

A hand holding a glass of water being poured from a dispenser, with a large purple crystal on the left.

Kangen

WATER

THE PROPERTIES OF
KANGEN WATER

01

What is Kangen Water?

Kangen means "return to origin" in Japanese. Kangen Water® is alkaline water produced by Enagic's alkaline ionizer and water filtration machines. For more than 40 years, Kangen Water® has been used in Japan to help restore the body to its original, alkaline state. These machines can transform your ordinary tap water into healthy, fresh tasting alkaline drinking water. Kangen Water® is superior to tap and purified water.



02

Hydrogen rich

Water that is Hydrogen rich has a high concentration of Molecular Hydrogen (H_2). Molecular Hydrogen acts as an efficient antioxidant that diffuses rapidly across cell membranes and can reduce free radicals, suppressing oxidative stress. Through the process of electrolysis, your tap water becomes Hydrogen rich Kangen Water®.



Oxidation reactions in the body can produce free radicals, while antioxidants terminate these reactions. Elevated rates of oxidants and insufficient antioxidants in the body cause oxidative stress. A constant supply of external sources of antioxidants should be part of one's daily diet, to reduce oxidative stress and related damage. This is why everyone should not only care about the quantity of the water we drink, but also about the quality. Both are essential for our wellbeing.



As with most things in life, optimal health begins with balance. Our bodies must maintain a pH balance of 7.365, which is slightly alkaline. A pH scale is used to determine whether a substance is acidic or alkaline. On this scale 7.0 is neutral. Anything above 7 is considered alkaline and anything below 7 is considered acidic.



Hydrogen rich water is characterised by exhibiting a negative ORP. A high ORP value (in positive numbers), indicates that a substance has a higher oxidizing potential. In generalised terms, for humans a positive or high ORP is better for the outside of the body (cleaning and sanitizing). A low ORP value (in negative numbers) indicates that a substance has a higher antioxidizing potential, and is preferred for oral consumption. Just like pH, ORP values are an important measurement for determining the quality of water.



By choosing to drink alkaline water, you aid your body in returning to a balanced state. Kangen Water is a fresh, clean and great tasting way to maintain optimal health!

Kangen Water does not remove many minerals that are lost in the process of purifying bottled water.

Kangen Water has a negative oxidation-reduction potential or ORP.

