
BEST TIMES TO USE OXYGEN:

- Before and After Each Race.
- Before and During Fitness/Strength Training.
- After Any Intense Training for Recovery.
- Before Going to Sleep for Recovery.

WHAT TO LOOK FOR:

- Increased Endurance
- Lower Cardio and Respiratory Stress while riding.
- Less Lactic Acid Muscle Burn (Arm pump)
- Less Fatigue over a Long Day of Racing
- Improved Mental Focus and Reaction Times
- Faster Recovery Times between Races

RECOMMENDED USAGE FOR BEST RESULTS:

- For 15-30 minute motos: 5-10 shots before and after each race.
- For longer races with no stops: take 30-50 shots before the race.
- For fitness training: 10 shots before starting workout (preferably after a warm-up). 5-10 additional shots every 30-45 minutes as needed. 10 shots after workout for recovery.

UNDERSTANDING HYPEROXIC TRAINING

HYPERoxic training is training under ELEVATED oxygen levels - the opposite of altitude training. The theory is that when you train with additional oxygen, you can train harder for longer periods of time as well as recover faster, causing faster physiological adaptations by the body. If it makes sense to you that having the ability to train harder and recover faster will give you faster results from training, then you need to give supplemental oxygen a try!

OTHER IMPORTANT INFORMATION:

- Oxygen supplementation is legal according to the World Anti-Doping Agency as of Jan 1, 2010.
- Oxygen is a much better alternative to energy drinks. It contains no stimulants, no sugars, and no calories. It will not keep you up if used at night, it will not give you the jitters, and there is no crashing.
- Short burst oxygen is safe, natural and non-habit forming. In the quantities used, your body will not become used to it over time like it does with other supplements.
- Since oxygen can help you train harder and recover faster, it should help you get more out of your other supplements.
- Oxygen combines well with glucose supplements because it is the combination of O₂ and glucose that create the main energy source for your muscles - ATP.
- Oxygen is great for hangovers.