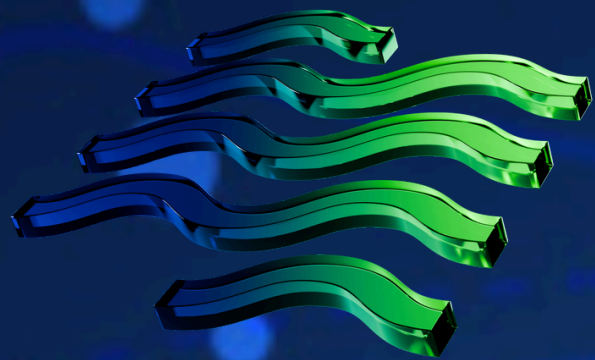




How To Choose The Right Hydrogen Therapy System ?

In this PDF We will cover the main points to consider



How To Choose the right Hydrogen System?



Interest in our H₂=E hydrogen/oxygen therapy is growing rapidly in the UK, 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 in 2017, 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 120ml is where measurable therapeutic effects start to appear, making this an entry point machines for people in good health who simply wish to add hydrogen to their daily routine. Yet as this technology and research is evolving, we know any level of hydrogen can be beneficial. Yet when you consider the average human has between 30-37 trillion cells and then each cell has between 100 to 2000 mitochondria, that is more than a big number and hence you start to see why the bigger output machines are getting the better results.

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 in ML

1500-3000

450-1500

450-1200

Hydrogen
Oxygen Ratio

66.6% Hydrogen 33.4 % Oxygen

Weight
Without Water

30 kilos

9.8 kilos

9.8 kilos

Size
In cm

28 x 58 x 58

21 x 43 x 43

21 x 43 x 43

Size Of
Water Tank

5 liters

2.6 liters

2.6 liters

Noise Level

30 - 35 DB

20 DB

20 DB

CE Certificate

Yes, All of our machines have a European CE quality Certificate

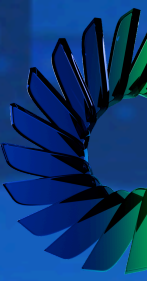
Type Of Water
Needed

Distilled Water 000PPM or less than 001 PPM
To be double checked with a TDS pen

Hydrogen
Technology

Independent research and development of SPE pure water type electrolyzer imported from the United States N117 hydrogen oxygen separation without catalyst addition

Choosing The Right Hydrogen Therapy System



There is no single "best" hydrogen machine for everyone. The right choice depends on your goals, schedule, budget and how often you plan to use hydrogen therapy. All of our machines generate high-purity molecular hydrogen. The main difference is the volume of gas delivered per minute and the type of protocol you wish to follow.

Hydro Gen (1200 ml/min)

Simple, Effective Daily Wellness

The Hydro Gen is designed for individuals who want to incorporate molecular hydrogen into their daily wellness routine.

It offers a comfortable flow rate that is ideal for:

- Daily home use
- General wellness support
- Healthy ageing protocols
- Oxidative stress management

First-time hydrogen users

Many users enjoy longer, relaxed sessions while reading, working or watching television. For those looking for an affordable introduction to hydrogen therapy, the Hydro Gen provides excellent value while still delivering a substantial volume of hydrogen-rich gas.

Hydro Nova (1500 ml/min)

The Most Popular Balance of Performance and Value

The Hydro Nova is often considered the "sweet spot" in our range.

It delivers 50% more gas volume than a typical 1000 ml/min system while remaining compact, practical and affordable. Ideal for:

- Daily wellness users
- Active individuals
- Recovery and performance support
- Busy professionals
- Families sharing one machine

The Hydro Nova allows users to receive a larger hydrogen volume without moving into the higher investment level of a clinical-grade system.

For many households, it offers the perfect balance between performance, convenience and value.

Why Many Clinics Choose The 3000 ml Output



Hydro Medic & Immortal (3000 ml/min) Professional-Level Output

The Hydro Medic and Immortal deliver 3000 ml/min of hydrogen/oxygen gas, matching the specifications commonly reported in many Asian hospital-based hydrogen inhalation studies. These systems are often chosen by:

- Hospitals and Private Clinics
- Wellness Centres
- Professional Athletes
- Users following intensive protocols
- People wanting maximum gas volume in the shortest time
- People dealing with a chronic health issue

A higher output means more hydrogen-rich gas can be delivered during each session, making it particularly attractive for longer daily protocols and professional environments.

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

During a 1-hour session:

- Hydro Gen delivers approximately 60 liters of hydrogen and oxygen gas
- Hydro Nova delivers approximately 90 liters of hydrogen and oxygen gas
- Immortal delivers approximately 180 liters of hydrogen and oxygen gas
- Hydro Medic delivers approximately 180 liters of hydrogen and oxygen gas

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.

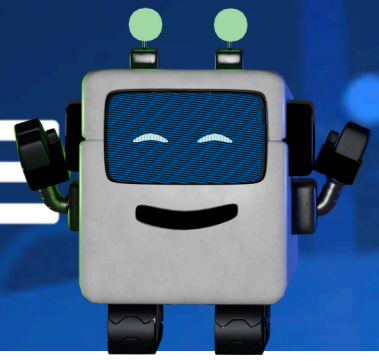
Clinical observations:

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.



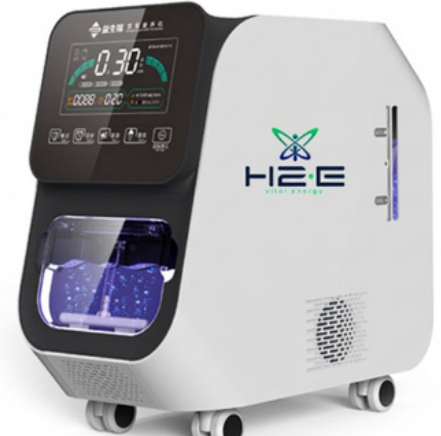
Choose Hydro Medic or The Immortal 3000ml

- Want the highest output hydrogen/oxygen inhalation machine
- 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



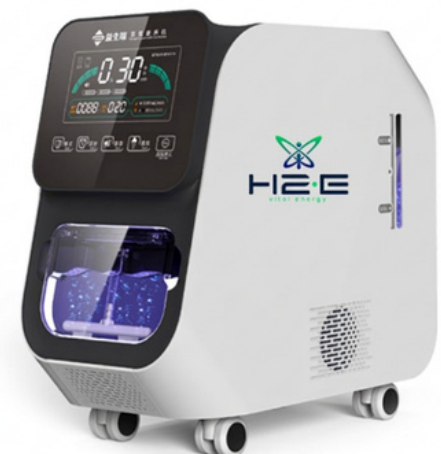
Choose Hydro Nova 1500ml

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



Choose Hydro Gen 1200ml

- Are budget-conscious and want a quality machine for home use
- Don't mind longer sessions to achieve therapeutic results.
- 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

