I'm not a bot

PhD, Biomedical Electrical Engineering Buddhadev Paul Chaudhuri is the CEO and Co-founder of Keylika, a startup developing metallodrugs to treat unmet medical needs. Previously he spearheaded microsystems technology at a San Diego-based, medtech startup in wearable continuous glucose monitoring. Prior to that, he was... Read More Certified High Performance Coach Lisa is a Certified High Performance Coach, with a background in holistic health and meditation. She also coaches with Tony Robbins and leads meditations and training for companies such as the Boston Consulting Group. Lisa is passionate about helping high-achieving... Read More PhD, Environmental Toxicology & Experimental Oncology Mark Neveu develops and commercializes innovative, clean label delivery systems that support a healthy microbiome. He holds patents in the novel CTLA-4 biologic (Tremilimumab) and elucidated mechanisms of immune enhancement signaling. Fellow pioneers of the CTLA-4 immune checkpoint won the... Read More MD, DMD, FACS Dr. Jaclyn Tomsic, MD, DMD, FACS, is a board-certified Oral and maxillofacial surgeon (OMF) based out of Cleveland, OH. OMF involves extensive dental and medical education and training to achieve surgical expertise and an unparalleled understanding of esthetics. Being an... Read More CEO and Co-founder of Better & Better Vladimir Vukicevic is an entrepreneur and expert in the world of consumer products. He has taught Fortune 500 companies how to build new products and businesses, has combined culture with management theory through his writing, and believes that innovation provides... Read More BenefitsPrecautionsUsesComparisonBottom lineOxygenated water is a relatively new functional water product that has oxygen added to it during the canning or bottling process.The added oxygen is claimed to provide health benefits, including aiding exercise recovery, flushing toxins out of the body, and improving alcohol metabolism. However, evidence to support these benefits is limited.While oxygenated water is low in calories, it doesn't contain any significant nutrients. Also, various brands are available, some of which contain additional ingredients, such as caffeine, electrolytes, hemp extract, and sweeteners. This article tells you all you need to know about oxygenated water.Share on PinterestWhile studies on oxygenated water are limited, some suggest that it may offer some benefits.During moderate to high intensity exercise sustained for longer than 10 seconds, your body produces lactate as a byproduct of energy production.As lactate accumulates, there's a corresponding increase in muscle acidity, and this can cause muscle fatigue if uncontrolled. Therefore, clearing lactate and muscle acidity becomes important during sustained exercise.A study in 25 trained runners found that lactate clearance following exercise improved in those who drank oxygenated water during training. That said, no other improvements in exercise performance were noted (1).Considering that this is only a single study, more research is needed. Nevertheless, if you're a high level endurance athlete, oxygenated water may be worth a try.Another proposed benefit of drinking oxygenated water is its ability to enhance alcohol metabolism. When you consume alcohol, it's absorbed through your stomach and small intestine. It's then transported to the liver, where it's metabolized through a series of reactions that require large amounts of oxygen (2). Therefore, one of the side effects of alcohol metabolism can be an oxygen deficit in the liver. One study looking at alcohol metabolism in 15 healthy men found that dissolved oxygen in drinks may accelerate the decrease in blood alcohol content after consuming large amounts of alcohol (3).That said, further research is needed to establish oxygenated water's ability to enhance alcohol metabolism.A common rule of thumb when it comes to water intake is to drink at least eight 8-ounce glasses (about 2 liters) per day.Considering your body comprises around 60% water, adequate hydration is important for various processes, including temperature regulation, blood pressure maintenance, and proper brain function (4, 5).Including oxygenated water as a part of your daily fluid intake can help you meet your needs.SummaryThough evidence supporting the benefits of oxygenated water is limited, some studies suggest that it aids lactate clearance during exercise and enhances alcohol metabolism. In addition, it can help you meet your daily fluid needs.Though oxygenated water is generally safe to consume, there are a few precautions to take when drinking it.Oxygenated water is similar to hydrogen peroxide, a common antiseptic agent.Both liquids are forms of oxygenated water, though in hydrogen peroxide, a bond exists between two oxygen molecules. On the other hand, oxygenated water is simply oxygen dissolved in water, which is safe to drink.Hydrogen peroxide — whether food grade or medical grade — is unsafe to drink, and ingesting even small amounts can cause serious side effects like nausea, vomiting, abdominal pain, sore throat, and internal bleeding (6, 7)Therefore, it's important to only ingest oxygenated water that's intended for human consumption and found in the beverage section of a store.Just as sparkling water loses its carbonation over time, oxygenated water can quickly lose its oxygen once opened. For this reason, most manufacturers recommend that oxygenated water be consumed within 30 minutes of opening it to maximize how much oxygen you ingest.Furthermore, most oxygenated water comes packaged in cans, making quick consumption especially important, as the container cannot be resealed.Though there's a lot of talk of oxygenated water among those in nutrition and fitness communities, high quality research on its benefits remains scarce.Several questions still need to be answered, such as how well oxygen is absorbed in the intestine and how well it dissolves in water. What's more, some claim that the beverage can enhance skin and hair quality, but no studies support this.Until scientific research answers questions like these, it's difficult to determine whether oxygenated water offers health benefits beyond those associated with regular water.SummaryThough oxygenated water is generally safe, there's insufficient data on its potential benefits. When drinking oxygenated water, you should do so quickly after opening it to maximize oxygen ingestion.Oxygenated water is commonly used as a post-workout beverage, though it can be consumed at any time.Some brands include other ingredients, such as caffeine, electrolytes, and hemp extract, which is also known as cannabidiol (CBD). The caffeinated varieties may function as a pre-workout drink, as caffeine has been shown to boost exercise performance. On the other hand, caffeine may also interfere with sleep for some people. As such, it should not be consumed close to bedtime (8, 9).The electrolytes added to some varieties can promote hydration when consumed around moderate to high intensity exercise (10, 11).Lastly, early research suggests that CBD may relieve chronic pain and anxiety in doses of at least 15 mg per serving — though most oxygenated waters contain 10 mg or less (12, 13).You can drink oxygenated water before or after exercise, or simply as a regular beverage throughout the day in place of, or in addition to, regular water. SummaryWhile oxygenated water can be used throughout the day, most choose to consume it surrounding exercise to maximize its potential benefits. It's difficult to compare oxygenated water with other types of functional water, as their ingredients vary.Other popular functional waters include alkaline water, caffeinated water, antioxidant water, protein water, and chlorophyll water. Except for protein water, all these have minimal data supporting their effectiveness.Functional waters, including oxygenated water, can help you meet your hydration needs, though nutrition labels should be read carefully.While not a functional water, sparkling water is often compared with oxygenated water due to its gaseous nature.The difference is that the bubbles in sparkling water come from dissolved carbon dioxide, whereas the bubbles in oxygenated water come from dissolved oxygen. This results in a similar mouthfeel, though oxygenated water tends to be slightly less bubbly.SummaryOxygenated water is one of many types of functional water on the market, each of which contains varying ingredients to promote certain health benefits. Oxygenated water is a popular beverage that has oxygen added to it during processing.Limited studies suggest it may improve lactate clearance during exercise and enhance alcohol metabolism.Other health claims made about oxygenated water do not have enough data to support them. That said, oxygenated water can be included as a part of a nutritious diet, though — apart from its hydrating properties — it should not be relied on for any specific health benefits. Ever feel utterly drained, even after a full night's sleep? You're not alone. We