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What is the Difference Between MegaHydrate and Crystal Energy?

The basis of these two products, MegaHydrate and Crystal Energy, is Dr. Flanagan's patented silica Microclusters® which provide numerous features such as increased hydration, increased zeta potential of cells to clean the blood, alkalizing of blood, and detoxification. The benefits of silica Microclusters® are increased energy, an enhanced immune system, pain relief, and a longer, healthier life.

After developing the silica Microclusters®, Dr. Flanagan found out a way to capture active hydrogen (or negatively ionized hydrogen) inside the silica. This is called silica hydride. Silica hydride provides the benefits of the plain silica Microclusters® PLUS active hydrogen. Due to the active hydrogen, silica hydride is now the most powerful antioxidant known.

As you can see from the chart below, both products alkalize the body, but Crystal Energy assures that all the water you treat with it will alkalize your body (or move more acid if that is your body's requirement). When taking MegaHydrate, it only balances the pH of the water around the time you take the capsules.

Plus if you have children, pets, or others you want to get the incredible health benefits of the silica Microclusters® without having to take a capsule, Crystal Energy is a very convenient way to do that.

The ideal program is to take either MegaHydrate daily AND add Crystal Energy to all your drinking water. Not only will the water taste great from Crystal Energy, but it will hydrate you to maximum benefit and get the antioxidant power of MegaHydrate.

Produced by Phi Sciences and Dr. Flanagan	MegaHydrate (capsule)	Crystal Energy (fluid)
silica Microclusters®	YES 50% more than MegaH	YES
Silica Hydride (or Microclusters® with Negatively-Ionized Hydrogen)	YES	NO
Most Powerful Antioxidant	YES	NO
Increase ATP Production	YES	NO
Increases Hydration	YES best option	YES best option
Reduce Pain & Inflammation	YES	NO
Anti-Aging Properties	YES	YES
Increase Zeta Potential of Human Cells	YES	YES
Neutralizes Harmful Toxins like Fluoride, Chlorine, etc.	YES AND Converts Chromium 6 to safer Chromium 3	YES
Increase Absorption of other Supplements	YES	YES best option

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Lowers surface tension of water you drink	YES	YES best option
Balance pH or Alkalize the body	YES	YES best option

What is the Flanagan Silica Microcluster® ?

The Flanagan silica Microcluster® is a patented mineral that is the 241st form of silica discovered. Only a few angstroms wide (one ten billionth of a meter), the silica is in the shape of many small spheres clustered together.

The main benefits of the silica Microcluster® is that it makes wetter water, allowing greater detoxification and nutrient absorption. The silica Microcluster® also balances pH, makes water taste fresher and ultimately increases hydration for better skin, more energy and a sharper mind.

This form of silica Microcluster® is special and unique because of its incredibly tiny size that allows the spherical configuration to expand and contract based on the pH of the surrounding fluid. The spheres capture toxins and allow the body to flush them safely. Due to poisoning of the environment, air, food and water, detoxification is more important than ever before in recorded human history.

What is an Antioxidant?

Antioxidants defend human body cells by neutralizing the damaging effects of free radicals, a byproduct of cell metabolism. Free radicals form when oxygen is metabolized, or burned, by the body. Free radicals disrupt the structure of other molecules, causing cellular damage. This cell damage is believed to contribute to aging and various health problems. Some well-known antioxidants include compounds normally present in food such as Vitamin E, beta-carotene, the carotenoids, Vitamin C, zinc, and selenium. Antioxidants retard oxidation and are sometimes added to meat and poultry products to prevent or slow oxidative rancidity of fats that cause browning.

There can be times no matter how well you are eating you may find yourself coming up short in important nutrients. I recommend getting regular comprehensive blood tests (once or twice a year) so you can make informed choices with your food, superfoods and supplements. While I always try to balance nutritional deficiencies with whole foods and super foods there are times I will use supplements if need be.

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