Molecular Hydrogen Gas Inhalation Studies

Molecular hydrogen: a preventive and therapeutic medical gas for various diseases
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5731988/

Hydrogen gas inhalation enhances alveolar macrophage phagocytosis in an ovalbumin-induced asthma model
https://pubmed.ncbi.nlm.nih.gov/31200337/

Protective Effects in Infectious Diseases and anti-inflammatory Effects
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257754/

Inhalation of hydrogen gas attenuates airway inflammation and oxidative stress in allergic asthmatic mice
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5856384/

Molecular Hydrogen Studies & Research

Hydrogen Water Helps Neurological Disorders

Drinking hydrogen water and intermittent hydrogen gas exposure, but not continuous hydrogen gas exposure, prevent 6-hydorxydopamine-induced Parkinson's disease in rats.https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3407490/

Consumption of molecular hydrogen prevents the stress-induced impairments in hippocampus-dependent learning tasks during chronic physical restraint in mice.
https://www.ncbi.nlm.nih.gov/pubmed/18563058

A randomized double-blind multi-center trial of hydrogen water for Parkinson's disease: protocol and baseline characteristics
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4865993/

Anti Inflammatory of Hydrogen Water

Anti-inflammatory properties of molecular hydrogen: investigation on parasite-induced liver inflammation.
https://www.ncbi.nlm.nih.gov/pubmed/11510417

Consumption of water containing a high concentration of molecular hydrogen reduces oxidative stress and disease activity in patients with rheumatoid arthritis: an open-label pilot study.
https://www.ncbi.nlm.nih.gov/pubmed/23031079

Molecular hydrogen: new antioxidant and anti-inflammatory therapy for rheumatoid arthritis and related diseases.
https://www.ncbi.nlm.nih.gov/pubmed/23859555

Hydrogen-Rich Water Intake Accelerates Oral Palatal Wound Healing via Activation of the Nrf2/Antioxidant Defense Pathways in a Rat Model.
https://www.ncbi.nlm.nih.gov/pubmed/26798423/

Molecular Hydrogen helps in Muscle Recovery & Lactic Acid Reduction for Athletes

Pilot study: Effects of drinking hydrogen-rich water on muscle fatigue caused by acute exercise in elite athletes
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3395574/

Molecular hydrogen alleviates motor deficits and muscle degeneration in mdx mice.
https://www.ncbi.nlm.nih.gov/pubmed/26866650

Molecular Hydrogen May Prevent Metabolic Syndrome Diseases

Molecular hydrogen improves obesity and diabetes by inducing hepatic FGF21 and stimulating energy metabolism in db/db mice.
https://www.ncbi.nlm.nih.gov/pubmed/21293445

Consumption of hydrogen water prevents atherosclerosis in apolipoprotein E knockout mice.
https://www.ncbi.nlm.nih.gov/pubmed/18996093

Effectiveness of Hydrogen Rich Water on Antioxidant Status of Subjects with Potential Metabolic Syndrome—An Open Label Pilot

Study
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2831093/

Supplementation of hydrogen-rich water improves lipid and glucose metabolism in patients with type 2 diabetes or impaired glucose tolerance.
https://www.ncbi.nlm.nih.gov/pubmed/19083400

Molecular Hydrogen Water Aids in Weight Loss
Molecular hydrogen improves obesity and diabetes by inducing hepatic FGF21 and stimulating energy metabolism in db/db mice.
https://www.ncbi.nlm.nih.gov/pubmed/21293445

Hydrogen Water Reduced Ulcer Size and Increased Recovery Rates
Hydrogen water intake via tube-feeding for patients with pressure ulcer and its reconstructive effects on normal human skin cells in vitro.
https://www.ncbi.nlm.nih.gov/pubmed/24020833

Hydrogen Water Combats Allergies & Skin Allergies
Molecular hydrogen suppresses FcepsilonRI-mediated signal transduction and prevents degranulation of mast cells.
https://www.ncbi.nlm.nih.gov/pubmed/19766097

The Drinking Effect of Hydrogen Water on Atopic Dermatitis Induced by Dermatophagoides farinae Allergen in NC/Nga Mice
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3852999/