all need energy to power our bodies. One way people try to get that energy is through oxygen. But did you know that oxygenated water claims to give you a boost of this vital element? It's like a quick pick-me-up in a bottle!Choosing an oxygenated water can be tricky. There are so many brands! Some promise amazing benefits, like better workouts and faster recovery. But how do you know which ones are real? Do they actually work? And are they safe? The choices can feel overwhelming, and it's hard to know what to believe.This post is your guide. We'll explore what oxygenated water is, how it works, and what you should look for when you're shopping. By the end, you'll understand the science behind it. You'll be able to make a smart decision about whether oxygenated water is right for you. Let's dive in and get the facts!Our Top 5 Oxygenated Water Recommendations at a GlanceTop 5 Oxygenated Water Detailed Reviews NANO FIT WATER is a special kind of water. It is made to help you feel your best! This alkaline water comes in a 16 oz recyclable aluminum bottle. It is infused with oxygen to help you perform better. It is perfect for anyone who likes to be active.See also Top 5 Pontoon Fenders: Protect Your Boat with Expert ReviewsWhat We Like:It uses special nanotechnology. This technology adds oxygen and negative ions to the water.It helps you perform better when you exercise.It hydrates you faster than regular water.It has a high pH of 9.5+, making it alkaline.It helps your body recover after a workout.It comes in a recyclable aluminum bottle.What Could Be Improved:We don't have any cons at this time.NANO FIT WATER is a great choice for anyone who wants to stay hydrated and feel good. It can help you reach your fitness goals. Try it out and see how it works for you! Quench your thirst with Penta Ultra-Purified Water! This water promises a clean and healthy way to hydrate. It is oxygen-infused and has a natural pH. Penta uses a special 13-step purification process. It also uses solar power to make each bottle. You get a pack of 12 bottles, each holding 33.8 fluid ounces.What We Like:The water is super pure. It has very few total dissolved solids (TDS).It is free from bad things like arsenic and chlorine.Penta has a natural pH, so it's not changed with chemicals.The water tastes crisp because it has oxygen.It is made using solar power, which is good for the planet.What Could Be Improved:The price is not mentioned.Availability may be limited depending on the location.Penta Ultra-Purified Water is a great option for people who want a healthy and clean drink. It is a good choice if you care about what you put in your body. Cellfood Oxygen Boost is a liquid supplement. It is designed to boost your energy. This supplement can help with many things. It might help with jet lag, headaches, and hangovers. Cellfood has been around for a long time. It is a popular choice for people in many countries.What We Like:Cellfood is the original oxygen supplement.It can help with energy, focus, and breathing.It is easy to use. You just mix it with water or juice.Cellfood is made in a safe facility.It is gluten-free and kosher.What Could Be Improved:We can't say for sure how well it works for everyone.Cellfood Oxygen Boost is a well-known supplement. It may be a good option if you want more energy. Always talk to your doctor before trying something new. Looking for a way to boost your hydration and support your body's natural processes? KAQUN Oxygenated Water is a unique bottled drinking water infused with a significantly higher level of oxygen. This water promises to refresh you and help you feel your best. It is designed to be quickly absorbed and has a natural pH level, making it a healthy choice for daily hydration. This review explores the benefits of KAQUN Water to see if it lives up to its claims.See also Top 5 Osaki Massage Chairs: Reviews & Buying Guide for ComfortWhat We Like:OXYGENATED! This water has a lot more oxygen than regular water. This can help your cells make energy and clean your body.QUICKLY ABSORBED! Your body can absorb this water fast. This helps you feel good and have more energy.RESTORES! Oxygen is important for your cells. This water helps give your cells the oxygen they need to work well.NATURAL PH! The water has a good pH level and is clean. It is safe and easy to drink every day.HOW TO STORE! You should keep the water in a cool, dark place. This keeps it fresh and full of oxygen.What Could Be Improved:The benefits may not be immediately noticeable. It may take time to feel the full effects.The cost may be more than regular water.KAQUN Oxygenated Water is a promising option for those seeking enhanced hydration and potential health benefits. It is a good choice for people who want a healthy and refreshing drink. Looking for a way to feel more energized and support your overall health? The Liquid Oxygen Drops Supplement by Organa promises to do just that! These drops, made with 100% pure and natural liquid oxygen, aim to boost your immune system, sharpen your mind, and increase oxygen levels in your blood. The formula is designed for easy use, helping you feel your best every day. This supplement might be a great addition to your daily routine.What We Like:Boosts your immune system. More oxygen helps your body fight off sickness.Made in the USA. The drops are made in a safe facility.Improves brain function. You may have more mental clarity.Increases blood oxygen levels. You may feel more energetic.What Could Be Improved:Results can vary. The effects of the drops may be different for everyone.Requires consistent use. You need to take the drops regularly to see results.Overall, the Liquid Oxygen Drops by Organa offer a simple way to support your body. If you're looking for a natural boost, this supplement is worth checking out!See also Top 5 Zone 6B Plants: A Gardener's Buying Guide & ReviewOxygenated Water: Your Guide to Bubbling HydrationAre you looking for a way to drink water that feels extra refreshing? Oxygenated water might be for you! This guide helps you understand what to look for when buying this bubbly beverage.Q: What is oxygenated water?A: Oxygenated water has extra oxygen added to it. It's just like regular water, but with more of this important gas.Key Features to Look ForWhen you shop for oxygenated water, keep an eye out for these features:Oxygen Level: Some bottles tell you how much oxygen is inside. Look for a high level! The more oxygen, the better.Water Source: Where does the water come from? Spring water is a good choice. Filtered tap water is okay too.Packaging: Does the bottle keep the oxygen inside? Look for a bottle that seals well, maybe made of sturdy plastic or glass.Q: Does oxygenated water taste different?A: It might! Some people say it tastes cleaner or fresher. Others don't notice a big change.Important MaterialsThe materials used matter! Here's what to think about:The Water Itself: The best oxygenated water starts with good quality water. Look for water that is clean and pure.The Bottle: The bottle keeps the oxygen inside. Glass bottles usually work well. Plastic bottles are also common. Make sure the bottle is safe to drink from.Q: Are there different types of oxygenated water?A: Yes! Some are plain. Others have added flavors, like fruit. You can find it sparkling or still.Factors That Improve or Reduce QualitySome things make oxygenated water better, and some can hurt it.Freshness: Drink it fresh. Oxygen can slowly escape over time. Check the expiration date!Storage: Keep it cold. Heat can make the oxygen leave faster. Store it in a cool place.Manufacturing: How the water gets oxygenated matters. Good methods add more oxygen. Bad methods add less.Q: Is oxygenated water safe to drink?A: Yes! It's generally safe. The extra oxygen is good for you. Always check with your doctor if you have any concerns.User Experience and Use CasesHow do people use oxygenated water? Here are some ideas:After Exercise: Some people drink it after working out. They think it helps them recover.Everyday Hydration: Many people drink it instead of regular water. It can be a fun change.During Activities: Take it with you on hikes or to the gym. Stay hydrated with a boost of oxygen.Q: Does it really give you more energy?A: Some people feel more energized. The extra oxygen might help. But, more research is needed to be sure.Q: Can oxygenated water help with hangovers?A: Maybe. Some people believe it helps. But there's no scientific proof yet.Q: Where can I buy oxygenated water?A: You can find it at many grocery stores and health food shops. You can also buy it online.Q: Is oxygenated water expensive?A: It can be more expensive than regular water. The price depends on the brand and where you buy it.In conclusion, every product has unique features and benefits. We hope this review helps you decide if it meets your needs. An informed choice ensures the best experience.If you have any questions or feedback, please share them in the comments. Your input helps everyone. Thank you for reading. Red light therapy fights inflammation. Acupuncture improves sleep in patients with Parkinson disease. Hypnotherapy helps cancer patients cope with treatment. Isoflavones found in whole soy improve kids' cognitive abilities. Calcium and zinc before pregnancy decrease the likelihood of high blood pressure during pregnancy. Elenolic acid found in olives decreases blood glucose levels. Every week we […] Read More - 1 minute read Common fruits, vegetables, nuts, and other edible plants are full of anti-aging compounds. The gut microbiome influences our desire to drink alcohol. Vitamin B3 improves physical performance in patients with peripheral artery disease. The ketogenic diet benefits memory function in mice. