

Hydrogen-enriched Water Speeds Up Recovery

In addition to supporting a better workout, drinking **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water can also help speed up your recovery time from exercise-related injuries. One case study replaced traditional RICE therapy with **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water hydrotherapy sessions for an elite professional athlete with a grade II ankle sprain.

Results found that hydrotherapy treatment decreased ankle swelling by 2.8% and improved range of movement by 27.9% during the first 24 hours after injury. This means that drinking **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water in multiple hydrotherapy sessions after injury can help reduce swelling and pain while also encouraging proper range of motion.

A study also looked at how hydrogen-enriched water can help treat injury-related inflammation. Results showed that those who added **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water to their treatment had a significantly greater decline in limb circumference than those who didn't. Those who received **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water as part of their treatment also had a decrease in plasma viscosity, an increase of which is a normal response to inflammation. This suggests that drinking **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water can help improve injury-caused inflammation in athletes.

