

The Next BIG THING is HERE

Diatomic Hydrogen H2 Easily Penetrates Sub-cellular Compartments

H2 is the smallest, lightest element and easily penetrates the cell and sub-cellular compartments like the mitochondria. It positively impacts ATP production in compromised mitochondria systems - meaning more energy!

H2 is the Most Pervasive, Powerful Antioxidant

Smaller and lighter than even oxygen, it is highly pervasive. The master antioxidant, it converts dangerous oxygen radicals into benign water and so protects DNA and RNA from oxidative stress.

H2 Activates your Body's own Powerful Enzymes

It triggers the activation of additional antioxidant enzymes such as glutathione and other cell-protective proteins.

H2 Can Favorably Alter Cell Metabolism, Signaling and Gene Expression

Research suggests that H2 could improve cell signaling Functions and provide anti-inflammatory, anti-allergic and anti-apoptotic (anti-cell death) effects.

How to maximize the benefit of H2Viva tablets

As we covered on the call, H2Viva creates hydrogen gas, and it wants to escape, so:

YOU NEED TO PREPARE IT CORRECTLY OR YOU WILL NOT GET ANY BENEFIT!!!!

First. Be sure to watch our short how-to video at <https://vimeo.com/131150638>. It's super informative! And you'll learn the best way to create and consume H2Viva to obtain the maximum benefits.

Dosage

The bottle we are sending you contains 60 tablets, which is a one-month supply at the recommended dosage of 2 tablets per day. You can take more.

Don't take it too late! Many feel a distinct energy boost from H2Viva, so don't take it

too late. We suggest your 1st dose in the morning and your 2nd no later than 6:00 pm.

Container is everything Ideally prepare it in an air-tight bottle. 16oz is best, but larger is OK. You just have to drink more! Find a bottle that will hold carbonation like glass Kombucha bottles, Perrier or other sparkling waters. Screw-top aluminum beer bottles work well.

Fill it ALL THE WAY TO TOP! *Fill the bottle all the way to the top* so there is no air in the bottle. Cap tightly. Wait at least 20 minutes. The longer you wait the better. Try preparing your morning dose the night before!

Open, (flavor), Drink!

Consume quickly, but in no longer than 20 mins. You can flavor it with lemon, essential oils etc.

Summary:

- Air-tight bottle
- No air at the top
- Cap tightly
- Wait at least 20 minutes
- Enjoy!

Familiarize yourself with the most **Frequently Asked Questions about Club Hydrate and H2Viva**. And remember...call Customer Service