



IntroDrink.ch Publishes Molecular Hydrogen Guide Clarifying Metabolic Measurements

October 06, 2026

Zurich, Zurich - October 06, 2026 -

IntroDrink.ch, a Swiss information provider focused on natural dietary supplements, has released a series of editorial pages examining molecular hydrogen and the measurements associated with hydrogen water. The pages, published in September 2026, address terminology and methodology questions that are frequently misunderstood in public discussion of the topic.

The first of the new pages reviews molecular hydrogen in the context of metabolic research, examining how measurements are defined and where their limitations lie. The [introdrink.ch metabolism research page](#) references the Metabolomics Standards Initiative outlined by Sumner and colleagues in 2007, which sets out guidelines for sample handling, analytics, and data evaluation. The page clarifies that this framework does not constitute proof concerning hydrogen and does not form the basis for any application claim.

The page further notes the absence of a verified primary study on H₂ that includes a defined population, a comparison group, and a predefined metabolic endpoint. It observes that cell or animal models do not

substitute for human research questions. On that basis, the page states that no assertions are made regarding liver function, blood sugar, detoxification, quantity, or product use.

A companion page, titled in German "Säure, Basen und gelöster Wasserstoff: drei getrennte Grössen," separates three measurements that are often conflated. The [introdrink.ch](#) chemistry guide explains that pH value measures the activity of hydrogen ions in a solution, while dissolved molecular hydrogen refers to the amount of a gas within that same solution. These are described as two distinct physical quantities, with one implying nothing about the other.

The same page addresses redox potential, expressed in millivolts, as a third separate measurement describing an electrochemical property of a solution. It is presented as equivalent neither to pH value nor to the content of dissolved hydrogen. The page also discusses the everyday notion of body "acidification," noting that blood pH is physiologically regulated within narrow limits and that this regulation is not shifted to a measurable result by a beverage.

Both pages carry a standard disclaimer stating that dietary supplements are not a substitute for a balanced and varied diet or a healthy lifestyle, and that the content provides general information rather than medical advice. The pages advise readers to consult a doctor or pharmacist for health questions. According to [IntroDrink.ch](#), the editorial content is produced using AI-based tools and subsequently reviewed by the editorial team, with health-related product information prepared in line with the EU Health Claims Regulation.

The pages link to related articles on molecular hydrogen and to associated reading within the [IntroDrink.ch](#) catalogue. The publisher notes that it operates as an affiliate and may receive a commission on qualified sales through certain links.

[IntroDrink.ch](#) is a Switzerland-based publisher of information on natural dietary supplements. Its editorial coverage spans categories including the immune system, sports and nutrition, beauty and skincare, and new products, alongside reference material on topics such as molecular hydrogen and metabolic measurement. The organisation presents its material as general-interest information for readers seeking background on these subjects.

###

For more information about [IntroDrink.ch](#), contact the company here: [IntroDrink.chkontakt](#) (at) introdrink.chkontakt@introdrink.ch

IntroDrink.ch

Swiss premium supplements and natural health products. Vitamins, minerals, superfoods, natural cosmetics, and wellness bundles at introdrink.ch.

Website: <https://introdrink.ch>

Email: kontakt@introdrink.ch

