



Human Clinical Trial
Evaluating the Safety and Efficacy of

Hydrate20[®]

A Randomized, Double-Blind,
Placebo Controlled Study

FINAL REPORT
SUBMITTED TO:
Hydrate 20
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STUDY PURPOSE & OVERVIEW

The purpose of this study was to evaluate, compare, and contrast four (4) readily available water products.

Hydrate20®, the study product is water produced through a Patent Pending Water Activation Technology and enhanced by Plant Derived Organic Minerals.

This was a 30-day; 170-subject study drawn from a large population of subject's in general good health. The subjects were randomized into four groups where 50-subjects were on "Product P", 50-subjects were on "Product D", 50-subjects were on "Product **Hydrate 20**" 20-subjects were on" Product T". The group on "Product T" was the placebo control group.

All subjects in each group received their water in unlabeled, white, 16 ounce bottles.

Study subjects were (18 yrs or older, M/F) in generally good health. Subjects were instructed to drink one half (1/2) their body weight in ounces of water each day. No other changes to diet or daily routine were made. Subjects were instructed that they were only to consume the water product provided and that under no circumstances were they to drink any other water product alone or mixed.

This study was performed by **FENESTRA RESEARCH LABS** clinical study personnel on sight in Las Vegas, Nevada. The *OPTIMAL WELLNESS TEST* portion of this research was done using proprietary devices and methodologies developed by **FENESTRA RESEARCH LABS**.

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Subjects were tested on week 0 (visit 1) to evaluate their suitability for inclusion in the study. Accepted subjects entered into a 1-week "Baseline Preparation " period designed to eliminate all non-prescription drugs, all OTC (over-the-counter supplements), and to prepare for baseline testing. At week 1 (visit 2), subjects returned for baseline *Optimal Wellness Tests* at which time they received their water product, group instruction and individual instructions on expected protocol. Second testing was done on the 2nd week (visit 3), when the *Optimal Wellness Test* was repeated. Final tests were taken on week-4 (visit 3).

Inclusion Criteria:

1. Subjects willing to sign a written informed consent consistent with required guidelines.
2. Subjects 18 years of age or older without any restriction to gender.
3. Subjects whose *Optimal Wellness Test* scores indicated they were at least 35% out of balance for standard Wellness in the Hydration indicators (in the red zone).
4. Subjects who are able to follow the protocol as designed.

Exclusion Criteria

1. Subjects with a history of serious disease or illness diagnosed at this time.
2. Subjects with known moderate or severe renal insufficiency.
3. Subjects with a recent history (i.e., 6 months or less prior to Visit 1) of myocardial infarction.
4. Subjects who regularly use oxygen therapy.
5. Subjects with known active tuberculosis.
6. Subjects with a history of cancer within the last 5 years.
7. Subjects who have undergone thoracotomy with pulmonary resection.

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8. Subjects who are currently in a pulmonary rehabilitation program or who have completed a pulmonary rehabilitation program in the 6 weeks prior to the screening visit (Visit 1).
9. Subjects on any current medications that are diuretics, cardiac stimulants, or any other prescribed or non-prescribed medication that may alter testing results.

III. Measuring Hydration – The *Optimal Wellness Test*

Hydration is a mathematical measurement of the fluid levels in the body. The more hydrated an individual is the more efficient they are at transporting and delivering nutrients, oxygen, and flushing out toxins.

There are four *Optimal Wellness Test* parameters used to determine overall hydration:

1. Conductance
2. Resistivity
3. Surface Tension
4. Specific Gravity

This involves a proprietary mathematical formula based on the above four parameters to determine whether or not a person is within the desired hydration range.

To measure the four components for cellular hydration computation it is vital to analyze at least two of these fluids saliva, urine or blood from the body.

Conductivity

Conductivity is a measurement of the amount and quality of electrical current in the body. Salts are electrolytes and they are responsible for the electrical conduction of information in the body. Conductivity looks at the measurement of the quantity of current flow within the biological specimen and is an indicator of osmotic pressure, heat loss, and fluid balance. If the current in the body is too high or too low there will be symptoms of degeneration.

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Resistivity

Resistivity reflects the flow of ions across cellular membranes and is a measurement of the relative concentrations of minerals contained within the tested sample. The slight difference in the concentration of minerals found in the plasma vs. the amount found inside the cells creates a voltage gradient called the membrane potential. Therefore, resistivity is a direct reflection of the body's ability to conduct electrical currents.

Surface Tension

Surface tension of a fluid can be defined as inward molecular attractive forces, which must be overcome to increase the surface area. Surface tension is the energy required to increase the surface area of a liquid by a unit amount. In waste, the intermolecular hydrogen bonds are involved in the inward attraction forces.

Specific Gravity

With bodily fluids, specific gravity is a function of the types and amounts of solids found in solution. The more there is of a substance in solution, which is heavier than the water, the higher the specific gravity will be. With dehydration, whether it is intra or extra-cellular, the specific gravity of fluids is higher because the water content goes down as the solids go up; the converse is true for increased hydration.

Other indicators

35 other indicators are associated with the *Optimal Wellness Test*. For the purposes of this study only the indicators that showed a significant change were reported on.

In addition to the parameters measured by the *Optimal Wellness Test*, the following other parameters were measured using standardized equipment:

- Heart rate
- Blood pressure
- Respiration
- Pulse

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Results:

1. Product P- Ingredients include; water, vitamins, natural and artificial flavors, stabilizers, and minerals.

- a. Hydration Indicators- from baseline to the final test of this product decreased hydration by approximately **-8%** overall
- b. Blood Sugar Indicators- from baseline to the final test of this product increased Blood Sugar Levels approximately **+10%** overall

2. Product D- Ingredients include; water, minerals, and salt.

- a. Hydration Indicators- from baseline to the final test of this product decreased hydration by approximately **-3%** overall
- b. No other indicators measured significant changes overall

3. Hydrate20- water produced through a Patent Pending Water Activation Technology and enhanced by Plant Derived Organic Minerals.

- a. Hydration Indicators- from baseline to the final test of this product increased hydration by approximately **+ 26%** overall
- b. No other indicators measured significant changes overall

4. Product T- Ingredients; water.

- a. Hydration Indicators from baseline to the final test of this product increased hydration by approximately **+3%** overall
- b. No other indicators measured significant changes overall.

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Conclusions

Hydration Changes

Product P- -8%

Product D- -3%

Product Hydrate20- +26%

Product T- +3%

Based on the data derived during this study drinking the product **Hydrate20** can significantly increase ones hydration measurements. This product proved to be a safe and effective way to improve overall hydration indicators. Hydrate20's overall increase in cellular hydration indicators of 26% gives this product a significant advantage over the other products tested in this study.

Color zone indicators for hydration (were all in the red zone as a prerequisite for participation in this study) increased slightly for the control subjects (Product T) but still remained in the red zone. Subjects on Product p and on Product D all remained in the red zone for hydration indicators.

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