



How to Choose the Right Hydrogen Therapy Machine

A clear comparison of the H2=E
1200, 1500 and 3000 ml/min systems

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Start with the Right Question

There is no single “best” machine for everyone. The right choice depends on how you plan to use it, how much time you have, the number of users in your household, the space available and your budget.

All three H2=E systems produce a mixed hydrogen/oxygen gas stream at approximately a 2:1 ratio. The main practical difference is output: how much total gas the machine delivers each minute.

The simple rule

Higher output delivers more gas per minute and can make shorter sessions practical. It does not guarantee proportionally greater health benefits, and no machine should be selected as a treatment for a medical condition.

Why customers choose H2=E

- UK-based family business supporting customers since 2017.
- Three output levels for different routines and budgets.
- Distilled-water operation with built-in water-quality monitoring.
- Quiet home models and a higher-output professional option.
- Two-year warranty, UK delivery and ongoing customer support.

Hydrogen inhalation is an emerging wellness technology. Research is growing, but clinical protocols and direct human comparisons between flow rates remain limited.

Three Machines at a Glance

Feature	Hydro Nova 1200	Hydro Nova 1500	Hydro Nova Pro 3000
Maximum output	1200 ml/min	1500 ml/min	3000 ml/min
Adjustable output	Up to 1200	450 / 900 / 1500	1500 / 3000
Gas composition	Approx. 66.6% H ₂ / 33.3% O ₂	Approx. 66.6% H ₂ / 33.3% O ₂	Approx. 66.6% H ₂ / 33.3% O ₂
Dimensions	22 × 42 × 42 cm	21 × 43 × 43 cm	28 × 58 × 58 cm
Weight without water	Approx. 9.8 kg	Approx. 9.4 kg	Approx. 30 kg
Water tank	2.6 L	2.6 L	5 L
Noise level	Approx. 20 dB	Approx. 20 dB	Approx. 30-35 dB
Best fit	Everyday home use	Balanced home performance	Highest output / professional use

Specifications should always be checked against the current product page and manual before purchase, as models may be updated. Use distilled water meeting the manual's purity requirement and verify it with the supplied TDS meter.

Shared technology

- Pure-water SPE/PEM electrolysis with an N117 membrane.
- Built-in hydrogen/oxygen mixing.
- Water-quality detection and safety monitoring.
- Cooling, humidification and automatic operating safeguards.
- CE certification stated by H2=E for the current range.

What Output Really Changes

Output tells you the volume of mixed gas produced each minute. Over the same length of session, a 3000 ml/min system delivers twice the total gas volume of a 1500 ml/min system and 2.5 times the volume of a 1200 ml/min system.

Session	1200 ml/min	1500 ml/min	3000 ml/min
20 minutes	24 litres	30 litres	60 litres
30 minutes	36 litres	45 litres	90 litres
60 minutes	72 litres	90 litres	180 litres

These figures describe machine output, not the amount absorbed by the body. Actual inhaled concentration varies with breathing rate, cannula fit, room air and individual physiology.

Faster exposure, not guaranteed better results

A higher-output system provides more hydrogen-rich gas each minute and may reduce the time needed to receive a comparable total gas volume. However, research has not established a universal “therapeutic saturation” target or proven that doubling output doubles benefit.

Our practical sweet spot

H2=E believes 1000-3000 ml/min offers a useful balance of meaningful exposure, comfortable session times and everyday practicality. This is our product philosophy, not a medically established dosing standard.

Which Model Fits Your Routine?

Model	Choose it when...	Consider...
Hydro Nova 1200	You want the most accessible entry into the range; your priority is general home wellbeing; you are comfortable with relaxed sessions.	Lowest output of the three, so comparable total gas volume takes longer.
Hydro Nova 1500	You want a compact all-rounder; more than one person may use it; you want the strongest balance of output, size and value.	A little more investment than the 1200, without the size of the Pro.
Hydro Nova Pro 3000	You want maximum output; shorter sessions matter; you run a wellness practice or expect frequent shared use.	Larger, heavier, louder and a higher investment.

Our recommendation for most households

The Hydro Nova 1500 is the natural middle choice: compact enough for the home, quiet in use and capable of delivering 50% more gas per minute than a 1000 ml/min device. The 1200 is well suited to budget-conscious daily use, while the Pro is designed for people who specifically value the highest output and shorter practical session times.

If a diagnosed health condition is influencing your purchase, speak with the healthcare professional responsible for your care. H2=E can explain machine features, but cannot prescribe a model or protocol as medical treatment.

Questions Worth Asking Before You Buy

Question	Why it matters
How much uninterrupted time do I realistically have?	Shorter available sessions may make higher output more convenient.
Will one person use it, or several?	Shared or professional use increases demand on the machine and schedule.
Where will it live?	Compare dimensions, weight, ventilation and noise before purchase.
What is my comfortable budget?	Choose the machine you can use consistently without unnecessary overspending.
Do I understand water and maintenance needs?	Correct distilled water, TDS checks and filter care protect performance.
Am I choosing because of a health diagnosis?	Machine advice is not medical advice; involve your clinician.

What does not change

- Every model is designed around the same straightforward routine: add approved distilled water, fit the cannula, select the time and relax.
- All require correct setup, good ventilation and compliance with the current manual.
- All provide hydrogen exposure; output changes the volume delivered per minute.
- The best machine is the one that suits your routine and will be used consistently.

Your Quick Decision Guide

Choose Hydro Nova 1200
For approachable everyday home use, a compact footprint and the lowest investment in the current range.

Choose Hydro Nova 1500
For the strongest balance of performance, quiet home use, compact size and value. Our default recommendation for many households.

Choose Hydro Nova Pro 3000
For maximum gas output, shorter practical sessions, frequent shared use or a professional wellness environment.

Still unsure?

Book a free consultation with Tony. We can talk through your schedule, available space, desired output and budget so you can make an informed decision without pressure.

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Important: Hydrogen/oxygen inhalation is not intended to diagnose, treat, cure or prevent disease. Product specifications and availability may change; confirm current details before ordering.