



How To Choose The Right Hydrogen Therapy Machine ?

You may be in the point of saying yes I would like a Hydrogen Therapy machine, yet the question is which one. In this PDF we will cover the main points to consider





How To Choose the right Hydrogen Machine?

Interest in hydrogen and hydrogen/oxygen therapy is growing rapidly, and with so many devices on the market, it's natural to wonder which one will be best suited to your needs.

We receive this question almost daily from people who are keen to experience the benefits of this emerging wellness technology but also want clarity before making a decision. While we cannot make any medical claims or suggest that our machines can treat or cure any specific illnesses, we can however help you to understand the key differences between our models so that you can make a more informed choice based on your goals, lifestyle and budget.

When we first began offering hydrogen inhalation devices, our range consisted of devices that produced only pure hydrogen (without oxygen) with output flow rates of 120 ml/min and 600 ml/min. Research suggests that inhalation at 120–150 ml/min is where measurable therapeutic effects start to appear, making these excellent entry point machines for people in good health who simply wish to add hydrogen to their daily routine.

At that time, 600 ml/min was considered a very powerful machine, delivering five times the output of the smaller model. However, these early devices lacked the advanced features that have since become available.

Our original machines lacked the ability to detect water quality or remind you to top up the water tank and had fewer safeguards to ensure consistent performance.

As new technology became available, we tested a wide range of devices from reputable manufacturers. We chose our current manufacturer for several important reasons:

- 18 years' experience making hydrogen machines
- High Quality Materials and build quality
- Intelligent 'smart' built in safety features for easier use
- CE Certificate



Overview of key features



	Hydro Medic	Hydro Nova	Hydro Gen
Out Flow	1500-3000ml	1500 ml	1200 ml
Hydrogen Oxygen Ratio	66.6% Hydrogen 33.4 % Oxygen		
Hydrogen Output	1000 or 2000ml	1000ml	800 ml
Oxygen Output	1000ml - 500ml	500ml	400ml
Weight Without Water	30 kilos	9.4 kilos	9.8 kilos
Size In cm	28 x 58 x 58	21 x 43 x 43	22 x 42 x 42
Size Of Water Tank	5 liters	2.6 liters	2.6 liters
Noise Level	30 - 35 DB	20 DB	20 DB
Hydrogen Technology	Independent research and development of SPE pure water type electrolyzer imported from the United States N117 hydrogen oxygen separation without catalyst addition		
Type Of Water Needed	Distilled Water 000PPM or less than 001 PPM To be double checked with a TDS pen		
CE Certificate	Yes, All of our machines have a European CE quality Certificate		



We offer 4 hydrogen/oxygen inhalation machines

How quickly does the body gets to saturation point

Most of the studies have focused on how quickly blood levels become saturated, which is not the same as tissue saturation (cells, lymph and organs), which can take a little longer to achieve. It appears that with machines operating with an output above 1000ml/min that the level of hydrogen in the blood plateaus within around 10-30 minutes, depending of the flow rate and size of the person.

How quickly tissue saturation occurs

- Hydro Medic & Immortal: **10-15 mins**
- Hydro Nova **15-20 mins**
- Hydro Gen **20-30 mins**

If you are looking for maximum hydrogen intake in the shortest possible time, the Hydro Medic and Immortal can allow you to reach tissue saturation in roughly 10 minutes and complete a 30-minute treatment before a less powerful Vitality machine has even reached saturation.

The Immortal and Hydro Medic is a popular with clinics, athletes and people who want a really powerful hydrogen/oxygen treatment but also want to keep their session times to no more than an hour.

The Immortal and hydro medic is going to provide the body with significantly more hydrogen/oxygen in an hour than the less powerful machines.

Why Is the Hydro Medic & Immortal Used for Serious Health Issues

A review of recent human studies, over the last 3 years, show that devices with a combination of hydrogen/oxygen in a 2:1 ratio and an output of 3000 ml/min are by far the most commonly specified machines – this is the specification of our Hydro Medic and Immortal. China leads the way in clinical implementation, where there are numerous hospitals incorporating hydrogen/oxygen therapy for the treatment of many

health conditions, including respiratory issues, cancer, type 2 diabetes and covid-19.

When it comes to using hydrogen/oxygen for more serious health conditions, 3-4 hours or more each day is the protocol that many medical case studies are showing provides the best results.

In theory, once saturation has been reached, less powerful machines can maintain tissue saturation as easily as a more powerful machine.

