

# EH-H<sub>2</sub>O™ PERFORMANCE WHEEL

A SYSTEMS FRAMEWORK FOR  
SUSTAINABLE HUMAN PERFORMANCE.

Human performance is not built through one system, one solution, or one moment of motivation. It is the result of many systems working together in harmony.

The EH-H<sub>2</sub>O™ Performance Wheel illustrates the interconnected systems that influence how we think, feel, adapt, and perform every day.

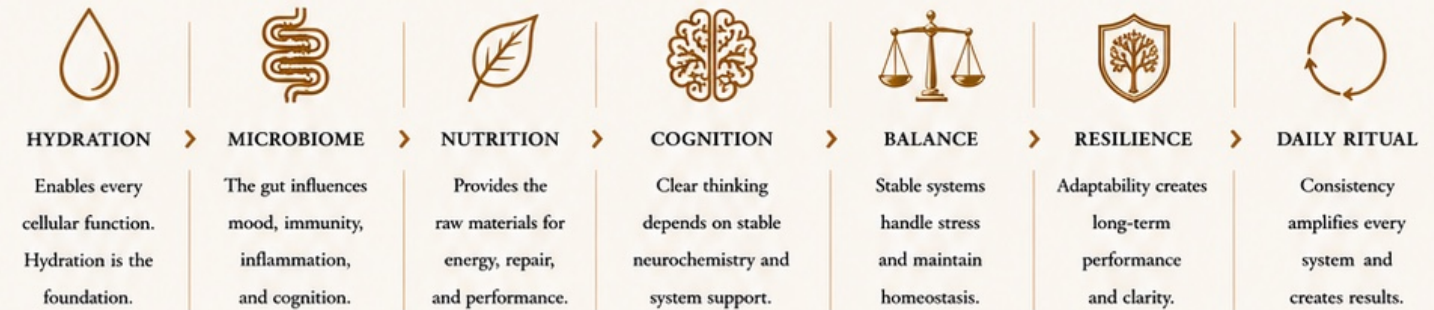
When these systems are supported together, they create stability.

When they are neglected, performance becomes fragile.

Sustainable performance begins with systems that support human stability.



## HOW THE SYSTEMS WORK TOGETHER



“The future of wellness belongs to systems that support human stability.”

EH-H<sub>2</sub>O™ is engineered to support these interconnected systems through evidence-informed hydration, bioavailable micronutrients, and compounds that help regulate stress, support cognition, and promote long-term resilience.

Not a stimulant.  
Not a quick fix.

A SYSTEM.  
A STANDARD.  
A NEW ERA.



**ENGINEERED  
HYDRATION™**  
EH-H<sub>2</sub>O™  
SUPPORT WHAT  
MATTERS MOST.  
EVERY DAY.

