free radicals in the body, and research suggests natural sources of anti-oxidants are best for preventing disease. Some suggest that wheat germ can aid in boosting your immunity and help to keep your heart and cardiovascular system healthy. Research suggests that whole grains can reduce the risk of heart disease and help you maintain a healthy weight. According to the European Food Safety Authority (EFSA), there's enough evidence to suggest that wheat germ oil can help control cholesterol levels. They say, however, that there isn't enough evidence to back up some other claims, such as suggestions that it can protect the skin against premature aging, help blood pressure, aid in brain function, or aid in digestion. Wheat germ and flaxseed have both been used to maintain heart health in menopausal women. Some research suggests that wheat germ can also help treat menopausal symptoms. Zinc helps to strengthen your immune system and fight viruses, like the common cold. Magnesium also helps to boost your immune system, in addition to helping keep your heart and bones strong. Phosphorus helps to repair and grow tissue with the help of Calcium. Manganese plays an important role in bone health and maintaining the immune system. Avamar, a fermented wheat germ extract, is being explored as a treatment for cancer and autoimmune diseases like rheumatoid arthritis.

### **3. Taurine:**

Taurine is a naturally occurring sulfur-containing amino acid. It's particularly concentrated in your brain, eyes, heart, and muscles

Taurine is an amino acid that has a few important roles in your body, including supporting immune health and nervous system function. Most of the time, your body produces enough taurine on its own, but supplements can also help you meet your taurine needs.

According to the Mayo Clinic, taurine is a safe ingredient in drinks in the United States in certain amounts. Taurine is also found naturally in protein-rich foods, such as meat and fish. The human body uses taurine for a variety of functions, including energy production and bile acid processing. Today, Red Bull continues to include taurine in its formula. You can also find taurine in a variety of pre-workout and energy supplements.

The main roles of taurine in your body are maintaining proper hydration and electrolyte balance in your cells:

- forming bile salts, which play an important role in digestion
- regulating minerals such as Calcium within your cells
- supporting the general function of your central nervous system and eyes
- regulating immune system health and anti-oxidant function