

iCell Water



iCell Water™: Hydration at the Cellular Level

Most people think hydration just means drinking enough water. But real hydration is about **getting water inside your cells**, where it matters.

For this reason, **iCell Water™** was developed and why practitioners are seeing powerful results in so many different types of patients—from those on GLP-1 medications to athletes, older adults, and even people focused on skin health.

5 Reasons to Make iCell Water™ Part of Your Routine

1. Preserve Muscle During GLP-1 Therapy

One of the biggest concerns with GLP-1 medications (like semaglutide) is **muscle loss**. Many assume the drug itself causes this, but here's the real story:

GLP-1s decrease thirst. Patients drink less water and eat less water-rich foods. That leaves their muscle cells dehydrated and “shrunk.” In this state, protein breaks down faster.

How iCell Water™ helps:

It uses amino acids (glycine, glutamine, alanine) plus creatine to pull water back into muscle cells, keeping them in a healthy, “swollen” state that supports protein building.

Result: Patients maintain muscle while still meeting their metabolic goals.

2. Boost Athletic Performance & Recovery

Research in athletes shows that when cells are well-hydrated, the body performs better:

- More power output
- Faster recovery
- Less fatigue
- Sharper focus during training

Unlike sports drinks, **iCell Water™ provides all-day cellular hydration**—ideal for high performers.

3. Improve Skin & Aesthetic Outcomes

Hydrated cells = healthier, more elastic skin.

When combined with aesthetic treatments, practitioners report that patients see better skin elasticity, improved healing, and smoother results. Hydration literally amplifies every other intervention.

4. Enhance Growth Hormone & Peptide Therapies

Growth hormone and muscle-building peptides can only work if your cells are primed for growth.

- Growth hormone signals muscle protein synthesis.
- iCell Water™ ensures the cellular environment is ready.
- Creatine adds energy (ATP) for faster results.

The synergy between these therapies and iCell Water™ can accelerate outcomes beyond either one alone.

5. Protect Against Age-Related Muscle Loss

As we age, muscle naturally declines—a condition called sarcopenia. Research indicates that one factor contributing to this is **cellular dehydration**.

By keeping cells hydrated, iCell Water™ helps put the body in an anabolic (muscle-preserving) state, supporting:

- Stronger muscles
- Better metabolism
- More energy and vitality

What Makes iCell Water™ Different

This isn't your typical electrolyte or sports drink.

Here's the science behind the formula:

- Amino Acid Osmolytes (glycine, glutamine, alanine): Pull water into cells, supporting hydration and protein synthesis.
- Creatine: Acts as an osmolyte too, while also fueling cells with ATP (energy) and supporting muscle volume.

How to Use It for Maximum Benefit

Most people get hydration supplements wrong.

❌ Don't: Mix one scoop, drink it quickly, and forget about it.

✅ Do: Add one scoop of iCell Water™ to 2 liters of cold water and sip it throughout the day.

This keeps your cells in the perfectly hydrated, “swollen” state that supports:

- Continuous protein building
- Optimal cellular signaling
- Strong metabolism

Patient-Friendly FAQ

1. How is iCell Water™ different from Gatorade or electrolyte drinks?

Electrolytes help with short-term fluid balance, but they don't pull water into cells. iCell Water™ uses amino acids and creatine to hydrate at the cellular level.

2. Is it safe to take it every day?

Yes. iCell Water™ uses naturally occurring amino acids and creatine—nutrients your body already uses for energy and muscle health.

3. Will it help if I don't exercise?

Absolutely. Even if you're not an athlete, your cells still need hydration for energy, metabolism, and healthy aging.

4. How soon will I notice the results?

Many people feel more energy and focus within days. For muscle and skin benefits, results typically become more noticeable over weeks.

5. Can older adults benefit?

Yes. Since intracellular dehydration contributes to age-related muscle loss, iCell Water™ is especially valuable for supporting strength and vitality as you age.

Take the Next Step Toward Better Cellular Health

If you're ready to go beyond "just drinking water" and truly hydrate your body at the cellular level, **iCell Water™ is available through Dr. Kevin Greene and Confidia Health Institute.**

👉 **Ask Confidia Health Institute about iCell Water™ today and discover how intracellular hydration can transform your performance, vitality, and long-term health.**

Confidia Health Institute

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