


# Formula One Health

**Below is a summary of scientific studies on the potential health benefits of molecular hydrogen water.**

 Increased energy  
<https://pubmed.ncbi.nlm.nih.gov/25525953/>


 Anti-aging  
<https://www.hindawi.com/journals/omcl/2022/2249749/>


 Prevent and improve health from diseases such as diabetes, Alzheimer's, cancer, dementia, etc  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7291681/>


<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6352568/>


[https://tcr.amegroups.com/article/view/23326/html#:~:text=Molecular%20hydrogen%20has%20also%20been,progression%20\(8%2C9\).](https://tcr.amegroups.com/article/view/23326/html#:~:text=Molecular%20hydrogen%20has%20also%20been,progression%20(8%2C9).)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6691140/>

 Improve eye/ear/ brain health  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4878665/>

 Decreased inflammation  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8721893/#:~:text=Immunomodulatory%20function%20of%20hydrogen%20on,the%20imbalance%20can%20be%20redressed.>

 Improve sports injury recovery time  
<https://pubmed.ncbi.nlm.nih.gov/22520831/>

 Reduce oxidative stress  
<https://pubmed.ncbi.nlm.nih.gov/21621588/#:~:text=Hydrogen%20has%20many%20advantages%20for,inflammatory%20and%20anti%2Dallergic%20effects.>

 Improve hydration  
<https://www.mdpi.com/2673-4141/3/1/5>

 Improve electron flow in mitochondria  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5399596/>

 Regulate sleep  
<https://clinicaltrials.gov/ct2/show/NCT05248360>

 Increase telomerase  
<http://pubs.sciepub.com/ajfn/4/6/4/>

 Balance hormones  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC58064>