



Vital Reaction

!

FAQ

[Frequently Asked Questions]

1. How much H₂ should I consume daily?

Answer: We have found that a minimum of 1-2 tablets per day is required. Many people find the greatest effect by consuming 4 tablets. VR Tablets should be taken every day for the rest of your life if you want to reach your human and health potential!

2. What type of water is best to use to prepare my VR Tablets?

Answer: For best results use water as close to 7 pH as possible (purified). The colder the water, the slower the reaction. The warmer the water, the faster the reaction.

3. What type of vessel is best?

Answer: It is easiest to drop the tablet in an open glass. The speed of reaction and volume of hydrogen created saturates the water and leaves a cloud of gas for a short period. For best results, you want to drink the water as quick as possible. Alternatively, any bottle with a tight seal will work. If using a rigid (glass or aluminum), sealed container, allow for roughly ¼" headspace.

6. How long do I wait when preparing my Vital Reaction H₂ beverage?

Answer: VR Tablets dissolve in under 2 minutes. For best results drink your beverage relatively quickly, literally the second the tablet finishes dissolving! A therapeutic range of molecular hydrogen will last for up to 60 minutes.

7. Should I add anything else to my water?

Answer: Water is enough, but if you want to add lemon juice or drop a VR Tablet in apple juice or a sports beverage, go for it!

8. What if there is residue or undissolved chunks left?

Answer: This is just undissolved magnesium, and it is perfectly safe to ingest. In fact, it will just react in your stomach to create even more H₂, so drink up! Sometimes the delicate chemistry of our tablets and the reaction with water leave some remnants of the magnesium, especially if the water you used was extra cold.

9. Is this product natural?

Answer: Yes. The reaction between elemental magnesium and water creates molecular hydrogen (a molecule comprised of 2 hydrogen atoms). This is the Universe's oldest atom, not much could qualify as more natural!

10. Are there any side effects from H₂?

Answer: In over 800 published articles no side effects have been observed. Hydrogen is used to prevent decompression sickness at thousands of times higher concentrations.

Note that these tablets do contain magnesium- so exceeding the RDA of Magnesium can have associated conditions (i.e diarrhea). There may be slight bloating due to drinking gas nanobubbles of H₂. Due to hydrogen's elemental properties, some have reported a slight film when in contact with gold or silver fillings, simply rinse your mouth out after drinking your VR beverage.

11. Is this the same as consuming hydrogen peroxide?

Answer: While popular in some circles for claimed therapeutic benefits for specific ailments, food grade hydrogen peroxide [H₂O₂] is in no way similar to dissolved molecular hydrogen [H₂] other than they both contain the word 'hydrogen'. Hydrogen peroxide is a strong oxidizer and is used as a bleaching agent and disinfectant. [H₂] is a reducing agent/antioxidant.

12. Is the tablet, or water explosive or flammable?

Answer: No. The levels of magnesium in the Vital Reaction tablet are too low to be flammable, as is the level of hydrogen in the water created.

13. Why Vital Reaction tablets over ionized alkaline water or other hydrogen products?

Answer: Vital Reaction is by far the most powerful hydrogen creator on the market. Capable of producing enough H₂ to saturate 500ml of water with 13 PPM*(parts per million) of H₂, this far exceeds what any of the other methods can achieve. By contrast, both ionizers and hydrogen sticks typically produce between 0.1-0.5 PPM of H₂, while degrading in performance over time. Many of the best human studies have relied on labs creating H₂ water in excess of 4-6 PPM, so Vital Reaction is the only reliable choice!

14. What am I supposed to feel when I take my VR Tablets?

Answer: Results will vary just as each individual's level of free radicals and oxidative stress varies. It typically takes 4 weeks to feel We've heard the following testimonials from a wide range of ages (4-80yrs):

- More energy
- Increased focus and mental acuity
- Less pain and inflammation
- Improved athletic performance and endurance
- Better hydration
- Increase blood oxygen levels
- Overall balance and 'wellbeing' (homeostasis)
- Consistent / improved sleeping patterns
- Less hungry / better weight management

15. What is the difference between taking magnesium vs. taking Vital Reaction Tablets?

Answer: Magnesium does not produce molecular hydrogen gas. Only elemental magnesium can produce nanobubbles of H₂ gas when reacting with any non-carbonated beverage.

16. What are the ingredients in the VR Tablets?!

Directions: Drop 1 tablet in 8oz. - 16oz of non-carbonated beverage. Wait until tablet has dissolved before consuming. (Do not swallow undissolved tablet.) For awesome results, drink as soon as possible.

Consult your health practitioner before use if you are pregnant or breast feeding. Store in a cool dry place. Keep bottle tightly closed.

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Supplement Facts

Serving Size 1 tablet, 1-4 times daily

	Amount Per Serving	% Daily Value
Magnesium	80 mg	20%

Other ingredients: Dextrose, D Malic Acid, Tartaric Acid, Sodium Stearyl fumarate

Do not use if security seal is broken or missing. Keep out of reach of children.

Made in Canada