

Abstract

Provided is a hydrogen generation unit which can produce a hydrogen containing liquid more conveniently compared to a conventional hydrogen adding instrument. The hydrogen generation unit is configured such that a hydrogen generating agent which generates hydrogen by being impregnated with water, the water, and a non-flowout state maintaining unit which maintains the water in a non-flowout state where the water does not react with the hydrogen generating agent are accommodated in an accommodating body having a discharge unit for discharging a hydrogen gas, and the non-flowout state maintaining unit is configured to change the water in the non-flowout state into a flowout state where the water is reactable with the hydrogen generating agent by applying a predetermined amount of energy to the accommodating body from outside the accommodating body, whereby the water brought into the flowout state is made to react with the hydrogen generating agent by being triggered by application of the energy and hydrogen generated in the accommodating body is discharged through the discharge unit, and the hydrogen-containing liquid is produced without permeation of the liquid into the hydrogen generation unit.