

# 28-Days Hydrogen-Rich Water Supplementation Affects Exercise Capacity in Mid-Age Overweight Women:



## Purpose

To examine whether 28 days of hydrogen-rich water (HRW) supplementation could improve exercise capacity and quality of life in middle-aged overweight women.

## Participants

Twelve women with a mean age of  $53.8 \pm 13.0$  years, BMI of  $28.8 \pm 3.3$  kg/m<sup>2</sup>, and a baseline VO<sub>2</sub> max of  $22.3 \pm 3.7$  ml/kg/min took part in the study.

## Study Design

This was a randomized, placebo-controlled, crossover, repeated-measure, double-blind interventional study. One group received 1 L/day of HRW (supplying ~9 ppm of H<sub>2</sub>), while the other received tap water as a placebo. Participants were evaluated at baseline and at 28 days. They were instructed to maintain their usual lifestyle, diet, and avoid other dietary supplements.

## Key Results

HRW intervention significantly improved VO<sub>2</sub> max compared to placebo at the 28-day follow-up. Differences were also found for time to exhaustion and total work completed during incremental exercise, with HRW producing improvements in both variables

## Conclusion

The authors concluded that HRW can be used as an alternative hydration formulation to positively affect exercise performance in mid-age overweight women



To Read The Full Study Please

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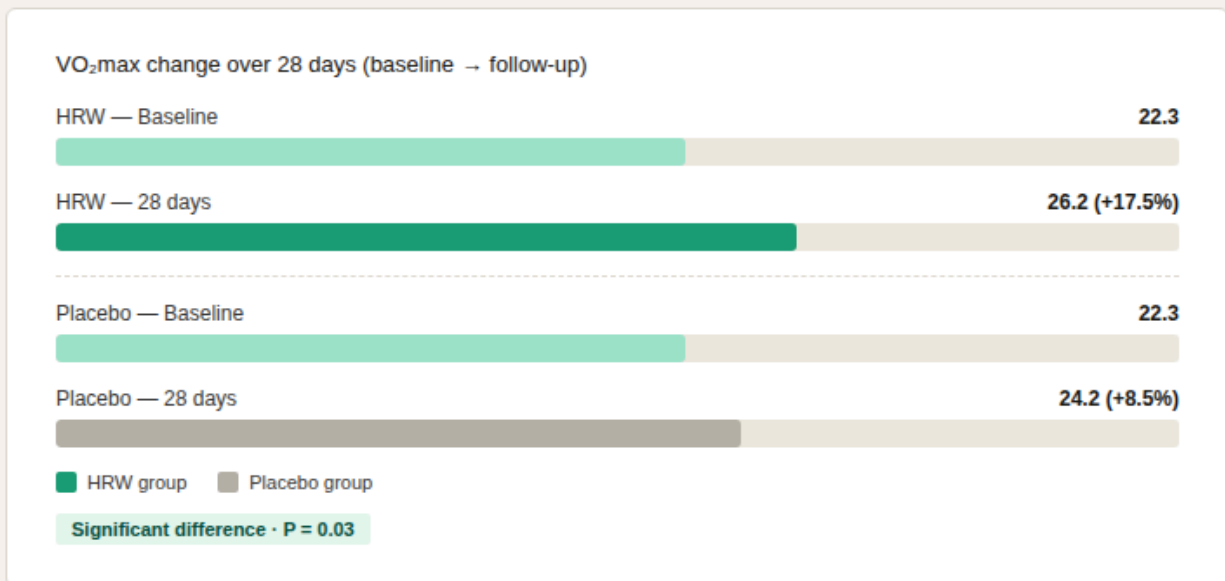


**KEY RESULTS**

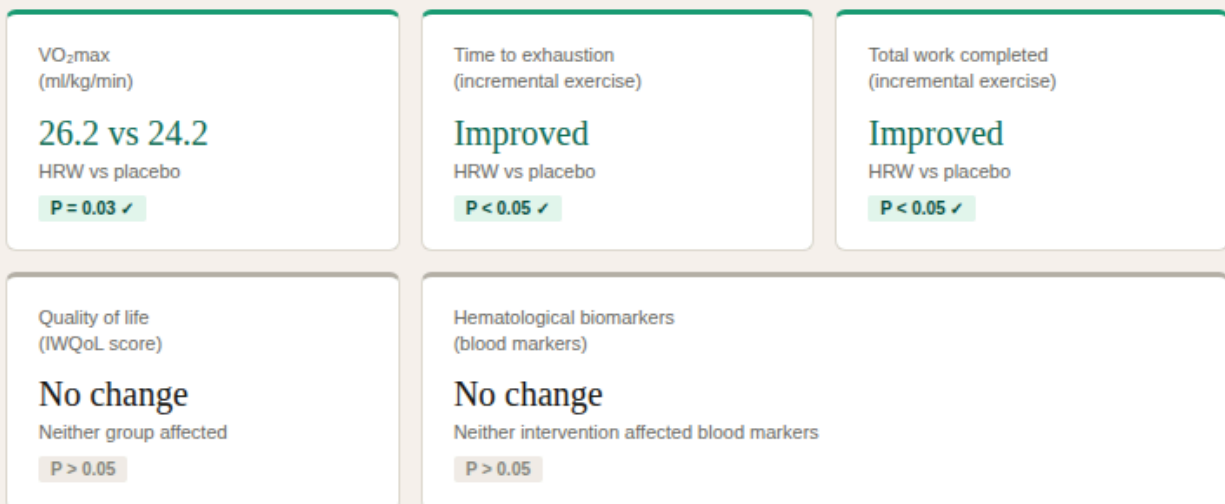
# 28-Day Hydrogen-Rich Water Supplementation & Exercise Capacity in Overweight Women

Ostojic et al. (2018) · Randomized, double-blind, placebo-controlled crossover trial · ClinicalTrials.gov NCT02832219

**PRIMARY OUTCOME — VO<sub>2</sub>MAX (ML/KG/MIN)**



**ALL OUTCOMES AT 28-DAY FOLLOW-UP**



**STUDY DESIGN & PARTICIPANTS**

