

The New Nutrient



honey  colony

“High-Dose” Molecular Hydrogen

HYDRA User Instruction

Each **Hydra** tablet infuses a full bottle¹ of water (12-16 oz.) with a high dose of health-promoting Molecular Hydrogen (H₂).

Obtain a 12-16 oz. sturdy plastic bottle with a tight-sealing screw-on cap. Avoid glass bottles because of the considerable build-up of H₂ pressure. Fill the bottle to the brim so there is no air space and add one tablet. Cap the bottle very tightly. In a clear plastic bottle you can observe a cascade of H₂ bubbles.

Wait until the **Hydra** tablet completely reacts and disappears (approximately 10-15 minutes). Chilling the water helps maintain Molecular H₂ potency and enhances taste.

When to use

Try **Hydra** infused water before activities to limit oxidative stress as well as afterwards for more rapid recovery of physiological function.

Consult your informed health practitioner for more advanced use of Molecular H₂ infused water and search for Molecular Hydrogen health support applications on the Internet (molecularhydrogenfoundation.org).

See detailed dosage
and use options on reverse side.