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**DR. NICHOLAS PERRICONE RELAUNCHES HIS GROUNDBREAKING HYDROGEN WATER  
AS INTEREST IN MOLECULAR HYDRATION SURGES**

Meriden, CT - July 1, 2025 - Renowned healthy aging expert and #1 New York Times bestselling author Dr. Nicholas Perricone has relaunched his pioneering Dr. Perricone Hydrogen Water, tapping into a powerful wave of renewed interest in hydrogen as a functional wellness ingredient.

Originally introduced in 2016, Perricone Hydrogen Water was years ahead of its time. Now relaunched in a sleek, new 12 oz. can, the product returns with fresh momentum and heightened relevance as molecular hydrogen gains traction for its benefits across hydration, longevity, and skincare.

“Hydrogen water isn’t just a trend. It’s a science-backed tool for supporting total body health-especially inflammation, energy, and cellular recovery,” says Dr. Perricone, whose latest book, *The Beauty Molecule*, explores the role of neuroceuticals and hydration in healthy aging.

**SCIENCE-BACKED BENEFITS OF HYDROGEN WATER**

Backed by more than a decade of emerging clinical research, Hydrogen-Rich Water (HRW) has shown promising results across a range of health outcomes:

- **Antioxidant & Anti-Inflammatory Power**

Clinical and animal studies suggest HRW can reduce oxidative stress, regulate inflammation markers, and support immune function-factors central to aging and disease.

- **Muscle Recovery & Exercise Performance**

Trained athletes consuming HRW reported improved endurance, reduced fatigue, and faster post-workout recovery.

- **Mental Clarity & Mood**

Early evidence indicates HRW may support cognitive function, focus, and emotional balance by combating oxidative stress in the brain.

- **Liver, Cardiovascular & Metabolic Health**

Preclinical and small-scale human trials suggest benefits for liver enzymes, cholesterol levels, blood sugar regulation, and vascular health.

- **Skin Health & Cellular Resilience**

Dr. Perricone considers HRW a critical-yet overlooked-hydration secret for skin health, enhancing cellular repair and reducing internal inflammation that ages the skin.

Recent systematic reviews have confirmed HRW's antioxidant, anti-inflammatory, and anti-apoptotic potential, while also calling for larger clinical trials to further validate its impact.

## **WHY IT MATTERS NOW**

Hydrogen water is having a major moment-with wellness enthusiasts and medical researchers alike recognizing its potential, but few offer the long-standing credibility of Dr. Perricone's science-backed, lifestyle-integrated approach.

As the founder of Perricone MD, a board-certified dermatologist, certified nutritionist, and now a graduate of Yale's Master of Public Health program, Dr. Perricone brings decades of trusted expertise to the healthy aging industry and to this resurgence in clean, functional hydration.

## **WHERE TO BUY**

Dr. Perricone Hydrogen Water is available now on Amazon and via [www.perriconehydrogenwater.com](http://www.perriconehydrogenwater.com), alongside The Beauty Molecule—a transformative lifestyle guide that blends cutting-edge research with practical protocols to enhance beauty, energy, and longevity from the inside out.

To request samples, schedule interviews, or receive high-res images, please contact Shannon Pastuszak at Dreamer Consulting.

## ABOUT DR. NICHOLAS PERRICONE

Dr. Nicholas Perricone is a board-certified dermatologist, certified nutrition specialist, and the #1 New York Times bestselling author of *The Wrinkle Cure*, *The Perricone Prescription*, and *The Beauty Molecule*. A visionary in anti-inflammatory living and integrative skincare, he has appeared on national programs including *The Oprah Winfrey Show*, *Today*, *CNN*, *Larry King Live*, and *Dr. Oz*, and remains a trusted voice in the science of healthy aging.