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies […] Read More - 1 minute read Dark chocolate is safe to eat. Protein-rich diets have positive metabolic effects and support the gut microbiome. Fasting boosts the immune system in fighting cancer. Eating small fish increases life expectancy. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to know […] Read More - 1 minute read Coconut oil helps to maintain healthy cholesterol levels. Melatonin improves eye health and slows age-related macular degeneration progression. Curcumin inhibits allergic reactions. Increased fruit consumption is linked to better depression outcomes. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to know […] Read More - 1 minute read Regular egg consumption decreases the risk of Alzheimer's dementia. Cannabis-derived terpenes are superior to morphine for neuropathic pain relief. Near-infrared light therapy improves brain healing after traumatic injury. Orange peel extract improves heart health. Ellagic acid, found in pomegranates and raspberries, reverses non-alcoholic fatty liver disease. Every week we discover inspiring, informative, and sometimes shocking […] Read More - 1 minute read Tattoos may increase the risk of lymphoma. Electrolyzed-reduced water supports longevity. Urolithin A, found in pomegranate, strawberries, and walnuts, improves memory function. Fish oil supplements may have adverse effects. Match mouthwash fights bad oral bacteria. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what […] Read More - 1 minute read Antioxidant supplement blend, including vitamin C and niacin, reduces autoimmune disease symptoms. Inhaling menthol helps to improve cognitive abilities for people with Alzheimer's disease. Proton pump inhibitors are commonly used antacids that increase the risk of osteoporosis. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here […] Read More - 1 minute read Zinc shortens the duration of the common cold. The traditional Chinese herb Hei Gai Guan treats kidney stones. Daily olive oil consumption decreases dementia risk. Red light therapy restores damaged nerve cells. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to […] Read More - 1 minute read Supplementation of vitamin D should be personalized. Psilocybin can treat depression symptoms. Omega 6 fatty acid may reduce the risk of developing bipolar disorder. Cranberry extract fights metabolic diseases. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to know this week: Read More - 1 minute read Methylene blue may treat bipolar disorder, Parkinson's disease, and Alzheimer's disease symptoms. Vitamin D improves cancer-fighting immunity. Creatine helps to overcome sleep deprivation. Commonly used food emulsifiers increase type 2 diabetes risk. Contact with nature reduces inflammatory biomarkers. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, […] Read More - 1 minute read Blessed thistle supports nerve regeneration. Cannabinol (CBN) protects the brain from aging. Blood exchange therapy extends lifespan. Ginger improves nutrition for cancer patients. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to know this week: Read More - 1 minute read Metformin helps the immune system fight cancer. Resistant starch supports kidney function. Blueberry extract fights postpartum depression symptoms. Probiotics combined with vitamin D improve cognitive function in patients with schizophrenia. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to know this […] Read More - 1 minute read [Note: We are committed to publishing emerging developments, studies, and opinions on the edges of health. This is a guest post by William B. Grant, PhD. All opinions expressed by guest contributors are solely the writer's own, and are not reflective of the opinions of Historic Health.] William B. Grant, PhD, was educated as a […] Read More - 10 minute read Nitric oxide affects immunity, muscles, and circulation. Vitamin D levels are linked to IBD, Crohn, and colitis outcomes. Methylene blue and Mitoquinone may not help prevent bone loss. Antioxidants improve cognition. Ultrasound therapy can treat Alzheimer's symptoms. The ketogenic diet improves schizophrenia and bipolar effects. Siris tree extract slows the spread of cancer. Every week […] Read More - 1 minute read Some red yeast extract supplements from Japan are harmful. Probiotics in kombucha produce metabolic benefits. Eggs do not increase cholesterol levels. Many CBD products don't contain the advertised amount of CBD. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to know […] Read More - 1 minute read The more diverse the bacteria in the gut, the lower the risk of overall infection. Coffee consumption can increase NAD+ production. Cranberries help runners run faster and experience less fatigue. Antibiotic overuse is linked to colorectal cancer. The keto diet may delay Alzheimer's symptoms. Every week we discover inspiring, informative, and sometimes shocking health-related news. […] Read More - 1 minute read Ginko biloba improves brain function for stroke patients. Licorice increased blood pressure even in small doses. Apple cider vinegar improves metabolic health by reducing blood glucose, total cholesterol, and triglycerides. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to know this […] Read More - 1 minute read Retinol (vitamin A) can help to heal wounds. Cinnamon powder may have high levels of lead. Broccoli could prevent and treat stroke. Yogurt reduces the likelihood of getting type 2 diabetes. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to know […] Read More - 1 minute read Fiber improves brain function in older adults. Acupuncture may alleviate PTSD and depression symptoms. Daily cannabis use increases the risk of heart attack and stroke. The anti-aging mechanisms of vitamin D are now documented. CBD may be better than THC in treating anxiety. Every week we discover inspiring, informative, and sometimes shocking health-related news. From […] Read More - 1 minute read Vitamin B6 is hijacked by pancreatic cancer. Ginseng helps to repair muscles. Olive oil may fight brain cancer. Silicon dioxide may promote celiac disease. Potassium supplementation lowers blood pressure. Red light exposure reduces blood glucose. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what […] Read More - 1 minute read BenefitsPrecautionsUsesComparisonBottom lineOxygenated water is a relatively new functional water product that has oxygen added to it during the canning or bottling process.The added oxygen is claimed to provide health benefits, including aiding exercise recovery, flushing toxins out of the body, and improving alcohol metabolism. However, evidence to support these benefits is limited.While oxygenated water is low in calories, it doesn't contain any significant nutrients. Also, various brands are available, some of which contain additional ingredients, such as caffeine, electrolytes, hemp extract, and sweeteners. This article tells you all you need to know about oxygenated water.Share on PinterestWhile studies on oxygenated water are limited, some suggest that it may offer some benefits.During moderate to high intensity exercise sustained for longer than 10 seconds, your body produces lactate as a byproduct of energy production.As lactate accumulates, there's a corresponding increase in muscle acidity, and this can cause muscle fatigue if uncontrolled. Therefore, clearing lactate and muscle acidity becomes important during sustained exercise.A study in 25 trained runners found that lactate clearance following exercise improved in those who drank oxygenated water during training. That said, no other improvements in exercise performance were noted (1).Considering that this is only a single study, more research is needed. Nevertheless, if you're a high level endurance athlete, oxygenated water may be worth a try.Another proposed benefit of drinking oxygenated water is its ability to enhance alcohol metabolism. When you consume alcohol, it's absorbed through your stomach and small intestine. It's then transported to the liver, where it's metabolized through a series of reactions that require large amounts of oxygen (2). Therefore, one of the side effects of alcohol metabolism can be an oxygen deficit in the liver. One study looking at alcohol metabolism in 15 healthy men found that dissolved oxygen in drinks