

The Benefits of Hydrogen-rich Water for Children

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Do you know that hydrogen rich water also has many benefits for children?

Improve Children's Memory

Long-term drinking of hydrogen-rich water can supplement electrolytes and calcium, promote the development of cerebral cortex and improve memory.

Easier to Absorb

The calcium deficiency in modern people is universal: calcium deficiency in children leads to poor development of bones and teeth; in pregnant women, calcium deficiency causes fetuses to compete for calcium in pregnant women, leading to gestosis and frequent vomiting. Hydrogen-rich water is rich in ionic calcium because of electrolysis, and calcium is more easily absorbed.

Improves Constipation in Children

Because children drink milk easily lead to constipation, hydrogen-rich water for constipation has a good mitigation, because of its small molecular characteristics, solvency and penetration, can promote gastrointestinal reflexes, strengthen intestinal peristalsis, promote excretion, usually Constipation symptoms can be improved in 10 days.

Improve Children's Immunity

Hydrogen-rich water can eliminate pathogenic reactive oxygen species (free radicals) and enhance the body's natural healing power, which is beneficial to the recovery of common diseases.

Helps Develop Water Habits

The hydrogen-rich water tastes sweet and smooth, and taste-sensitive children are particularly fond of drinking, helping to develop good drinking habits while staying away from bicarbonate-like acidic beverages.

Protect Children's Diet Safety

1. Soaking vegetables with hydrogen-rich water can effectively remove residual pesticides from vegetables and protect children's food safety.
2. Hydrogen-rich water to remove chlorine and heavy metal tap water, usually used to cook rice and soup are safe and reliable, can protect children's food safety.

Anti-oxidant Power

Hydrogen-rich water is a rich source of anti-oxidants, which can help combat oxidative stress in the body. This can be particularly beneficial for children, as their growing bodies are susceptible to various environmental toxins and stressors. Looking for a way to get your children the antioxidants they need without all that extra sugar? One of parents' favorite hydrogen-rich water side effects on kids is that it's loaded with vital anti-oxidants. Although some anti-oxidants must be obtained from what children eat, hydrogen-rich water gives them the extra anti-oxidants their bodies crave.

Molecular hydrogen helps kids improve upon their antioxidant systems. This additional aid helps to protect the tissues and cells from oxidation damage as a result of the oxygen-reactive radical reduction. In turn, when kids drink hydrogen water, one of the most profound impacts includes how the body's organ and cell quality improves. Enzyme activity rises, resulting in more cellular energy too.

Hydrogen Water has No Negative Side Effects on Kids

To make a long story short, if you're looking for the negative side effects hydrogen-rich water has on kids, you're not going to find them. The truth of the matter is hydrogen-rich water has no detrimental side effects on kids.

So, what about the positive side effects? Let's discuss the incredible side effects that hydrogen-rich water will have on your kids and how this drink is changing child health for the better.

Hydrogen Water Promotes Longer Hydration for Kids

Although it's possible for parents to force children to drink water throughout the day, the list of hydrogen-rich water side effects on kids includes the fact that the molecular hydrogen promotes longer hydration. Allow us to explain this a bit more in-depth.

Approximately two-thirds of the human body is made up of water, with most of the water — between 66 and 80 percent — being stored in cells and the lymph system. Maintaining this hydration must be done at a cellular level. And this is where hydrogen-rich water has the most significant impact on children.

Many times, water is simply expelled out of a child's system through urination long before it is absorbed into the child's cells. With this being the case, the children are not receiving proper hydration.

Hydrogen water fixes this issue by promoting the absorption of water at a cellular level. The result is an extension in hydration for kids.

Hydrogen-rich Water Helps with Digestion for Kids

The list of hydrogen-rich water side effects on kids also includes facilitating digestion. Hydrogen-

rich water goes beyond what normal water is capable of providing the body by stimulating gastric leptin and ghrelin. These are fat-regulating hormones responsible for various metabolic functions.

When a child indulges in hydrogen-rich water consumption, they're promoting better digestion without even knowing it! Hydrogen-infused water fights against childhood obesity in the process as well.

Research highlights that weight maintenance is promoted in people with metabolic syndrome when they drink hydrogen-rich water. The research shows that the way hydrogen molecules reduce oxidative stress at a cellular level helps to increase the efficiency of some metabolic functions. As a result, children drinking hydrogen-rich water experience the following: a healthier gut, the maintenance of healthy gut bacteria, and overall better wellness.

Hydrogen-rich Water Improves Children's Immune System

The majority of a child's immune system revolves around gut health. With this in mind, when there is damage occurring in the gastrointestinal tract, there's a variety of health problems that can occur. Thus, the immune system's health is essential for a child's overall health.

Hydrogen-rich water promotes a healthy immune system. By assisting in the offsetting of toxins found in the gut and boosting the secretions of healthy hormones, hydrogen-rich water benefits the body by helping it fend off infections and illnesses. In essence, one of the hydrogen-rich water side effects on kids is a more effective immune system.

Benefits of Hydrogen-rich Water Packaging for Kids

One of the unintended hydrogen water side effects on kids is that children are actually interested in hydrating.

Our shaped pouch is perfectly crafted to fit a child's hands. Instead of using a bulky water bottle, we use an aesthetically appealing pouch design. It's unique, sleek packaging at its finest, and the shape alone is enough to captivate the interest of nearly any child.

Our pouches are also super easy to drink from as well. We've incorporated a spout to ensure there's never an issue opening and closing the pouch. As a result, our pouches help children avoid spills, ensuring the hydrogen water hydrates their cells.

Our **10acity™** water multi-colored pouch is also resolving the half-full water bottle issue. Time and time again, we've seen children leaving unfinished waters behind. With our 4.4 fl. oz (130 ml) pouch, children receive the perfect amount of water to finish in one sitting. In turn, it's not a long, drawn-out process for a child to finish a serving.

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