

H2 Elite



How it Works

A military grade tablet of **magnesium** is dropped into a glass of water causing **thousands of tiny hydrogen gas bubbles** to form and bubble to the surface and gather in the water. As hydrogen gas is inhaled at low concentrations, or swallowed from the gas bubbles in the water, it can have huge health **benefits**. Drop one tablet in a 6-8oz glass of water and inhale the gas being released from the top of the water to maximize its benefits. Once the tablet has risen to the top of the water and totally dissolved, drink all contents in the glass.

**This does not replace the common-sense decisions of proper nutrition, healthy eating, rest, exercise and stress reduction but it will aid you in entering a new level of health and vitality. Life is all about a healthy balance.*



Should I Take H2 Elite?

Dr. Baker emphatically recommends the use of **molecular hydrogen water** to ALL of his patients. Particularly those that are **recovering from injuries, sickness, or may be pregnant**. Studies show the use of molecular hydrogen water has **huge potential health benefits**. *Below is a very brief summary of the potential health benefits of molecular hydrogen water and some research that explains it.*

There are **no side effects of molecular hydrogen** and new research continues to support its **huge potential in the body's desire to heal**. It assists in this effort down to the mitochondrial, microscopic cellular level and thus **improves most everything that is out of balance**.

Dr. Baker feels it is one of the **most cost effective and beneficial supplements for helping the body stay healthy, young, and vital**. *Use it daily during pregnancy or anytime during your life that you want to feel healthy and lively.*

H2 Elite



Benefits:



- Hydrogen acts as an antioxidant preventing organ and cell damage.
- Support and strengthen your natural antioxidant system.
- Hydrogen acts as an anti-inflammatory.
- Decreases pain (especially in joints.)
- Protects your muscles and improves effectiveness of exercise.
- Helps speed recovery after exercise.
- Promotes better pH Balance in your blood.
- Helps to combat diabetes, obesity, and metabolic syndrome.
- Protects DNA against radiation damage.
- Calms mild allergic reactions.
- Improves immune system to fight infections.
- Helps every cell and organ in the body function at a higher level of efficiency (eyes to kidneys, brain, heart, sex organs, liver, adrenal glands, ears, lungs, bones, joints etc.)
- Helps in weight loss and to decrease hunger.
- Helps mood disorders.
- Helps to heal wounds.
- Helps to decrease arthritis in joints.
- Helps in brain healing from traumatic injuries and dementia.
- Prevents aging skin and tissues.
- In pregnancy it can decrease toxemia/pre-eclampsia and improve fetal brain development and decrease autism and cognitive disorders in children.

*This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this handout.