

Portable Oxygen Usage Tips

Simply spray oxygen into mouth or nose and inhale deep into lungs.



Dosing for Specific Applications

These recommendations are simply guidelines to help you get noticeable results from using truO2. Every individual has different needs. You may need to experiment with your dosing to get optimal results.

Sports and Fitness

- Take 10 shots just before 30-45 minutes of intense physical exertion to increase endurance, power and explosiveness. Take 5-7 shots every additional 30 minutes as needed.
- Take 10 shots immediately following intense exertion for recovery (if recovery is important to you).
- The harder you push yourself, the more noticeable the benefits will be. For recommendations that are more specific to different sports, go to the Usage Tips page at www.oxygen4energy.com.

General Energy and Mental Clarity

- Take 10 shots when needed. As the beneficial effects wear off, take an additional 5-10 shots for as long as you need the energy and mental clarity.

Altitude Sickness (Hypoxia)

- Take 10 shots. Follow up with 5-10 shots periodically as needed.
- Take 10 shots before going to bed for a more restful sleep.

Hangovers

- Take 10-15 shots before going to bed at night if you think you may have consumed enough alcohol to result in a hangover the following morning.
- In the morning, take 10 shots every 5-10 minutes until you feel relief.
- If you drink so much as to get alcohol poisoning, oxygen will not help you.

Stress and Headaches

- Take 10 shots every 5-10 minutes until you feel relief.

Medical Waiver: If you have any health concerns, always consult your doctor before starting on recreational oxygen. Recreational oxygen is not intended to treat, prevent or cure any diseases.

Travel: Airline regulations allow passengers to pack personal care aerosols in their luggage in reasonable quantities. If you pack the truO2 aerosol cans in your luggage, you should be fine. If you try to carry them on the plane, they will get confiscated. Due to the nature of airline security, we cannot make any guarantees regarding this issue.

If you are not getting the results you desire, send us an email or call us and we may be able to help!

support@oxygen4energy.com

Or call: 949-340-0065

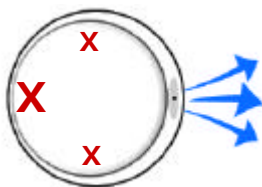
GENERAL INSTRUCTIONS

- **Guideline: 1 Shot = approx 1 sec of O2**
- Inhale a Shot of Oxygen DEEP into your lungs
- Hold briefly then Release. (Do not hold for more than 1 second. This is counterproductive to using O2.)
- Repeat 5-15 times as needed.
- Each can contains approximately 60 seconds of continuous flow oxygen. (Up to 50 shots)

Important Notes:

- Press down **FIRMLY** on rear of button (opposite side of nozzle) to break safety tab and get oxygen to flow.
- Consuming less than 5 shots will produce no noticeable benefit for most people.
- The pressure in the can decreases as you use it up. When the can is fresh, you can take shorter shots. When the can is almost empty, you will need to take longer shots (up to 2 sec).
- Over time, you should determine your own dosage requirements for optimal results. **When in doubt, always take MORE shots if you want to get good benefits.**
- For maximum control over the flow rate of the oxygen, we recommend pushing at the rear of the button. Pushing the center of the button may require more effort and will expel the oxygen at the fastest possible rate, giving less shots per can. If you have a hard time pressing the rear of the button, try pressing on the sides instead.

Press down at the rear or sides of button to maximize number of shots.



Top View of Can