

CHOOSING THE RIGHT MACHINE



When selecting a hydrogen or Brown's Gas machine, it is important to know what you are looking for based on your needs.

·**Entry-level machines** typically have an output of 120-300ml/min of hydrogen

These machines are backed by early scientific research and have been shown to provide a minimum level therapeutic effect.

·**Advanced machines** with hydrogen outputs of 600ml/min or more, deliver more hydrogen, offering stronger therapeutic potential.

At H2E we specialise in supplying advanced Brown's Gas machines which have outputs starting at 1000ml/min going up to 3000ml/min.

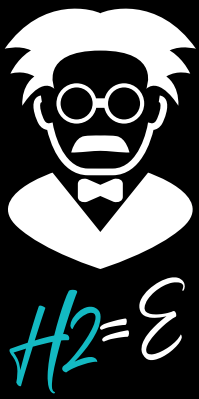
Brown's Gas is a combination of Hydrogen & Oxygen in a 2:1 ratio.
We have 3 machines in our range which are:

- **Vitality1000** (666.6ml/min hydrogen & 333.3ml/min oxygen)
- **Super Power 1500** (1000ml/min hydrogen & 500ml/min oxygen)
- **Immortal 3000** (2000ml/min hydrogen & 1000ml/min oxygen)

As a general guide, a more powerful machine has a greater potential to provide health related benefits.

What are the potential positives of the Immortal over the less powerful machines?

- 1.It delivers a larger volume of hydrogen/oxygen in a shorter time, potentially saturating tissues faster
- 2.It will saturate the blood and tissues with a higher level of hydrogen & oxygen, potentially providing a stronger therapeutic impact
- 3.You require less time on the Immortal to achieve the same results



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An example

A 1-hour treatment on the **Vitality 1000** can be achieved in just 20 minutes using the **Immortal 3000**.

Both deliver the same amount of Brown's Gas, but the **Immortal 3000's** faster output may provide greater cell saturation, leading to stronger anti-inflammatory and antioxidant benefits.

While the **Immortal 3000** offers many benefits, there are a few things to keep in mind

1. Absorption Limit

There is a theory that the body may only absorb a certain amount of hydrogen & oxygen at high outputs.

However, this is not something our customers have seen with our machines.

2. More Frequent Refilling

Stronger machines require more frequent refilling of the water tank and humidifier bottles. This is a small cost because we are only talking about some distilled water.

3. Condensation

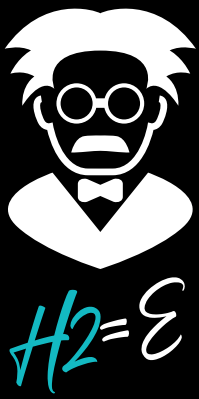
Higher output can cause more condensation in the cannula. The cannulas we supply do have condensation catcher in the middle of the tube, which catches any condensation if it happens in a session.

If you are dealing with a health condition, we suggest purchasing the most powerful machine you can afford.

Important Notice

We are not allowed to make any claims that our machines cure or treat specific health conditions.

These machines are not classified as Medical Devices in the UK, and we do not sell them for the purpose of treating any illnesses.



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Some general information on using Brown's Gas machines

Entry level machines with an output between 120-300ml/min can be used on a daily basis as the therapeutic effect is very gentle

Understanding the Strength of Our Machines

To put things into perspective: using our Vitality machine for 1 hour delivers the same amount of hydrogen as using an entry-level machine (120ml/min) for over 5 hours.

For this reason, we remind customers that even our least powerful machines are very strong in their therapeutic effects.

Guidelines for Using Our Machines

Here are some general principles for using Brown's Gas machines safely:
We suggest that you start with the following durations

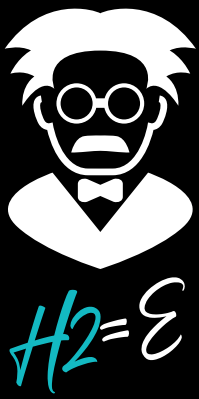
- **Vitality 1000ml** – 30 minutes
- **Super Power 1500ml** – 20 minutes
- **Immortal 3000ml** – 10 minutes

If you're dealing with a chronic health issue, we do not advocate using these machines on a daily basis; instead, it is suggested to have 1-3 days rest / recovery between sessions. Slow and steady healing we have found over the years gets the best results.

The reason for the recovery / rest day(s) is to allow the body to process and respond to the therapeutic stimulus of the Hydrogen/Brown's Gas therapy. Some people will find that just 1 rest / recovery day between sessions is enough, however, people who are very unwell or dealing with fatigue and weakness will often find that 2-3 days will work better for them.

The benefits of Hydrogen and Brown's Gas are gradual and appear with regular use over time.

It is often the case that more is not necessarily better.



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The goal is to work with the body, supporting it with therapy, rather than overwhelming it with too much which could result in stressing the body

We have a protocols document and video to help customers to safely utilize their machines and get the maximum benefit from them.