

Additional Hydra Dosage & Use Guidelines

General Use – Place one (1) tablet into a full 12-16 oz. bottle¹ (must be full to brim) of water². Allow the tablet to react for 10-15 minutes before consuming. Chilling the H₂ infused water helps maintain its potency longer and enhances flavor.

Optional General Use with fruit and vegetable juice – Place one (1) tablet into a full 12-16 oz. bottle (must be full to the brim) of fruit juice or vegetable juice³. Chilling the H₂ infused juice helps maintain its potency longer.

Sports and Athletic Use – Place one (1) or two (2) tablets into a full 16 oz. bottle (must be full to brim) of water² or sports electrolyte drink. Allow tablet(s) to react for 10-15 minutes before consuming. Chilling H₂ infused water or sports drink helps maintain H₂ concentration longer.

Maximum Potency – Place one (1) or two (2) tablets into a full 12-16 oz. bottle (must be full to brim) of water². Allow tablet(s) to react in the refrigerator for at least 1 hour to develop maximum potency and stability.

Note: Magnesium mineral residue may be observed on the bottom of the bottle after prolonged use of **Hydra** tablets. This residue can easily be removed by pouring 1-2 tablespoons of white vinegar into the bottle, applying the cap, and agitating it until the residue dissolves. Rinse the bottle thoroughly with clean water.

¹Plastic or coated aluminum with screw-on cap with tight seal. It is imperative that the seal prevents the escape of hydrogen gas during the reaction of the tablet.

²Water can be distilled, RO, purified, spring or potable tap water. Sparkling water and high mineral content (>500 ppm Total Dissolved Solids) water are not recommended.

³Fruit juice or vegetable juice can be fresh or prepared. Do not use **Hydra** tablets with juice blends, smoothies or protein drinks.