

MÖDERE® FAQs

OPTIMIZE

Health & Wellness | General Nutrition

How do the tablets work?

- The hydrogen tablets contain magnesium in a form that reacts with the water. The products of this reaction are magnesium hydroxide and free hydrogen (H₂).

How quickly should I drink Optimize?

- Through testing, we've found that the greatest amount of free hydrogen occurs between 10 and 20 minutes after adding a tablet to water. We recommend consuming within 20 minutes.

Can I combine the tablets with other products such as Go, Revitalize, Rush or Recover?

- We do not recommend combining Optimize tablets with other water-soluble supplements because they may interfere with the reaction and inhibit the amount of hydrogen produced.

When is the best time to take Optimize?

- Optimize can be enjoyed any time of day. It can be taken during a workout to help with hydration or in the evening as a caffeine-free bedtime refreshment.

What do the tablets look like?

- The tablets are dark gray, though some will also have tiny white spots. This natural variation is an inherent part of the tableting process.

Is it gluten-free?

- Yes, it is.

Is it vegan/vegetarian?

- Yes, it is.

Is Optimize dairy-free?

- Yes, it is.