may accelerate the decrease in blood alcohol content after consuming large amounts of alcohol (3).That said, further research is needed to establish oxygenated water's ability to enhance alcohol metabolism.A common rule of thumb when it comes to water intake is to drink at least eight 8-ounce glasses (about 2 liters) per day.Considering your body comprises around 60% water, adequate hydration is important for various processes, including temperature regulation, blood pressure maintenance, and proper brain function (4, 5).Including oxygenated water as a part of your daily fluid intake can help you meet your needs.SummaryThough evidence supporting the benefits of oxygenated water is limited, some studies suggest that it aids lactate clearance during exercise and enhances alcohol metabolism. In addition, it can help you meet your daily fluid needs.Though oxygenated water is generally safe to consume, there are a few precautions to take when drinking it.Oxygenated water is similar to hydrogen peroxide, a common antiseptic agent.Both liquids are forms of oxygenated water, though in hydrogen peroxide, a bond exists between two oxygen molecules. On the other hand, oxygenated water is simply oxygen dissolved in water, which is safe to drink.Hydrogen peroxide — whether food grade or medical grade — is unsafe to drink, and ingesting even small amounts can cause serious side effects like nausea, vomiting, abdominal pain, sore throat, and internal bleeding (6, 7)Therefore, it's important to only ingest oxygenated water that's intended for human consumption and found in the beverage section of a store.Just as sparkling water loses its carbonation over time, oxygenated water can quickly lose its oxygen once opened. For this reason, most manufacturers recommend that oxygenated water be consumed within 30 minutes of opening it to maximize how much oxygen you ingest.Furthermore, most oxygenated water comes packaged in cans, making quick consumption especially important, as the container cannot be resealed.Though there's a lot of talk of oxygenated water among those in nutrition and fitness communities, high quality research on its benefits remains scarce.Several questions still need to be answered, such as how well oxygen is absorbed in the intestine and how well it dissolves in water. What's more, some claim that the beverage can enhance skin and hair quality, but no studies support this.Until scientific research answers questions like these, it's difficult to determine whether oxygenated water offers health benefits beyond those associated with regular water.SummaryThough oxygenated water is generally safe, there's insufficient data on its potential benefits. When drinking oxygenated water, you should do so quickly after opening it to maximize oxygen ingestion.Oxygenated water is commonly used as a post-workout beverage, though it can be consumed at any time.Some brands include other ingredients, such as caffeine, electrolytes, and hemp extract, which is also known as cannabidiol (CBD). The caffeinated varieties may function as a pre-workout drink, as caffeine has been shown to boost exercise performance. On the other hand, caffeine may also interfere with sleep for some people. As such, it should not be consumed close to bedtime (8, 9).The electrolytes added to some varieties can promote hydration when consumed around moderate to high intensity exercise (10, 11).Lastly, early research suggests that CBD may relieve chronic pain and anxiety in doses of at least 15 mg per serving — though most oxygenated waters contain 10 mg or less (12, 13).You can drink oxygenated water before or after exercise, or simply as a regular beverage throughout the day in place of, or in addition to, regular water. SummaryWhile oxygenated water can be used throughout the day, most choose to consume it surrounding exercise to maximize its potential benefits. It's difficult to compare oxygenated water with other types of functional water, as their ingredients vary.Other popular functional waters include alkaline water, caffeinated water, antioxidant water, protein water, and chlorophyll water. Except for protein water, all these have minimal data supporting their effectiveness.Functional waters, including oxygenated water, can help you meet your hydration needs, though nutrition labels should be read carefully.While not a functional water, sparkling water is often compared with oxygenated water due to its gaseous nature.The difference is that the bubbles in sparkling water come from dissolved carbon dioxide, whereas the bubbles in oxygenated water come from dissolved oxygen. This results in a similar mouthfeel, though oxygenated water tends to be slightly less bubbly.SummaryOxygenated water is one of many types of functional water on the market, each of which contains varying ingredients to promote certain health benefits. Oxygenated water is a popular beverage that has oxygen added to it during processing.Limited studies suggest it may improve lactate clearance during exercise and enhance alcohol metabolism.Other health claims made about oxygenated water do not have enough data to support them. That said, oxygenated water can be included as a part of a nutritious diet, though — apart from its hydrating properties — it should not be relied on for any specific health benefits. Ever feel utterly drained, even after a full night's sleep? You're not alone. We all need energy to power our bodies. One way people try to get that energy is through oxygen. But did you know that oxygenated water claims to give you a boost of this vital element? It's like a quick pick-me-up in a bottle!Choosing an oxygenated water can be tricky. There are so many brands! Some promise amazing benefits, like better workouts and faster recovery. But how do you know which ones are real? Do they actually work? And are they safe? The choices can feel overwhelming, and it's hard to know what to believe.This post is your guide. We'll explore what oxygenated water is, how it works, and what you should look for when you're shopping. By the end, you'll understand the science behind it. You'll be able to make a smart decision about whether oxygenated water is right for you. Let's dive in and get the facts!Our Top 5 Oxygenated Water Recommendations at a GlanceTop 5 Oxygenated Water Detailed Reviews NANO FIT WATER is a special kind of water. It is made to help you feel your best! This alkaline water comes in a 16 oz recyclable aluminum bottle. It is infused with oxygen to help you perform better. It is perfect for anyone who likes to be active.See also Top 5 Pontoon Fenders: Protect Your Boat with Expert ReviewsWhat We Like:It uses special nanotechnology. This technology adds oxygen and negative ions to the water.It helps you perform better when you exercise.It hydrates you faster than regular water.It has a high pH of 9.5+, making it alkaline.It helps your body recover after a workout.It comes in a recyclable aluminum bottle.What Could Be Improved:We don't have any cons at this time.NANO FIT WATER is a great choice for anyone who wants to stay hydrated and feel good. It can help you reach your fitness goals. Try it out and see how it works for you! Quench your thirst with Penta Ultra-Purified Water! This water promises a clean and healthy way to hydrate. It is oxygen-infused and has a natural pH. Penta uses a special 13-step purification process. It also uses solar power to make each bottle. You get a pack of 12 bottles, each holding 33.8 fluid ounces.What We Like:The water is super pure. It has very few total dissolved solids (TDS).It is free from bad things like arsenic and chlorine.Penta has a natural pH, so it's not changed with chemicals.The water tastes crisp because it has oxygen.It is made using solar power, which is good for the planet.What Could Be Improved:The price is not mentioned.Availability may be limited depending on the location.Penta Ultra-Purified Water is a great option for people who want a healthy and clean drink. It is a good choice if you care about what you put in your body. Cellfood Oxygen Boost is a liquid supplement. It is designed to boost your energy. This supplement can help with many things. It might help with jet lag, headaches, and hangovers. Cellfood has been around for a long time. It is a popular choice for people in many countries.What We Like:Cellfood is the original oxygen supplement.It can help with energy, focus, and breathing.It is easy to use. You just mix it with water or juice.Cellfood is made in a safe facility.It is gluten-free and kosher.What Could Be Improved:We can't say for sure how well it works for everyone.Cellfood Oxygen Boost is a well-known supplement. It may be a good option if you want more energy. Always talk to your doctor before trying something new. Looking for a way to boost your hydration and support your body's natural processes? KAQUN Oxygenated Water is a unique bottled drinking water infused with a significantly higher level of oxygen. This water promises to refresh you and help you feel your best. It is designed to be quickly