



pH Prescription *Water Doctors Recommend* invites you to research the science behind our products. The following are links to studies, case studies and blogs that offer expansive information validating the performance and benefits of pH Prescription products.

Met Syn

Study:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7102907/>

The Effects of 24-Week, High-Concentration Hydrogen-Rich Water on Body Composition, Blood Lipid Profiles and Inflammation Biomarkers in Men and Women with Metabolic Syndrome: A Randomized Controlled Trial

Blog:

<https://drinkhrw.com/blogs/news/drink-hrw-s-largest-study-to-date-metabolic-syndrome>

NAFLD Study:

<https://www.sciencedirect.com/science/article/pii/S2210740119300853>

Hydrogen-rich water reduces liver fat accumulation and improves liver enzyme profiles in patients with non-alcoholic fatty liver disease: a randomized controlled pilot trial

Blog:

<https://drinkhrw.com/blogs/news/insulin-sensitivity>

Hydrogen Water and Insulin Sensitivity

study (page 3):

<https://bmcsportsscimedrehabil.biomedcentral.com/track/pdf/10.1186/s13102-019-0119-7>

Hydrogen-rich water positively affects HOMA2 variables in physically inactive population

Study:

[https://journals.lww.com/acsmmsse/fulltext/2018/05001/28\\_Days\\_Hydrogen\\_Rich\\_Water\\_Supplementation.2411.aspx](https://journals.lww.com/acsmmsse/fulltext/2018/05001/28_Days_Hydrogen_Rich_Water_Supplementation.2411.aspx)

28-Days Hydrogen-Rich Water Supplementation Affects Exercise Capacity in Mid-Age Overweight Women

Study:

<https://www.ncbi.nlm.nih.gov/pubmed/30918832>

Acute Supplementation with Molecular Hydrogen Benefits Submaximal Exercise Indices. Randomized, Double-Blinded, Placebo-Controlled Crossover Pilot Study

Case study concussion recovery:

Study:

<https://f1000research.com/articles/8-1024/v1>

Case Report: Buccal administration of hydrogen-producing blend after a mild traumatic brain injury in a professional athlete [version 1; peer review: 2 approved]

Blog

<https://drinkhrw.com/blogs/news/h2-concussion-recovery>

HYDROGEN WATER FOR CONCUSSION RECOVERY

Case study:

<https://f1000research.com/articles/9-245/v1>

Case Report: Acute hydrotherapy with super-saturated hydrogen-rich water for ankle sprain in a professional athlete [version 1; peer review: 2 approved]

<https://drinkhrw.com/blogs/news/hydrogen-tablets-increase-alertness-equivalent-to-caffeine>

Hydrogen Tablets Increase Alertness Equivalent to Caffeine