

Choose Wisely: Essential Considerations for Hydrogen Inhalers

明智之选：氢氧机选购的必备考量因素

When investing in a hydrogen inhaler for health maintenance, adjunctive therapy, or managing chronic conditions, prioritize these three critical factors:

在选购氢氧机用于保健养生、辅助治疗或慢性病管理时，需优先关注以下三大核心要素：

1. Safety of Use 使用安全性：	
Explosion-Proof Design 防爆设计：	Given the flammability of hydrogen gas, ensure the inhaler is explosion-proof to guarantee safe operation. 氢气具有易燃性，设备必须具备防爆结构以确保使用安全。
EMC Certification (Electromagnetic Compatibility) EMC 认证（电磁兼容性）	Verify the device has EMC certification, confirming its electrical safety and minimizing potential interference with other electronic equipment. 确认设备通过 EMC 认证，保障其电气安全性，避免对其他电子设备造成干扰。
2. Health Safety 健康安全：	
Medical-Grade Standards (Minimum Requirement): For a health-focused device, medical-grade certification is essential. This includes meeting stringent standards for: 医疗级标准（最低要求）：作为健康相关设备，必须通过医疗级认证，包括以下严格标准：	• Purity: Achieving a hydrogen gas purity of 99.995% or higher, as per FDA standards. 纯度：氢气纯度需达到 99.995%或更高（符合 FDA 标准）。 • Explosion-Proof Design 防爆设计 • EMC Compatibility EMC 兼容性

Electrode Material 电极材料:	The material of the electrodes, the core component producing hydrogen, is crucial for long-term health safety. Opt for high-quality, non-corrosive materials that prevent the release of harmful heavy metals. Titanium platinum is currently recognized as the safest and most durable option. 作为产氢核心部件，电极材料的长期安全性至关重要。应选择高品质、抗腐蚀材质，避免释放有害重金属。目前，钛铂合金被公认为最安全耐用的选择。
3. Effectiveness 有效性:	
Sufficient Flow Rate 充足流量:	For noticeable health benefits or adjunctive treatment, a hydrogen gas flow rate below 900 ml/min is generally considered insufficient. Choose a device that delivers an adequate flow for your intended purpose. 若期望达到显著保健或辅助治疗效果，氢气流量低于 900 毫升/分钟通常不足。需选择流量符合需求的设备。
Golden Ratio (Hydrogen/Oxygen) 黄金比例（氢氧混合）:	Research from medical experts suggests a "golden ratio" of approximately 66.6% hydrogen and 33.3% oxygen may enhance effectiveness. Oxygen is vital for cellular function, and hydrogen acts as a carrier, potentially improving oxygen delivery and neutralizing harmful free radicals within cells. 医学研究表明，氢气与氧气比例约为 66.6%:33.3%的"黄金配比"可提升效果。氧气为细胞运作必需，而氢气作为载体可促进氧输送，并中和细胞内有害自由基。