absorbed and has a natural pH level, making it a healthy choice for daily hydration. This review explores the benefits of KAQUN Water to see if it lives up to its claims.See also Top 5 Osaki Massage Chairs: Reviews & Buying Guide for ComfortWhat We Like:OXYGENATED! This water has a lot more oxygen than regular water. This can help your cells make energy and clean your body.QUICKLY ABSORBED! Your body can absorb this water fast. This helps you feel good and have more energy.RESTORES! Oxygen is important for your cells. This water helps give your cells the oxygen they need to work well.NATURAL PH! The water has a good pH level and is clean. It is safe and easy to drink every day.HOW TO STORE! You should keep the water in a cool, dark place. This keeps it fresh and full of oxygen.What Could Be Improved:The benefits may not be immediately noticeable. It may take time to feel the full effects.The cost may be more than regular water.KAQUN Oxygenated Water is a promising option for those seeking enhanced hydration and potential health benefits. It is a good choice for people who want a healthy and refreshing drink. Looking for a way to feel more energized and support your overall health? The Liquid Oxygen Drops Supplement by Organa promises to do just that! These drops, made with 100% pure and natural liquid oxygen, aim to boost your immune system, sharpen your mind, and increase oxygen levels in your blood. The formula is designed for easy use, helping you feel your best every day. This supplement might be a great addition to your daily routine.What We Like:Boosts your immune system. More oxygen helps your body fight off sickness.Made in the USA. The drops are made in a safe facility.Improves brain function. You may have more mental clarity.Increases blood oxygen levels. You may feel more energetic.What Could Be Improved:Results can vary. The effects of the drops may be different for everyone.Requires consistent use. You need to take the drops regularly to see results.Overall, the Liquid Oxygen Drops by Organa offer a simple way to support your body. If you're looking for a natural boost, this supplement is worth checking out!See also Top 5 Zone 6B Plants: A Gardener's Buying Guide & ReviewOxygenated Water: Your Guide to Bubbling HydrationAre you looking for a way to drink water that feels extra refreshing? Oxygenated water might be for you! This guide helps you understand what to look for when buying this bubbly beverage.Q: What is oxygenated water?A: Oxygenated water has extra oxygen added to it. It's just like regular water, but with more of this important gas.Key Features to Look ForWhen you shop for oxygenated water, keep an eye out for these features:Oxygen Level: Some bottles tell you how much oxygen is inside. Look for a high level! The more oxygen, the better.Water Source: Where does the water come from? Spring water is a good choice. Filtered tap water is okay too.Packaging: Does the bottle keep the oxygen inside? Look for a bottle that seals well, maybe made of sturdy plastic or glass.Q: Does oxygenated water taste different?A: It might! Some people say it tastes cleaner or fresher. Others don't notice a big change.Important MaterialsThe materials used matter! Here's what to think about:The Water Itself: The best oxygenated water starts with good quality water. Look for water that is clean and pure.The Bottle: The bottle keeps the oxygen inside. Glass bottles usually work well. Plastic bottles are also common. Make sure the bottle is safe to drink from.Q: Are there different types of oxygenated water?A: Yes! Some are plain. Others have added flavors, like fruit. You can find it sparkling or still.Factors That Improve or Reduce QualitySome things make oxygenated water better, and some can hurt it.Freshness: Drink it fresh. Oxygen can slowly escape over time. Check the expiration date!Storage: Keep it cold. Heat can make the oxygen leave faster. Store it in a cool place.Manufacturing: How the water gets oxygenated matters. Good methods add more oxygen. Bad methods add less.Q: Is oxygenated water safe to drink?A: Yes! It's generally safe. The extra oxygen is good for you. Always check with your doctor if you have any concerns.User Experience and Use CasesHow do people use oxygenated water? Here are some ideas:After Exercise: Some people drink it after working out. They think it helps them recover.Everyday Hydration: Many people drink it instead of regular water. It can be a fun change.During Activities: Take it with you on hikes or to the gym. Stay hydrated with a boost of oxygen.Q: Does it really give you more energy?A: Some people feel more energized. The extra oxygen might help. But, more research is needed to be sure.Q: Can oxygenated water help with hangovers?A: Maybe. Some people believe it helps. But there's no scientific proof yet.Q: Where can I buy oxygenated water?A: You can find it at many grocery stores and health food shops. You can also buy it online.Q: Is oxygenated water expensive?A: It can be more expensive than regular water. The price depends on the brand and where you buy it.In conclusion, every product has unique features and benefits. We hope this review helps you decide if it meets your needs. An informed choice ensures the best experience.If you have any questions or feedback, please share them in the comments. Your input helps everyone. Thank you for reading. Red light therapy fights inflammation. Acupuncture improves sleep in patients with Parkinson disease. Hypnotherapy helps cancer patients cope with treatment. Isoflavones found in whole soy improve kids' cognitive abilities. Calcium and zinc before pregnancy decrease the likelihood of high blood pressure during pregnancy. Elenolic acid found in olives decreases blood glucose levels. Every week we […] Read More - 1 minute read Common fruits, vegetables, nuts, and other edible plants are full of anti-aging compounds. The gut microbiome influences our desire to drink alcohol. Vitamin B3 improves physical performance in patients with peripheral artery disease. The ketogenic diet benefits memory function in mice. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies […] Read More - 1 minute read Dark chocolate is safe to eat. Protein-rich diets have positive metabolic effects and support the gut microbiome. Fasting boosts the immune system in fighting cancer. Eating small fish increases life expectancy. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to know […] Read More - 1 minute read Coconut oil helps to maintain healthy cholesterol levels. Melatonin improves eye health and slows age-related macular degeneration progression. Curcumin inhibits allergic reactions. Increased fruit consumption is linked to better depression outcomes. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to know […] Read More - 1 minute read Regular egg consumption decreases the risk of Alzheimer's dementia. Cannabis-derived terpenes are superior to morphine for neuropathic pain relief. Near-infrared light therapy improves brain healing after traumatic injury. Orange peel extract improves heart health. Ellagic acid, found in pomegranates and raspberries, reverses non-alcoholic fatty liver disease. Every week we discover inspiring, informative, and sometimes shocking […] Read More - 1 minute read Tattoos may increase the risk of lymphoma. Electrolyzed-reduced water supports longevity. Urolithin A, found in pomegranate, strawberries, and walnuts, improves memory function. Fish oil supplements may have adverse effects. Match mouthwash fights bad oral bacteria. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what […] Read More - 1 minute read Antioxidant supplement blend, including vitamin C and niacin, reduces autoimmune disease symptoms. Inhaling menthol helps to improve cognitive abilities for people with Alzheimer's disease. Proton pump inhibitors are commonly used antacids that increase the risk of osteoporosis. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here […] Read More - 1 minute read Zinc shortens the duration of the common cold. The traditional Chinese herb Hei Gai Guan treats kidney stones. Daily olive oil consumption decreases dementia risk. Red light therapy restores damaged nerve cells. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to […] Read More - 1 minute read Supplementation of vitamin D should be personalized. Psilocybin can treat depression symptoms. Omega 6 fatty acid may reduce the risk of developing bipolar disorder. Cranberry extract fights metabolic diseases. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, here is what you need to know this week: Read More - 1 minute read Methylene blue may treat bipolar disorder, Parkinson's disease, and Alzheimer's disease symptoms. Vitamin D improves cancer-fighting immunity. Creatine helps to overcome sleep deprivation. Commonly used food emulsifiers increase type 2 diabetes risk. Contact with nature reduces inflammatory biomarkers. Every week we discover inspiring, informative, and sometimes shocking health-related news. From new studies to insightful analysis, […] Read More - 1 minute read Blessed thistle supports nerve regeneration. Cannabinol (CBN) protects the brain from aging. Blood exchange therapy extends lifespan. Ginger

