

Product Review – Perfect Empowered Drinking Water™

By Todd Spain



As It turns out that all water may not be the same. Following a chance meeting with Andrew George over the summer, Andrew and I struck up an ongoing conversation about triathlon nutrition. As I have had a series of events over the past two years whereby hydration and nutrition have not gone exactly as planned, I was keen to listen for any advice or opportunity. Andrew introduced me to a wide variety of nutrition products which he represents <http://ageorge7.qhealthzone.com/>.

The Perfect Empowered Drinking Water™ caught my interest. Andrew hooked me up with a supply which I used for two weeks for every activity which I would normally bring a water bottle – including recovery.

The pitch behind this water is that it is, among other things, Remineralized, Ionized, Microstructured and Oxygen Rich. My loose interpretation of this is somewhat suspect but here it goes: Remineralization is a process by which they add back key minerals and electrolytes such as sodium, calcium, magnesium and potassium; Ionization is a process by which they increase the pH of the water making it alkaline; According to Andrew, this helps to increase negative ions in the body which helps to improve performance; Microstructuring brings about a more efficient hydration; and, their proprietary method, known as MBO, increases the oxygen content in a manner which remains stable and is not lost when the bottle is opened.

For specific information on the technology behind Perfect Empowered Drinking Water – and how it benefits your body - go to www.drinkperfectwater.com. There is a LOT of research on the web to indicate that these principles are sound. If you search on any of these four topics: electrolytes; microstructuring; oxygenation; and, negative ionization, you will find a wealth of articles and data – enough to entertain a type A for an entire weekend.

Yeah, yeah, the science sounds fundamental, but what does it do. Well, I began the two week test period by racing the bike leg of a sprint triathlon as a relay team member. In this race I had a terrible result. Although well trained, I was dehydrated, underpowered and unable to hold a fast pace on even the most modest of hills. This was somewhat due to the jet lag I was suffering from a business trip a few days prior and somewhat due to sustained training over a long period with no real chance to “catch up”. After this race I began a two week cycle of drinking Perfect Empowered Drinking Water™ during all training events. I sometimes mixed in unflavored HEED from [Hammer Nutrition](#) as I would normally with tap water.

At the end of two weeks I was absolutely feeling more on top of my game. Although following my normal training and hydration/nutrition routine (except for the water source), my [Tanita scale](#) confirmed that I was carrying 2 or 3% more water percentage in my body. The proof, for me, came at the end of two weeks, when I raced a similar sprint course bike leg. Whereby, I improved my time by more than 10 seconds per mile. Afterward I recovered faster and had less of the usual body pain and residual fatigue.

Yeah, but what does it taste like? The first drink is a bit unusual. It is almost like it is carbonated and it has a cleaner flavor than tap water. During long rides, I often find that water begins to taste a bit like metal, which makes it difficult to keep drinking. This water stays refreshing throughout the event.

How much does this cost? Perfect Empowered Drinking Water™ is definitely more expensive. It costs about \$2 per 16oz. bottle if purchased from the website. As a result, I would recommend using this for training only and otherwise drinking other bottled water or filtered water.

I am very skeptical about nutrition and hydration products in general. That being said, the science for Perfect Empowered Drinking Water™ seems sound and logical to me. I know that the results were fairly clear for me.

I would recommend this product to athletes looking for an edge, those for whom hydration is a challenge or anyone who suffers from the “metal” taste of some water sources.

I plan to give a few of the other products which Andrew offers a try over the winter. If so, I will write up a review for those, as well. Stay tuned....

