UNBELIEVABLE

Deep Sea Water

Exercise & Recovery

Scientific Research on Deep Sea Water and Physical Performance

Key Health Benefits

- Accelerates recovery from physical fatigue
- Improves aerobic power within 4 hours
- Reduces muscle damage markers (CK, myoglobin)
- Enhances lower body muscle performance
- Lowers lactate and ammonia levels post-exercise

Peer-Reviewed Research Studies (5 Publications)

Study 1: Deep Ocean Mineral Water Accelerates Recovery from Physical Fatigue

Hou C.W., Tsai S.J., Fang Y.H., Chiu Y.H., et al. (2013)

Journal: Journal of the International Society of Sports Nutrition

Key Findings: After dehydrating exercise (~3% body mass loss), DSW (DOM) led to complete recovery of aerobic power within ~4 hours, muscle power above placebo within ~24 hours, and reduced CK/myoglobin compared to placebo.

Access: https://jissn.biomedcentral.com/articles/10.1186/1550-2783-10-7

Study 2: The Impact of Post-Exercise Hydration with Deep-Ocean Mineral Water on Rehydration and Exercise Performance

Keen D.A., Constantopoulos E., Konhilas J.P. (2016)

Journal: Journal of the International Society of Sports Nutrition

Key Findings: In well-conditioned male athletes, rehydration with deep-ocean mineral water (915 m depth) after dehydration improved return to baseline salivary osmolality and enhanced lower body muscle performance, compared to mountain spring water or sports drink.

Access: https://jissn.biomedcentral.com/articles/10.1186/s12970-016-0129-8

Study 3: Changes in Fatigue Recovery and Muscle Damage Enzymes After Deep-Sea Water Thalassotherapy

Kim N-I., Lee M-S., Han G-S. (2020)

Journal: Applied Sciences

Key Findings: Study with 30 male college students comparing deep-sea water thalassotherapy (DSWTT) vs regular water exercise vs control. DSWTT group showed significantly lower lactate, ammonia, LDH and muscle damage enzymes (CK, AST) post-exercise vs other groups.

Access: https://www.mdpi.com/2076-3417/10/23/8383

Study 4: Physiological Benefits and Performance of Sea Water Consumption on Running-Based Exercise

Aragón-Vela J., Plaza-Diaz J., et al. (2022)

Journal: PMC - Nutrients

Key Findings: Systematic review/meta-analysis: Deep sea water consumption was found to accelerate recovery of aerobic capacity and leg muscle capacity during running performance.

Access: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9657671/

Study 5: Effects of Deep-Sea Water on Training Efficiency, Locomotor Function and Respiratory Metabolism

Fukui K., Hamano K., et al. (2024)

Journal: ScienceDirect - Heliyon

Key Findings: Animal study: DSW improved training efficiency, locomotor function and respiratory metabolism in both young and aged mice, suggesting benefit for recovery and performance.

Access: https://www.sciencedirect.com/science/article/pii/S2405844024153273

About UNBELIEVABLE Deep Sea Water

Sourced from 510 meters below the East Sea of Korea. Triple Gold Medal winner. 70+ natural minerals. pH 8.2 naturally alkaline. 3:1:1 magnesium-calcium-potassium ratio.

For Partnership Inquiries: Visit unbwater.com