To put things into context, if a session was 3 hours long

3000ml – Saturation occurs in roughly **10mins** & is maintained for **2hrs 50mins**

1500ml – Saturation occurs in roughly **20mins** & is maintained for **2hrs 40mins**

1200ml – Saturation occurs in roughly **30mins** & is maintained for **2hrs 30mins**

When sessions become longer than 1-hour there is not that much difference between the machines when viewed only on the basis of tissue saturation. However, at the time of writing there are many aspects of hydrogen/oxygen therapy that we don't have any scientific research to draw on.

At present there are no studies that have compared the treatment effectiveness of different flow rates on health conditions in humans.

Improvements in inflammation, oxidative stress, fatigue and recovery have been documented across different flow rates. However, it is yet to be established if higher flow rates are superior or if there is an optimum flow rate. We have listed below some of the possible reasons why the Hydro Medic and Immortal may be getting better results and is the machine of choice for serious health issues by medical doctors.

Split treatments

Many of the case studies do not use the machine for 3-4 hours continuously; they often break them up into morning and evening treatments.

This means that the less powerful machines are going to be at a disadvantage as they will need to spend time building back up to the saturation point a second time.

Higher sustained blood concentration:

A 3000ml/min flow delivers more hydrogen per breath, raising alveolar concentration compared with 1500ml/min or 1000ml/min flow

This could lead to a slightly higher steady-state blood concentration

This may help hydrogen to penetrate harder to reach tissues (such as poorly vascularized areas & lymph)

Respiratory dilution factor:

An average person will inhale around 6-8 Liters of air per minute. When using a hydrogen/oxygen machine, this inhaled air is mixed with the hydrogen/oxygen delivered by the device.

A 3000 ml/min machine displaces a larger amount of that inhaled volume with hydrogen, raising the percentage concentration they are actually inhaling. So even after reaching saturation, the 3000 ml/min could maintain a higher inhaled percentage and potentially keep tissues at the top end of the therapeutic range.

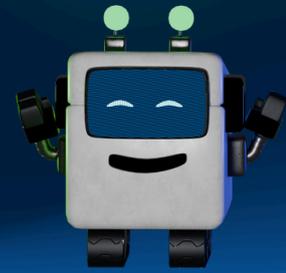
Clinical observations:

Practitioners commonly report that patients with severe illnesses (such as cancer & neurological diseases) respond better with higher-output machines. This hasn't been proven in controlled trials, but it appears that higher intensity may produce stronger outcomes.

While both lower and higher-output machines maintain saturation over longer sessions, a 3000 ml/min device, such as the Immortal and Hydro medic, appears to provide a range of additional advantages when it comes to more severe health challenges. It is expected that as more research is conducted over the next 5 to 10 years, that we will be able to better understand how to maximize and harness the true potential of this therapy.

Some final thoughts to help you decide

Research shows that higher flow rates will saturate the blood and tissues faster than lower output machines. However, once the blood is saturated, it can be maintained just as easily with a 1000ml/min machine as a 3000ml/min one. Most of the early hydrogen research, from around 2007 to 2015, was conducted at relatively low flow rates (120 to 600ml/min), as this was the limit of the technology at the time. An early hydrogen machine with an output of 300ml/min would potentially require an hour to saturate the blood, however, these studies consistently showed significant benefits. More recent research, particularly in hospitals and clinical case studies, have tended to use higher output devices (3000ml/min) which are combined with oxygen in a 2:1 ratio. This change has been made possible by more advanced technology and while this doesn't prove they are more effective than lower flow rates, it does mean that the strongest body of evidence to date is associated with the higher-output devices. As hydrogen is a relatively new and emerging health modality, research has not yet been conducted that compares the impact of different flow rates on human health conditions.



Choose Hydro Medic or The Immortal if you:

- Want the highest and most stable hydrogen/oxygen inhalation
- Want shorter treatment sessions
- Are an athlete or sports player performing at a high level and looking to improve recovery times
- Run a therapy practice and need reliable hydrogen/oxygen delivery across different clients and breathing patterns.
- Have a challenging health condition



Choose Hydro Nova

- Want a balanced, do-everything home machine.
- Have the time to sit a bit longer to reach tissue saturation but still want strong performance.
- Prefer a mid-range price without a big compromise on effectiveness.



Choose Hydro Gen

- Are budget-conscious and want a quality machine for home use
- Don't mind longer sessions to achieve tissue saturation
- Healthy and looking for a home machine that will support health & longevity.





breathe health, breathe molecular hydrogen

with our molecular hydrogen machines, every inhalation
becomes a moment of profound well-being

www.HydrogenTherapyH2E.com

