

## “Effects of Molecular Hydrogen Assessed by an Animal Model and a Randomized Clinical Study on Mild Cognitive Impairment” (2017)

### Human study part 🧑

Researchers then tested: 73 adults with: Mild Cognitive Impairment (MCI)  
Participants drank either: Hydrogen-rich water or Placebo water for:1 year.

### Researchers measured:

🧠 memory 🧠 thinking skills 🧠 cognitive performance.

### Main findings

⚠️ Overall results: For the full group: Hydrogen did not significantly improve cognition overall. This is important to say honestly.

### BUT...

✅ One subgroup improved. Researchers found something interesting. People carrying a gene called: APOE4 appeared to benefit more. What is APOE4? It is: A genetic risk factor linked with higher Alzheimer’s risk. Among these higher-risk individuals:

- ✅ memory scores improved
- ✅ thinking performance improved more than placebo.

**In plain English:** Hydrogen seemed to help the people most at risk for cognitive decline. Why might hydrogen help the brain? Researchers think hydrogen may help by:

- ✅ reducing oxidative stress
- ✅ calming inflammation
- ✅ protecting mitochondria (brain cell energy factories)
- ✅ helping reduce damage linked with aging.

### Think of it like:

Helping protect brain cells from wear-and-tear over time.

### This study suggests:

Hydrogen-rich water may have potential for supporting memory and cognitive health, especially in people at higher risk of decline.

### But:

The results were mixed — it wasn’t a clear win across everyone. That nuance actually makes the study more credible.

To Read The Full Study

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