

**There are several documents that talk about hydrogen water and it's effects with respect to periodontal issues. These documents are:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4665424/>

<https://www.nature.com/articles/srep05534>

[https://www.researchgate.net/publication/312354022\\_Preventive\\_Effects\\_of\\_Drinking\\_Hydrogen-Rich\\_Water\\_on\\_Gingival\\_Oxidative\\_Stress\\_and\\_Alveolar\\_Bone\\_Resorption\\_in\\_Rats\\_Fed\\_a\\_High-Fat\\_Diet](https://www.researchgate.net/publication/312354022_Preventive_Effects_of_Drinking_Hydrogen-Rich_Water_on_Gingival_Oxidative_Stress_and_Alveolar_Bone_Resorption_in_Rats_Fed_a_High-Fat_Diet)

<http://www.oncotarget.com/index.php?journal=oncotarget&page=article&op=view&path%5B%5D=21130&path%5B%5D=67275>

## Japanese Clinical Trials Results

These are the results obtained from clinical trials conducted in Japan for hydrogen water.

- Reduces muscle fatigue
- Improves sleep quality and mental health
- Prevented an elevation of blood lactate during heavy exercise.  
(Reducing lactic acid)
- Improves lipid and glucose metabolism in patients with type 2 diabetes
- Improves dyslipidemia and metabolic syndrome
- Improves vascular endothelial function(Arteriosclerosis)
- Improves Parkinson's disease (Improvement in total UPDRS scores)
- Reduces brain damage after cardiopulmonary arrest resuscitation

### Source Documents for these results are listed below

[https://www.jstage.jst.go.jp/article/jspfsm/65/3/65\\_297/\\_article](https://www.jstage.jst.go.jp/article/jspfsm/65/3/65_297/_article)

<https://www.osaka-cu.ac.jp/en/news/2015/201chydrogen-rich-water201d-relieves-everyday-fatigue>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5806445/>

<https://www.ncbi.nlm.nih.gov/pubmed/22520831>

<https://www.ncbi.nlm.nih.gov/pubmed/22520831>

<https://www.ncbi.nlm.nih.gov/pubmed/19083400>

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

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3679390/>

<https://www.ncbi.nlm.nih.gov/pubmed/25378931>

<https://www.ncbi.nlm.nih.gov/pubmed/23400965>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3407490/>

<https://www.ncbi.nlm.nih.gov/pubmed/27334126>

[https://www.jstage.jst.go.jp/article/circj/80/8/80\\_CJ-16-0127/\\_html/-char/ja](https://www.jstage.jst.go.jp/article/circj/80/8/80_CJ-16-0127/_html/-char/ja)