
KANGEN WATER
UNLEASH YOUR PEAK PERFORMANCE



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UNLEASH YOUR PEAK ATHLETIC POTENTIAL

WITH KANGEN WATER®

In a sphere where every second and every move counts, Kangen Water® stands out as the ultimate game-changer for athletes, coaches, and sports trainers worldwide as a strategic asset for athletes seeking to enhance their performance and extend their careers.

Here's how Kangen Water® can directly benefit your athletic regime:



Boost Physical Performance:
Kangen Water®'s molecules penetrate cells more efficiently than regular filtered tap water, ensuring faster and more effective hydration and nutrient delivery to muscle tissues that result in better stamina, increased strength, and improved athletic performance.

Accelerate Your Recovery:
Kangen Water®'s alkaline properties help neutralize the buildup of lactic acid, speeding up recovery and reducing muscle soreness after intense sessions.

Enhance Your Athletic Longevity:
Regular consumption of Kangen Water® helps maintain optimal pH levels in the body, reducing the risk of inflammation, injuries, and the onset of exercise-induced ailments, thus prolonging your athletic career.

Interested in learning more?
Continue reading for to discover why more athletes are choosing Kangen Water® to meet their hydration needs and exceed their performance...

IF YOU WANT TO:

+ DRAMATICALLY IMPROVE ATHLETIC PERFORMANCE
+ IMPROVE MUSCLE RECOVERY
+ DECREASE YOUR RISK OF ATHLETIC INJURY
+ REDUCE SORENESS & MUSCLE CRAMPING

KANGEN WATER® IS FOR YOU!

SUPERIOR HYDRATION, SUPERIOR PERFORMANCE

Enagic's K8 machine produces Molecular Hydrogen RICH ionised water, known as Kangen Water®. With its variety of 68 different uses depending on the pH settings on the K8, the one key pH for any athlete is the 9.5 alkaline!

Remember, if there is no filter on the water you are drinking - YOU are the filter! And that can't be any bit healthy for you.

Athletes across all disciplines are constantly in pursuit of that edge, that next level of performance that separates the great from the legendary.



HERE'S HOW KANGEN WATER® COULD TRANSFORM YOUR ATHLETIC REGIMEN...

Supercharged Hydration

Kangen Water® isn't just your average water. With smaller water molecule clusters, which are significantly smaller than those found in regular tap water, Kangen Water® penetrates cellular walls with unparalleled efficiency.

This means it delivers hydration and nutrients directly to your cells faster and more effectively. Where regular filtered tap water has clusters containing 15-20 molecules, Kangen Water® boasts clusters of just 5 molecules, enhancing nutrient transport and toxin elimination.

This rapid cellular hydration helps boost endurance, reduce recovery time, and maintain peak performance throughout your training and beyond.

Optimal pH for Peak Performance

The K8 ionizer allows you to access water at a 9.5 pH level, an alkaline setting that is optimal for athletes. This high alkalinity helps neutralize the acid build-up that occurs in the body during intense physical activity, effectively flushing out lactic and uric acids that can lead to fatigue and soreness.

By maintaining a balanced pH, Kangen Water® helps improve muscle function and inflammation prevention, ensuring you can train harder and recover faster.

Enhanced Recovery with Antioxidant Properties

In the demanding world of sports, recovery is just as crucial as the training itself. Kangen Water® is rich in antioxidants, which play a critical role in speeding up recovery and minimizing muscle fatigue and soreness by neutralizing free radicals.

With each glass of Kangen Water®, you're not just making sure you're hydrated; you're boosting your body's ability to heal and bounce back faster.

Natural Electrolyte Replenishment

While many athletes turn to sports drinks like Gatorade or Powerade for electrolytes, these options often come with high acidity levels (pH 2.0-4.0) that can actually strip your body of essential nutrients.
Traditional sports drinks can hydrate and replenish electrolytes but often at a cost, including unnecessary sugars and high acidity, which can contribute to inflammation and other health issues.

> KANGEN WATER®, IN CONTRAST, OFFERS A NATURAL SOURCE OF ELECTROLYTES, AND THANKS TO ITS MICRO-CLUSTERING ABILITIES, IT ENSURES THESE VITAL MINERALS ARE DELIVERED DIRECTLY INSIDE YOUR CELLS, NOT JUST BATHING THE EXTERIOR. THIS CELL-DEEP ELECTROLYTE REPLENISHMENT HELPS MAINTAIN OPTIMAL MUSCLE AND NERVE FUNCTION THAT IS ESSENTIAL FOR TOP ATHLETIC PERFORMANCE.

Kangen Water®, with its purity and enhanced hydration capabilities, goes beyond mere replenishment. It bathes your cells in the hydration and nutrients they need, promoting health from the inside out, making it a superior choice for athletes dedicated to their health and performance.



