

hydration



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**Not everything needs more effort —
sometimes, the most powerful step is to relax**



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Molecular hydrogen inhalation is a modern, non-invasive wellness modality designed to complement recovery routines in active lifestyles. After demanding training, competition, travel, or physically intense days, it offers a simple and quiet way to pause, reset, and support the transition from effort back into recovery. It fits naturally into performance-oriented routines centered on balance, consistency, and feeling ready for what comes next.

Used within a considered training and recovery routine, molecular hydrogen inhalation may complement:

- the body's response to exercise-related oxidative stress
- post-workout relaxation after demanding sessions
- select markers associated with fatigue and training load
- recovery routines during intensive training periods
- a gentle, non-mechanical recovery strategy alongside rest, hydration, breath-work, cold exposure, and compression.



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