pain, sore throat, and internal bleeding (6, 7)Therefore, it’s important to only ingest oxygenated water that’s intended for human consumption and found in the beverage section of a store.Just as sparkling water loses its carbonation over time, oxygenated water can quickly lose its oxygen once opened. For this reason, most manufacturers recommend that oxygenated water be consumed within 30 minutes of opening it to maximize how much oxygen you ingest.Furthermore, most oxygenated water comes packaged in cans, making quick consumption especially important, as the container cannot be resealed.Though there’s a lot of talk of oxygenated water among those in nutrition and fitness communities, high quality research on its benefits remains scarce.Several questions still need to be answered, such as how well oxygen is absorbed in the intestine and how well it dissolves in water. What’s more, some claim that the beverage can enhance skin and hair quality, but no studies support this.Until scientific research answers questions like these, it’s difficult to determine whether oxygenated water offers health benefits beyond those associated with regular water.SummaryThough oxygenated water is generally safe, there’s insufficient data on its potential benefits. When drinking oxygenated water, you should do so quickly after opening it to maximize oxygen ingestion.Oxygenated water is commonly used as a post-workout beverage, though it can be consumed at any time.Some brands include other ingredients, such as caffeine, electrolytes, and hemp extract, which is also known as cannabidiol (CBD). The caffeinated varieties may function as a pre-workout drink, as caffeine has been shown to boost exercise performance. On the other hand, caffeine may also interfere with sleep for some people. As such, it should not be consumed close to bedtime (8, 9).The electrolytes added to some varieties can promote hydration when consumed around moderate to high intensity exercise (10, 11).Lastly, early research suggests that CBD may relieve chronic pain and anxiety in doses of at least 15 mg per serving — though most oxygenated waters contain 10 mg or less (12, 13).You can drink oxygenated water before or after exercise, or simply as a regular beverage throughout the day in place of, or in addition to, regular water. SummaryWhile oxygenated water can be used throughout the day, most choose to consume it surrounding exercise to maximize its potential benefits. It’s difficult to compare oxygenated water with other types of functional water, as their ingredients vary.Other popular functional waters include alkaline water, caffeinated water, antioxidant water, protein water, and chlorophyll water. Except for protein water, all these have minimal data supporting their effectiveness.Functional waters, including oxygenated water, can help you meet your hydration needs, though nutrition labels should be read carefully.While not a functional water, sparkling water is often compared with oxygenated water due to its gaseous nature.The difference is that the bubbles in sparkling water come from dissolved carbon dioxide, whereas the bubbles in oxygenated water come from dissolved oxygen. This results in a similar mouthfeel, though oxygenated water tends to be slightly less bubbly.SummaryOxygenated water is one of many types of functional water on the market, each of which contains varying ingredients to promote certain health benefits. Oxygenated water is a popular beverage that has oxygen added to it during processing.Limited studies suggest it may improve lactate clearance during exercise and enhance alcohol metabolism.Other health claims made about oxygenated water do not have enough data to support them. That said, oxygenated water can be included as a part of a nutritious diet, though — apart from its hydrating properties — it should not be relied on for any specific health benefits. Oxygenated drinking water is an effective way to separate the gullible from their money 12. While it is true that levels of dissolved oxygen may be increased in water, the benefits are seen only by water-breathing creatures. Humans do not absorb significant amounts of oxygen through their digestive systems. Several deep breaths will do more to increase blood oxygen levels for a human than will a quart of high-priced oxygenated water 12. By increasing the atmospheric pressure around water, or bubbling diffused high-oxygen air through water, the level of dissolved oxygen in water will be increased. This is a measurable fact. When vendors sell oxygenated water, it is possible to sell water with a higher level of dissolved oxygen than will be found in tap or regular bottled water 12. By increasing the atmospheric pressure around water, or bubbling diffused high-oxygen air through water, the level of dissolved oxygen in water will be increased. Who Benefits from Water with a High Level of Dissolved Oxygen? Fish and many amphibians will draw more oxygen into their systems if they are in water with a high level of dissolved oxygen. Their gills are designed to draw oxygen from water. If your local area reports a "Fish kill" where a lake or river sees an unusual number of dead fish, the most likely causes are pollution or low levels of dissolved oxygen. Most states make regular checks of the levels of dissolved oxygen in their lakes and rivers as a method of determining the health of the local ecosystem. Fish and many amphibians will draw more oxygen into their systems if they are in water with a high level of dissolved oxygen. Since oxygenated water should end up in a human's stomach, the higher levels of dissolved oxygen would only be able to transfer from the water into the bloodstream through digestion 12. Humans draw oxygen into the bloodstream through respiration. Our lungs are designed to supply oxygen; our digestive tract supplies the other essential nutrients. The amounts of oxygen added to the the bloodstream through ingestion of a quart of highly oxygenated water will be less than the oxygen added by a few deep breaths 12. Benefits of Oxygenated Water In most cases oxygenated water is made from sources as safe as tap water 12. It should be as well-filtered and clean as normal bottled water if it is consumed before its expiration date. Like bottled waters, most oxygenated waters have removed the chlorine or chloramines added by the municipal water source to prevent contaminants from forming over time 12. When the higher levels of oxygen are introduced, they may have an oxidizing effect on residual waterborne organics. While drinking oxygenated water won't hurt a human, pouring that water into the human's aquarium will show an improvement in the health of the human's fish 12. As with other "enhanced" waters, the main benefits to humans fall into the range of the placebo effect. No consumer wants to believe they spent 500 times as much as the cost of a pint of tap water to only drink tap water. They may feel extra energy for a while as the alternative to feeling foolish. In most cases oxygenated water is made from sources as safe as tap water 1. Risks of Oxygenated Water Beyond spending even more money for tap water than the buyer would spend buying bottled water, the extra filtration seen in most oxygenated waters means the expiration date is important 12. A bottle of oxygenated water will most often have less disinfectants and a more hospitable environment for waterborne pathogens than tap water 12. Unlike other "enhanced water" scams like hexagonal water, oxygenated water may provide a positive environment for pathogens 12. Do not drink a bottle of oxygenated water after its expiration date 12. Water—it’s the simplest, most affordable thing you can consume to stay healthy. But if you walk into any grocery store or browse online, you’ll find countless specialty waters that seemingly put tap water to shame. One newcomer to the H2O aisle is oxygenated water, which has extra oxygen infused into it. Many brands that make oxygenated water claim it can boost exercise performance, improve your immune system, and even prevent hangovers. Oxygenated water is part of the functional water market, which is valued at $4.2 billion. But does the evidence behind these benefits warrant the hype (and the price)? Or are you fine drinking from the faucet? In this article, we explain how this oxygenated water is made, analyze the potential benefits, and see how it stacks up to other types of functional water. Oxygenated water is purified water that’s infused with extra oxygen during the bottling or canning process. It’s made by bubbling oxygen through the water or by using an oxygenation machine, which increases the water’s dissolved oxygen levels. Oxygen water can have up to nine times more oxygen than plain bottled water. This is the basis behind the claims for its ability to boost your energy levels and improve athletic performance. Also