

UNBELIEVABLE

Deep Sea Water

Weight Management

Scientific Research on Deep Sea Water and Body Composition

Key Health Benefits

- Reduces body weight and adipose tissue
- Increases lipolysis and fatty acid oxidation
- Increases muscle mass while reducing fat
- Boosts basal metabolic rate
- Modulates gut microbiota for metabolic health

Peer-Reviewed Research Studies (5 Publications)

Study 1: Deep Sea Water Improves Abnormalities in Lipid Metabolism

Chang W-T., Choi W.H., Oh S.H., Kim K.S., et al. (2017)

Journal: PMC - Marine Drugs

Key Findings: In high-fat diet (HFD) obese rats, DSW significantly reduced body weight, adipose tissue weight, liver triglycerides & cholesterol; increased lipolysis and fatty-acid oxidation gene expression; inhibited adipocytokines.

Access: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5742846/>

Study 2: Chronic Intake of Water Supplemented with Deep-Sea Water Extract Reduces Body Fat Percentage

Yuzawa S., Ohta M., et al. (2024)

Journal: MDPI - Water

Key Findings: Human study: Regular intake of DSW-extract-supplemented water decreased body fat %, increased basal metabolic rate, and increased muscle mass in participants.

Access: <https://www.mdpi.com/2073-4441/16/17/2400>

Study 3: Potential Health Benefits of Deep Sea Water: A Review

Nani S.Z.M., Majid F.A., Jaafar A.B., et al. (2016)

Journal: PMC - Evidence-Based Complementary and Alternative Medicine

Key Findings: Review summarizing multiple studies: DSW shows potential in reducing obesity, improving lipid/glucose metabolism, lowering blood pressure, and reducing risk factors of lifestyle diseases.

Access: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5221345/>

Study 4: Deep Ocean Water Alters the Cholesterol and Mineral Metabolism

Hatano K., Yamada Y., et al. (2023)

Journal: Nature Scientific Reports

Key Findings: In squid model: DOW (deep ocean water) increased total/free cholesterol, modified mineral metabolism, and suppressed weight loss vs surface sea water — suggesting modulation of weight/energy metabolism in aquatic model.

Access: <https://doi.org/10.1038/s41598-023-34443-x>

Study 5: Effects of Deep Ocean-Derived Magnesium-Enhanced Water on Metabolic Diseases

Kang H., Kim H., et al. (2025)

Journal: Diabetes Research and Clinical Practice

Key Findings: (Preliminary) Magnesium-enriched DOW improved glucose tolerance, reduced BMI, modulated gut microbiota in metabolic disease models.

Access: <https://www.sciencedirect.com/science/article/abs/pii/S1871402125000207>

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