KANGEN WATER®, WITH ITS ENHANCED ALKALINITY, OFFERS A POTENT SOLUTION FOR ATHLETES AIMING TO OPTIMIZE MUSCLE FUNCTION AND FLEXIBILITY.

THE CHOICE OF CHAMPIONS

Athletes constantly push their bodies to the limits, which often leads to the production of metabolic acids like lactic and pyruvic acid during intense training sessions. These acids are notorious for causing that familiar burning sensation in muscles, leading to fatigue and decreased muscle strength. This not only hampers performance but also prolongs recovery time, preventing athletes from maintaining high-intensity training regimens.

Kangen Water®, with its enhanced alkalinity, offers a potent solution for athletes aiming to optimize muscle function and flexibility. By increasing the availability of high-pH water in the body, Kangen Water® facilitates a faster and more efficient removal of acidic residues from muscle tissues. This helps in swiftly reducing the accumulation of acids that lead to soreness and fatigue. As a result, recovery times are significantly shortened, and the risk of micro-tears and subsequent scar tissue — common issues that can lead to long-term muscle weakness — is greatly diminished.

Maintaining an optimal pH balance within the muscles is crucial for peak athletic performance. Muscles operate within a very narrow pH range, and any deviation due to the accumulation of metabolic acids can impair muscle contraction and the overall production of ATP, the energy currency of the cell.

This not only affects physical performance but also reduces the muscles' ability to recover and generate energy. By neutralizing these acids, Kangen Water® ensures that muscle pH remains balanced, enhancing both the efficiency and responsiveness of muscle fibers during physical activity.

The higher alkalinity of Kangen Water® also means that the body's overall environment is less prone to inflammation and injury, providing athletes with a greater capacity for endurance and strength. Because muscles receive a more effective electrical stimulus, athletes can experience improved performance outputs and faster response times — a critical edge in competitive sports. Incorporating Kangen Water® into an athlete's hydration can strategically enhance bodily functions to support and enhance performance and recovery, making Kangen Water® an invaluable tool for athletes and trainers dedicated to achieving and maintaining top physical form.

SHAN STRATTON, A LEADING SPORTS NUTRITIONIST FOR THE NBA, NFL, MLB, PGA, LPGA, NASCAR, NHL, NY YANKEES, AZ DIAMONDBACKS, HOUSTON ROCKETS AND LA DODGERS, PRAISES KANGEN WATER® FOR BRIDGING THE GAP IN ATHLETES' HYDRATION AND OVERALL HEALTH.

Shan is known internationally for his training sessions and corporate speaking events as a nutritionist, a sports supplementation specialist, and a renowned motivational speaker. **He has worked with countless famous athletes like Kurt Warner, Maria Sharapova, Reggie Jackson, Cynthia Cooper and on and on.** After promoting and advising the use of high-quality supplements, enzymes, and probiotics to the athletic community for over 15 years, Shan states:

“Drinking Kangen Water® is the missing link to overall health and performance for athletes.”

Shan researched Enagic’s Kangen Water®, even trying it himself before endorsing the Kangen water ionizer. Shan met with Enagic’s executive staff and scientists, and personally investigated the integrity of both the company and the products. The reason for this is that he has tremendous integrity at stake with his involvement with so many high powered sports figures and coaches internationally.

Shan is committed to the mission of changing the “sick care” of America and the world over to a true Health & Wellness Care system. He is passionate about being an International speaker helping educate the world about the tremendous health benefits of drinking alkalized, antioxidant-charged, super-hydrating Kangen Water® from the only company that has the seal of approval from the Japanese medical community.

THE KANGEN EDGE — ATHLETES WHO TRUST KANGEN WATER®



From NFL stars to Olympic champions, Kangen Water® is the hydration choice for athletes seeking a natural performance boost. Learn how these professionals are using Kangen Water® to maintain their competitive advantage.

Few names in football resonate like Tom Brady's. With six Super Bowl victories under his belt as the quarterback for the New England Patriots, Brady's legendary status is undeniable.

His commitment to peak physical condition and longevity is evident in his meticulous lifestyle choices, of which Kangen Water® plays a crucial part. Brady credits this enhanced, alkaline hydration for aiding his recovery and maintaining his performance at the highest levels of professional football, allowing him to compete well into his forties.



MORE ATHLETES WHO TRUST KANGEN WATER®

Lyoto Machida
Known for his precise and disciplined fighting style, Lyoto Machida, a prominent figure in MMA, uses Kangen Water® to maintain his edge.

