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THE ULTIMATE WAY TO GOOD HEALTH
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Why is it so important to fill my container all the way leaving no space when I make H2 Tablets?

H2 Tablets create molecular hydrogen, which is a gas, so it wants to escape. When making H2 Tablets, we want the hydrogen gas driven into the water, so when we drink it, the H2 can do its magic in your body. So, if you leave air, guess where it goes? It goes into the headspace and the not the water. It is not a bad idea to actually fill it so that it very slightly overflows the top. So if you want maximum benefit, fill 'er up! All the way!

What size / Type of container is best for making H2 Tablets?

There are definitely some things to look for when selecting a bottle to use for making your H2 Tablets.

Container Size: It is best to make H2 Tablets in a 16 ounce (475ml in metric. We actually use a Schweppes glass 300ml bottle with plastic cap) bottle. You can go larger, but you'll just have to drink more!

Type: First and foremost, the bottle needs to be airtight. Any bottle that is made to hold carbonation is best; Glass Kombucha, Perrier or other sparkling water bottles work well. Screw-top aluminum also works. We have heard that due to its chemistry, aluminum optimizes the reaction somehow. (Aluminium is used in some Japanese hydrogen producing formulations) The higher grades of stainless are fine, as is glass. Plastic works but will not provide optimum results and have all the same concerns associated with plastics. Of all considerations, being airtight is most important.

Is there a difference between waiting 5 minutes and 20 minutes?

Assuming you have done everything else properly, typically the longer you wait, the more H2 is produced. So you will get more benefit!

Can I let H2 Tablets process for more than 20 minutes?

Again, assuming you have done everything else properly, typically the longer you wait, the more H2 is produced. So it is perfectly fine to allow H2 Tablets, to process for more than 20 minutes. Many people like to prepare the

bottle the night before and then drink it in the morning. All things being equal, the concentration of hydrogen is likely higher; although if you are using a cheap single-use PET plastic bottle, it…will leak H2 the longer it's in the bottle.

Can I add flavor to H2 Tablets?

Yes! In fact we recommend it! Lemon or essential oils like citrus or cinnamon are wonderful ways to add some pizazz. However, DO NOT add any flavoring agent at the beginning when making your hydrogen water, use only the water and the tablet per the instructions. Anything else will upset the delicate chemistry that takes place. Once the hydrogen reaction is complete (15-20 mins) and your water is at full saturation, you can add flavoring and enjoy! I add lime juice BEFORE adding the tablet. It acidifies the water which in turn makes for a better H2 conversion.

What is the black residue at the bottom of my container?

The black residue is simply magnesium that was not used up during the processing. It adheres like scaling calcium in hard water. It is harmless. It can be easily cleaned. It is easiest to clean after you have consumed your H2 Viva by simply scrubbing it with a good brush. If you allow it to build up it becomes more difficult and we recommend softening it with some vinegar or something acidic and then scrubbing. If you add lemon or lime juice you will notice that there is much less residue.

Are the minerals in H2 Tablets organic or inorganic?

To address this question in the detail would require a few pages, but here is as brief as we can make it.

The fact is, all minerals are inorganic. The very definition of organic means that it contains carbon. Magnesium, Carbon, Oxygen and Hydrogen are all elements. Their respective chemical formulae are Mg, C, O and H. These elements can combine together to form molecules, such as sugar, with the chemical formula C6H12O6. Because this molecule of sugar has carbon, it is organic. Carbon is the building block of life. All living things are made out of carbon. Carbon is what makes up amino acids, and fats. Notice that water is H2O, so water itself is inorganic. Minerals found in food are often associated (chelated) with organic compounds like acids (e.g. citric acid, fumaric acid, malic acid, etc.), fats, and amino acids. Depending on the type of mineral (alkaline minerals, or transition metals), the interaction with these organic compounds may increase or decrease the bioavailability and absorption. They may alter the transport binding affinity, redox state of the metal, and interactions with other biomolecules.

Generally minerals (not metals where absorption is protein/redox-dependent) are best, and in many cases only, absorbed in their free cation state. In other words it is the inorganic form (magnesium ions) that are absorbed.Rest assured, the magnesium found in the water after it reacted is bioavailable, and easily absorbed and utilized by the cells. It is only a fraction of the DRI, and so there is no significant risk of using a few – or even more – tablets per day.

Are there any contraindications from ingesting H2?

No. I have noticed more free bowel movements.

Can you overdose on H2?

No. In fact some studies regarding specific disease models indicated that with H2, more is actually better. Any excess H2 simply escapes as a gas.

So if the H2 Tablets produce high levels of H2, then is "more better"?

There are studies of some specific disease models that indicate that with H2, more is actually better.

What is the cost per dose and the suggested dose per day?

H2 Tablets cost $1 per dose and the recommended daily dose is 2 tablets per day – one in the morning and one in the afternoon/early evening. The bottle is 60 tablets or a one-month supply. We have many people, myself included, using one tablet. I think that the better conversion facilitated by the lime juice means I'm getting more H2 than I'd have in plain water.

Can I get the same benefit from food grade hydrogen peroxide?

While popular in some health circles for many things from sterilizing drinking water to reputed therapeutic benefits for specific ailments, food grade hydrogen peroxide [H2O2] has no similarity to dissolved molecular hydrogen [H2]. Hydrogen peroxide is a strong oxidizer and is used as a bleaching agent and disinfectant. Molecular hydrogen [H2] is a reducing agent/anti-oxidant.

Can H2 Tablets make you feel nausea?

If people are feeling sick in conjunction with H2 Tablets, it is much more likely to be a correlation and not causation. Regardless, there is no risk of toxicity by ingesting the small amount of magnesium. In fact it is good. Hydrogen gas is void of toxicity at levels significantly higher than what the tablet provides. Hydrogen doesn't build up in the body, and any excess is just breathed out by the lungs. In some people, hydrogen gas appears to help

alleviate constipation and may even promote loose stools, which can be considered a cleansing effect, which can produce symptoms including nausea.

Are H2 Tablets explosive or combustible?

No. Well. just don't let water get into the bottle. Things will start happening. the tablets will begin to combust and heat will be the result.

Do H2 Tablets micro-cluster the water?

No.