

**Are the health benefits of the
Ultimate Water System backed
scientifically?**

AQUAVITA[®]

Overwhelmingly, yes!

AQUAVITA[®]



U.S. National Library of Medicine

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| Benefits of alkalinity | ncbi.nlm.nih.gov/pmc/articles/PMC3195546 |
| Benefits of hydrogen-rich water | ncbi.nlm.nih.gov/pubmed/29254278 |
| Enhancing anaerobic exercise performance | ncbi.nlm.nih.gov/pubmed/30452459 |
| Infertility treatment | ncbi.nlm.nih.gov/pmc/articles/PMC4216437 |
| Kidney disease control | ncbi.nlm.nih.gov/pubmed/12044953 |
| Combatting arthritis | ncbi.nlm.nih.gov/pmc/articles/PMC2367388 |
| Benefits to athlete's nutrition | ncbi.nlm.nih.gov/books/NBK299049 |
| Prevention of oxidative damage | ncbi.nlm.nih.gov/pubmed/17486089 |
| Parkinson's disease control | ncbi.nlm.nih.gov/pubmed/23400965 ncbi.nlm.nih.gov/pmc/articles/PMC3407490 |

Citations 1-10





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| Promoting brain health (combatting cerebral ischemia) | ncbi.nlm.nih.gov/pmc/articles/PMC3694409 |
| Stress reduction | ncbi.nlm.nih.gov/pubmed/18563058 |
| Inflammation reduction | ncbi.nlm.nih.gov/pubmed/23031079 ncbi.nlm.nih.gov/pubmed/23859555 ncbi.nlm.nih.gov/pubmed/23859555 ncbi.nlm.nih.gov/pubmed/20351628 |
| Muscle fatigue reduction | ncbi.nlm.nih.gov/pmc/articles/PMC3395574 |
| Increased stamina during cardiovascular exercise | ncbi.nlm.nih.gov/pubmed/28474871 |
| Muscular dystrophy improvement | ncbi.nlm.nih.gov/pubmed/28474871 |
| Combatting obesity | ncbi.nlm.nih.gov/pubmed/21293445 |

Citations 11-20





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| Prevention of arteriosclerosis (thickening of arteries) | ncbi.nlm.nih.gov/pubmed/18996093 |
| Metabolic syndrome prevention | ncbi.nlm.nih.gov/pmc/articles/PMC2831093 |
| Combatting diabetes | ncbi.nlm.nih.gov/pubmed/19083400 |
| Improvement of mood, anxiety and nerve function | ncbi.nlm.nih.gov/pubmed/29497485 |
| Combating tumor formation/cancer | ncbi.nlm.nih.gov/pubmed/21042740 |
| Reduction of side-effects of chemotherapy and radiation | ncbi.nlm.nih.gov/pubmed/22146004 ncbi.nlm.nih.gov/pubmed/19148645 |
| Promoting skin health | ncbi.nlm.nih.gov/pubmed/22607973 ncbi.nlm.nih.gov/pubmed/22070900 |

Citations 21-29





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| Enhancing wound healing | ncbi.nlm.nih.gov/pubmed/24020833 |
| Promoting bladder health | ncbi.nlm.nih.gov/pubmed/26518110 |
| Improving cardiovascular health | ncbi.nlm.nih.gov/pubmed/25979689 |
| Prevention of hearing loss | ncbi.nlm.nih.gov/pubmed/19339905 ncbi.nlm.nih.gov/pubmed/24945316 ncbi.nlm.nih.gov/pubmed/20888392 |
| Combatting dermatitis and skin allergies | ncbi.nlm.nih.gov/pmc/articles/PMC3852999 |
| Reduction of kidney toxicity (nephrotoxicity) | ncbi.nlm.nih.gov/pubmed/21959999 |
| Promoting kidney health (uraemia prevention) | ncbi.nlm.nih.gov/pubmed/20388631 |

Citations 30-38





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| Promoting liver health (hepatitis B and liver fibrogenesis prevention) | ncbi.nlm.nih.gov/pubmed/24127924 ncbi.nlm.nih.gov/pubmed/23682614 |
| Improving gut health | ncbi.nlm.nih.gov/pmc/articles/PMC3925872 |
| Improving lung health | ncbi.nlm.nih.gov/pubmed/26182997 |
| Protection against radiation | ncbi.nlm.nih.gov/pubmed/21116102 |
| Pain relief | ncbi.nlm.nih.gov/pubmed/24941001 |
| Promoting oral health (prevention of periodontitis/gum inflammation) | ncbi.nlm.nih.gov/pmc/articles/PMC4665424 |
| Preservation of transplant organs | ncbi.nlm.nih.gov/pubmed/23273745 |
| Rapid absorption and therapeutic effectivity | ncbi.nlm.nih.gov/pubmed/23273745 ncbi.nlm.nih.gov/pubmed/17486089 |

Citations 39-48





**No known side effects to
molecular hydrogen
consumption**

ncbi.nlm.nih.gov/pmc/articles/PMC3257754



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**Improves the health of
internal organs**

[bmccomplementalternmed.biomedcentral.com
/articles/10.1186/1472-6882-14-81](https://bmccomplementalternmed.biomedcentral.com/articles/10.1186/1472-6882-14-81)



European Journal of Clinical Nutrition

**Controls immune
system ageing**

nature.com/articles/1601476

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