called “hydrogenated water,” some brands of oxygenated water are infused with ingredients like electrolytes, caffeine, and sweeteners. At first glance, oxygenated water might sound a lot like sparkling water because of the extra air, but they’re not the same. The bubbles in sparkling water come from dissolved carbon dioxide, while the bubbles in oxygenated water come from dissolved oxygen. Accordingly, oxygenated water tends to be slightly less bubbly. Many oxygenated water brands claim to increase the amount of oxygen in your blood, increasing endurance. Let’s take a closer look at a few common health claims behind oxygenated water—and whether there’s any scientific evidence to back them up. A big selling point is that added oxygen in water can help you train harder, faster, and longer. The idea is that oxygenated water can increase the amount of oxygen in your blood, helping you feel more energized. However, two studies have debunked these claims. A randomized, double-blind crossover study of 11 athletes found no differences in VO_2 max (the maximum rate of oxygen your body can use during exercise) after drinking oxygenated water before exercise. Another study of nine male cyclists showed that performance, hydration, and blood oxygenation were unaffected by oxygenated water. “Results of this study suggest that purified oxygenated water does not improve exercise performance in moderately active males,” the authors wrote. Some oxygenated water brands are marketed as a post-workout recovery drinks. However, there’s only one study to support that selling point. A study from 2017 involving 25 runners found that drinking oxygenated water during training significantly improved their “lactate clearance.” During high-intensity exercise, your body produces lactate (AKA lactic acid) as a byproduct of energy production. As lactate accumulates, your muscles get tired. Therefore, clearing lactate becomes important during recovery after exercise. More research is needed to know for sure whether oxygenated water is an effective recovery drink. Large amounts of oxygen are required to metabolize alcohol in your liver. Therefore, many people believe drinking oxygenated water can help you process alcohol more easily and avoid hangovers. There’s only been one study to examine this claim, but the results were surprisingly promising. Researchers evaluated 15 healthy men and found that dissolved oxygen drinks accelerated the decrease in blood-alcohol content after drinking large amounts of alcohol. “We postulate that highly oxygenated water augments the effect of oxygen in the alcoholic beverage in alcohol elimination,” the authors wrote. “Therefore, it is necessary to investigate the supportive effect of ingesting additional oxygenated water after heavy drinking.” As it stands today, the consensus in the scientific community is that oxygenated water is not “healthier” or better for you than regular water. Oxygen water will help you meet your daily hydration needs. But beyond that, the claims are limited. “Oxygenated water fails both quantitative analysis and practical physiological tests of exercise performance and recovery,” notes the British Journal of Sports Medicine. One big problem is that most of the added oxygen escapes into the air as soon as you open the bottle or can. The other issue is that oxygen doesn’t really affect the human body once it enters your digestive system. Only a trace of the oxygen in the water will pass through your intestines into your bloodstream, which is already saturated with oxygen. Dr. Joe Schwarcz, Ph.D. from McGill University points out that a single breath of air contains more oxygen than an entire liter of oxygenated water. “A sampling of a variety of oxygenated waters reveals an average of about 10 mL oxygen per 100 mL of water. Clearly, even if the oxygen from the water were absorbed, it would be less than taking an extra breath.” Hyperoxygenated water has, however, been shown to produce a powerful placebo effect. A 2006 ACE Fitness study found that athletes improved their 5K run times by an average of 83 seconds when told they were drinking “super-oxygenated” water. There are no known health risks associated with drinking oxygenated water. Most of the time, the ingredients are simply purified or distilled water. That said, you should always check the label on beverages you buy, since they may contain added ingredients. The only downside with oxygenated water is that you could be overpaying for something that has the same net effect on your body as plain old H2O. BenefitsPrecautionsUsesComparisonBottom lineOxygenated water is a relatively new functional water product that has oxygen added to it during the canning or bottling process.The added oxygen is claimed to provide health benefits, including aiding exercise recovery, flushing toxins out of the body, and improving alcohol metabolism. However, evidence to support these benefits is limited.While oxygenated water is low in calories, it doesn’t contain any significant nutrients. Also, various brands are available, some of which contain additional ingredients, such as caffeine, electrolytes, hemp extract, and sweeteners. This article tells you all you need to know about oxygenated water.Share on PinterestWhile studies on oxygenated water are limited, some suggest that it may offer some benefits.During moderate to high intensity exercise sustained for longer than 10 seconds, your body produces lactate as a byproduct of energy production.As lactate accumulates, there’s a corresponding increase in muscle acidity, and this can cause muscle fatigue if uncontrolled. Therefore, clearing lactate and muscle acidity becomes important during sustained exercise.A study in 25 trained runners found that lactate clearance following exercise improved in those who drank oxygenated water during training. That said, no other improvements in exercise performance were noted (1).Considering that this is only a single study, more research is needed. Nevertheless, if you’re a high level endurance athlete, oxygenated water may be worth a try.Another proposed benefit of drinking oxygenated water is its ability to enhance alcohol metabolism. When you consume alcohol, it’s absorbed through your stomach and small intestine. It’s then transported to the liver, where it’s metabolized through a series of reactions that require large amounts of oxygen (2). Therefore, one of the side effects of alcohol metabolism can be an oxygen deficit in the liver. One study looking at alcohol metabolism in 15 healthy men found that dissolved oxygen in drinks may accelerate the decrease in blood alcohol content after consuming large amounts of alcohol (3).That said, further research is needed to establish oxygenated water’s ability to enhance alcohol metabolism.A common rule of thumb when it comes to water intake is to drink at least eight 8-ounce glasses (about 2 liters) per day.Considering your body comprises around 60% water, adequate hydration is important for various processes, including temperature regulation, blood pressure maintenance, and proper brain function (4, 5).Including oxygenated water as a part of your daily fluid intake can help you meet your needs.SummaryThough evidence supporting the benefits of oxygenated water is limited, some studies suggest that it aids lactate clearance during exercise and enhances alcohol metabolism. In addition, it can help you meet your daily fluid needs.Though oxygenated water is generally safe to consume, there are a few precautions to take when drinking it.Oxygenated water is similar to hydrogen peroxide, a common antiseptic agent.Both liquids are forms of oxygenated water, though in hydrogen peroxide, a bond exists between two oxygen molecules. On the other hand, oxygenated water is simply oxygen dissolved in water, which is safe to drink.Hydrogen peroxide — whether food grade or medical grade — is unsafe to drink, and ingesting even small amounts can cause serious side effects like nausea, vomiting, abdominal pain, sore throat, and internal bleeding (6, 7)Therefore, it’s important to only ingest oxygenated water that’s intended for human consumption and found in the beverage section of a store.Just as sparkling water loses its carbonation over time, oxygenated water can quickly lose its oxygen once opened. For this reason, most manufacturers recommend that oxygenated water be consumed within 30 minutes of opening it to maximize how much oxygen you ingest.Furthermore, most oxygenated water comes packaged in cans, making quick consumption especially important, as the container cannot be resealed.Though there’s a lot of talk of oxygenated water among those in nutrition and fitness communities, high quality research on its benefits remains scarce.Several questions still need to be answered, such as how well oxygen is absorbed in the intestine and how well it dissolves in water. What’s more, some claim that the beverage can enhance skin and hair quality, but no studies support this.Until scientific research answers questions like these, it’s