The hydration benefits of Kangen Water® help Machida enhance his focus and physical readiness, which are crucial for the split-second decisions he must make in the octagon. His commitment to a holistic approach to health and fitness reflects in his longevity and success in the competitive world of mixed martial arts.

Elvis Stojko
Canadian figure skating icon Elvis Stojko has skated his way to three World Championships and two Olympic silver medals with a blend of artistry and athleticism.

For athletes like Stojko, whose sport demands both aesthetic perfection and physical prowess, Kangen Water® proves essential for maintaining muscle elasticity and hydration. The enhanced water properties support his rigorous training and recovery routines, enabling him to perform complex jumps and routines flawlessly.



DEAN FERRIS

Dean Ferris, a four-time MX1 Australian Pro Motocross Champion and seven-time World MXoN Team Australia representative, attributes a significant part of his track success and remarkable recovery from a severe back injury to Kangen Water®.

Post-injury, Ferris adopted Kangen Water® into his routine to enhance his hydration and aid rapid recovery, crucial for enduring the strenuous demands of professional motocross. His return to top form culminated in a historic second place at the World Motocross of Nationals- Australia's best result to date.

Manny Pacquiao

Manny "PacMan" Pacquiao, the only eight-division world champion in the history of boxing, has a reputation for his fierce training regimen and unmatched agility in the ring.

Pacquiao integrates Kangen Water® into his rigorous training schedule to ensure optimal hydration and effective acid buffering. This strategy helps him maintain stamina and recover quickly between rounds, enabling him to train harder and perform at his peak for every fight.



FLOYD MAYWEATHER

The boxing world has seen few as unmatched as Floyd Mayweather. With an undefeated record, his training routines are as legendary as his fights. Mayweather incorporates Kangen Water® to maintain his hydration levels and help reduce recovery time, ensuring that he stays at the pinnacle of the sport through every training session and bout.

Thomar Story-Harden

A former player for the Dodgers, Thomar Story-Harden, has experienced firsthand the rigorous demands of professional baseball. He turned to Kangen Water® to maintain optimal hydration and nutrient absorption, crucial for enduring the lengthy and grueling baseball season. His experience highlights how critical proper hydration is to maintaining energy levels and performance in professional sports.

Cris Cyborg

Dominance in the MMA cage requires more than just skill—it demands peak physical conditioning. Cris Cyborg, a renowned MMA fighter, uses Kangen Water® to ensure she remains hydrated and her muscles recover quickly between training sessions. Her choice of Kangen Water® is integral to her training regime, supporting her status as one of the fiercest competitors in the sport.

Chris Albert

Fitness enthusiast and author of "Getting to Shredded," Chris Albert, advocates for Kangen Water® as part of a holistic approach to health and fitness. He credits the water's alkaline nature with enhancing nutrient absorption and improving recovery times, key components of achieving and maintaining peak physical condition as described in his writings.

Miesha Tate

Former MMA champion Miesha Tate has tackled her athletic challenges head-on with the help of Kangen Water®. Its hydrating properties help her stay energized and recover faster, proving essential to her training and competitive performance. Tate's endorsement highlights the importance of hydration in achieving top physical and mental condition in contact sports.

Abner Mares Martinez

As a professional boxer with multiple world titles, Abner Mares knows the importance of staying at the peak of his physical game. Kangen Water® helps him maintain hydration during intense training and fights, crucial for his endurance and power. Mares's reliance on Kangen Water® is a testament to its benefits in supporting rigorous physical demands and recovery, keeping him competitive in the challenging world of boxing.

Dolvett Quince

Celebrity fitness trainer Dolvett Quince, best known for his role on "The Biggest Loser," understands that true transformation begins from within. He recommends Kangen Water® to his clients not only for its hydration benefits but also for its role in helping maintain a balanced pH level, which can significantly affect metabolism and weight loss.





KELLY SLATER

Surfing legend Kelly Slater, who has conquered waves and competitions like no other, trusts Kangen Water® to maintain his balance and agility on the board.

The superior hydration offered by Kangen Water® is vital for enduring long hours in the ocean and maintaining peak physical condition, which is essential for a surfer of his caliber.

> ## JOIN THE ELITE — HYDRATE WITH KANGEN WATER® IT'S NOT JUST WATER, IT'S A LIFESTYLE CHOICE THAT DRIVES WINNERS.

Join the revolution of athletes who not only seek excellence but achieve it with every drop. Contact us today to learn more about Kangen Water® and take the first step towards transforming your athletic performance.

Hydrate like the champions — experience the Kangen difference in every drop!

FOR MORE INFORMATION ON HOW YOU CAN START YOUR JOURNEY WITH KANGEN WATER®...

PLEASE REACH OUT TO THE PERSON THAT SHARED THIS EBOOK WITH YOU.