

How Hydrogen-enriched Water Benefits Athletes

Athletes are known for working out hard and taking care of their bodies. But did you know that something as simple as drinking **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water can give your exercise routine and athletic training an extra boost?

If you are an athlete, taking care of your body is key. From training to competitions, it is important that you fuel your body with the things it needs to become stronger and perform at its best. The solution? **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water. In recent years, clinical studies have found that molecular hydrogen can help increase your endurance and energy, reduce lactate buildup, and even aid in faster injury recovery.

Hydrogen-Enriched Water Boosts Endurance

Most athletes are looking for natural, effective ways to boost their energy and endurance. Doing so can not only improve your training but can also help you give 100% toward the finish line every time. Drinking **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water has been shown to help reduce fatigue and boost endurance, helping you to get the most out of every workout.

Exercise can increase the number of reactive oxygen species (ROS) in your skeletal muscle. Because ROS are a type of free radical, they can contribute to tissue damage and greater fatigue. According to a 2019 study, molecular hydrogen's anti-oxidant properties helped to "greatly improve" both fatigue and endurance of non-trained participants. This suggests that drinking hydrogen water before your workout can help reduce fatigue and boost your overall endurance.

Another study found that drinking **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water during exercise, particularly endurance exercises, can help reduce the amount of energy expenditure. This means that drinking hydrogen water during your workout can help reduce the amount of energy you use, thus allowing you to workout longer and harder.

Reduce lactate buildup and muscle pain with **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water.