difficult to determine whether oxygenated water offers health benefits beyond those associated with regular water.SummaryThough oxygenated water is generally safe, there’s insufficient data on its potential benefits. When drinking oxygenated water, you should do so quickly after opening it to maximize oxygen ingestion.Oxygenated water is commonly used as a post-workout beverage, though it can be consumed at any time.Some brands include other ingredients, such as caffeine, electrolytes, and hemp extract, which is also known as cannabidiol (CBD). The caffeinated varieties may function as a pre-workout drink, as caffeine has been shown to boost exercise performance. On the other hand, caffeine may also interfere with sleep for some people. As such, it should not be consumed close to bedtime (8, 9).The electrolytes added to some varieties can promote hydration when consumed around moderate to high intensity exercise (10, 11).Lastly, early research suggests that CBD may relieve chronic pain and anxiety in doses of at least 15 mg per serving — though most oxygenated waters contain 10 mg or less (12, 13).You can drink oxygenated water before or after exercise, or simply as a regular beverage throughout the day in place of, or in addition to, regular water. SummaryWhile oxygenated water can be used throughout the day, most choose to consume it surrounding exercise to maximize its potential benefits. It’s difficult to compare oxygenated water with other types of functional water, as their ingredients vary.Other popular functional waters include alkaline water, caffeinated water, antioxidant water, protein water, and chlorophyll water. Except for protein water, all these have minimal data supporting their effectiveness.Functional waters, including oxygenated water, can help you meet your hydration needs, though nutrition labels should be read carefully.While not a functional water, sparkling water is often compared with oxygenated water due to its gaseous nature.The difference is that the bubbles in sparkling water come from dissolved carbon dioxide, whereas the bubbles in oxygenated water come from dissolved oxygen. This results in a similar mouthfeel, though oxygenated water tends to be slightly less bubbly.SummaryOxygenated water is one of many types of functional water on the market, each of which contains varying ingredients to promote certain health benefits. Oxygenated water is a popular beverage that has oxygen added to it during processing.Limited studies suggest it may improve lactate clearance during exercise and enhance alcohol metabolism.Other health claims made about oxygenated water do not have enough data to support them. That said, oxygenated water can be included as a part of a nutritious diet, though — apart from its hydrating properties — it should not be relied on for any specific health benefits. Oxygenated water promises to help you recover after a workout, but its claims aren't exactly proven Image Credit: m-gucci/iStock/GettyImages Everyone is looking for a faster road to meet their fitness goals, and brands are meeting the demand with products that promise easy solutions. And, recently, oxygenated water has been making a splash. Some companies claim their oxygenated water is more effective at helping you recover after a sweat session than good ol' H2O. But we tapped the experts to weigh in on this trend and demystify whether this fancy water is really any better than tap. First Off, What Is Oxygenated Water? As advertised, oxygenated water is exactly what it sounds like: agua with extra oxygen infused into it. The idea behind oxygenated water is that providing more oxygen to the body could potentially improve athletic performance and recovery, Kelli McGrane, RD for Lose It!, says. There are even some brands that claim extra O2 could help us concentrate better, too. To really understand what this looks like from a scientific perspective, it's important to remember the basic molecular structure of water: two hydrogen atoms for every oxygen atom, dietitian Kylene Bogden, RD, explains. Following this logic, oxygenated water has more oxygen atoms, thus throwing that 2:1 ratio out the window. "Oxygenated water proponents state that having more oxygen in the blood and body can improve energy and metabolism and neutralize acid in the bloodstream [since water has a neutral pH), which thereby helps improve post-workout recovery," Bogden says. Is It Really Better Than Regular Water? There are some truths about oxygen and exercise, according to board-certified cardiologist and weight loss and nutrition expert, Luiza Petre, MD. However, oxygenated water can't exactly deliver on those perks. Breathing during exercise (or panting, in some cases) is an important way to maintain our stamina, calm our racing heart and increase our performance — but there's a cap to it. As Dr. Petre explains, we can only take in 5 to 10 percent of oxygen due to a biological limit of absorption. At a baseline, a healthy person has 97 to 99 percent oxygen bound to hemoglobin just from breathing air, and that level stays constant, even during an intense workout, she says. So when our body needs more, it doesn't turn to bottled water. Rather, it just figures it out on its own: "Our body taps into anaerobic metabolism and the end product is lactate," Dr. Petre explains. Anaerobic metabolism occurs when our bodies burn carbs for energy when oxygen isn't readily available; the lack of oxygen in the bloodstream causes lactate build-up, which leads to muscle fatigue. As we become stronger and build endurance, our body turns to aerobic metabolism because we become more efficient at using oxygen (and therefore don't feel as beat or sore). "The more trained you are, the longer you maintain aerobic metabolism," Dr. Petre says. "A bottle of oxygenated water would have less oxygen than the amount you get taking a single breath." With this information alone, it's pretty clear that our body doesn't need oxygenated water to do its thing — even if oxygenated water manufacturers claim the water is infused with "seven times more oxygen" than regular water, Melissa Nieves, RD, MPH, says. In fact, Berkeley University of California released a statement that puts it best: "A bottle of oxygenated water would have less oxygen than the amount you get taking a single breath." Absorption also plays a part here, Nieves says, since oxygen is absorbed into the bloodstream through the lungs — and not through our gastrointestinal tract. In fact, researchers have even tested the theory, ultimately finding no association. One November 2001 study published in the European Journal of Medical Research found that while the GI tract does have the potential to absorb oxygen via the hepatic portal vein, it's only been tested on rabbits. What's more, in a small study, researchers divided 20 men into two groups: Ten of them drank highly oxygenated water during a cycling workout while the other group of 10 drank regular water. Then, after a wash-out period, the two groups switched and the camp that drank regular water swapped it for oxygenated water. The findings concluded that oxygenated water does not enhance aerobic performance or affect lactate clearance, according to the 2006 study in the International Journal of Sports Medicine. "It's thought that an increase in oxygen saturation in the liver helps the organ metabolize — and thus eliminate — lactate better, but, so far, we don't have enough evidence to support this," she adds. Better Ways to Recover After a Workout Grabbing a low-sugar protein bar can help your muscles recover after a workout. Image Credit: Ridofranz/iStock/GettyImages Since oxygenated water isn't all it's chalked up to be, you can find more effective recovery methods in your kitchen. In addition to, well, breathing and drinking water the old-fashioned way, experts also recommend trying the following. Coconut water: With a shorter workout, water will do just fine to help your muscles heal. However, if you do a super-intense fitness session for more than an hour — like a half-marathon or more — you might need to replenish with electrolytes. The same is true for summer-time workouts, since we tend to sweat more. Rather than reaching for a sugar-filled sports drink, McGrane suggests coconut water, a natural source of those necessary electrolytes. Electrolyte boosters: Sometimes, water can become boring and monotonous, especially if you're gradually drinking more. To make it a tad more interesting, Boogden recommends mixing some electrolyte boosters to your water bottle or smoothies. Try Nuun Hydration electrolyte tablets ($24.00 per 40 servings on Amazon.com) or Cure Hydration Mix ($20.00 per bag on Amazon.com). Snacks with protein and carbs: For when you're hangry after a bootcamp, boxing class or other activity, go for a high-protein snack that also includes healthy carbs to help rebuild muscle and promote recovery. Options include apple slices with peanut butter or a protein shake with whole fruit. You could also reach for one of these best protein bars.