



Primo USA INC

BIOHACKING

**progress is Key, Whether It's For Your Health
or the Pursuit of Knowledge.**





MY BIOHACKING JOURNEY

- Health challenge leading to permanent lifestyle changes
- Enter hydrogen therapy. Bought an expensive machine, later finding out it produced negligible H₂
- Discovered that there was nothing commercially available in an appropriate dosage
- Improved outcomes after my own biohacking experiments with my DIY inventions
- Obsessive R&D that spanned years

What Is Hydrogen Water?

Hydrogen water is simply water that has had H_2 (hydrogen gas) dissolved into it. The end product yields a gas-dissolved solution, similar to carbonation which adds CO_2 (carbon dioxide) to water to make sparkling water. The difference being hydrogen gas is added instead of carbon dioxide.





Why Is Molecular Hydrogen Important?

- H₂ is an adapted stressor, or form of hormesis, for our mitochondria
- The first eukaryote evolved from a symbiotic relationship between a hydrogen dependent archaea & a eubacterium symbiont. Together they were able to respire, and generated H₂ as a waste product
- Mitochondria are the descendants of these first H₂ expelling primordial eukaryotic cells
- Today, much of the bacteria in our microbiome either expels H₂, or uses it as a fuel source. H₂, specifically when dissolved in water, has demonstrated significant improvements in the microbiome across numerous studies
- H₂ regulates homeostasis within the cell, in part by improving the function and number of our mitochondria
- H₂ has shown the ability to promote homeostatic function of many important systems in our body, such as our inflammatory response, redox homeostasis, autophagy, and more



Clinical Research On Hydrogen Tablets

- 11 clinical trials and counting, including significant effects on biomarkers of aging, reversal of metabolic syndrome and NAFLD, improvements in brain metabolism after sleep deprivation, improved exercise performance & recovery, & more
- 4 case studies
- 3 preclinical studies published
- Many more underway, including new trials soon to be published





Why HYDROGENEX ?

- Mission for truth and transparency
- Dedicated to only bring out the best products in the right dosages, after extensive debate with our Scientific Advisory Board
- We create products that have evidence behind them, we don't jump on hype trends



Meet Our Scientific Advisory Board



DR. SERGEJ M. OSTOJIC

Dr. Sergej Ostojic is a senior biomedical scientist with a broad research background in medicine, applied physiology, and nutrition. He is a board-certified M.D. and holds a Ph.D. in Medical Sciences.



DR. ARIANNA FERRINI

Dr. Arianna Ferrini holds a Ph.D. in Tissue Engineering and Regenerative Medicine from Imperial College London and an MSc in Medical and Pharmaceutical Biotechnology from the University of Florence (Italy).



DR. NATTHA WANNISSORN

Dr. Nattha Wannissorn, PhD, is a scientist who makes health research accessible through health and wellness blogs. She received her PhD in Molecular Genetics from the University of Toronto and BA in Molecular & Computational Biology from the University of Pennsylvania.



MSc/RD JENNA SAGER

Jenna Sager is an entrepreneur, biohacker and private practice Registered Dietitian Nutritionist who holds an M.S. in Nutrition and Metabolism from Boston University School of Medicine

HYDROGENEX Product

Coming Soon!



HYDROGENEX



HYDROGENEX2
(Raspberry flavor)



The Art of Influence

It's important to use influence for the pursuit of both truth and ethical business practices. Far too many use their refined skills of persuasion and influence dishonestly. Battling these bad actors while maintaining one's integrity is critical. When influence matches influence, truth prevails.





Thank you

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