

Oxygen for Reaction/Action Sports

Sports like: Volleyball, Tennis, Soccer, Hockey, Snow Sports, Rugby, BMX, Surfing, etc

Top O2 Uses:

- Before and During Competitions and Training to Increase Energy, Increase Endurance, Maximize Explosiveness, Reduce Lactic Acid Burns and Improve Mental Focus.
- After Training for Recovery. This is the most universal benefit of oxygen to all athletes. Oxygen is needed to break down lactic acid faster and to restore ATP stores in the muscles. This recovery benefit may allow you to train hard without the fear of overtraining.
- Before Going to Sleep for Recovery. Many athletes find that they wake up feeling much fresher when using oxygen right before sleep.

Other things to consider:

- 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.

General Product Use:

- 1 shot = approx 1 sec of O₂
- Inhale a shot > hold briefly (1 sec max) > then release and repeat
- As pressure in can decreases, take longer shots to get the same benefit.
- Warm muscles can pull up to 3X more oxygen out of blood - try to warm up before using oxygen for max benefits.

Usage for Sports

- 10 shots before competition
- 10 shots every 45-60 minutes or as needed
- 10 shots after intense exertion for recovery

What to look for:

- More Endurance
- More Explosiveness
- Less Muscle Burn (Lactic Acid Buildup)
- Faster Recovery Time
- Greater Mental Clarity and Focus

Have Questions?

Contact Oxygen4Energy.com at 949-777-6457