

## Hydrogen-enriched Water Reduces Lactic Acid Buildup

When you exercise, your body requires more oxygen than normal; typically, however, your muscles begin to produce energy without oxygen so that your body can use oxygen in other areas. This process is called glycolysis, which converts pyruvate (the result of breaking down glucose) into lactate. Lactate allows glucose to continue to break down, thus continuing to provide your body with energy. As your muscles continue to produce energy in this way, lactate can build up.

Many believe that a buildup of lactate in the muscles results in sore muscles after a workout. However, lactate contributes to the burning sensation that you often experience while actively using your muscles, and which often leads us to stop exercising.

If you want to reduce the amount of lactate that builds up in your muscles during exercise, drinking **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water can help.

One study found that drinking **10acity®** Hydrogen Infused Natural Spring Water before exercising can help reduce blood lactate levels while also improving the exercise-induced decline of muscle function.

Another study also found that drinking **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water before exercising can reduce blood lactate levels when engaging in high-intensity exercises.

A third study supports these findings, concluding that drinking **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water not only reduced the body's lactate response but also aided in delaying the onset of muscle soreness.

**10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water can help speed up recovery from exercise-related injuries.

