



## SUPPLIED BY:

Email: [houseoflizbe@telkomsa.net](mailto:houseoflizbe@telkomsa.net)

Website: [www.houseoflizbe.co.za](http://www.houseoflizbe.co.za)

Phone: +27 (0)31 562 0606

Mobile: +27 (0)83 320 9379

Fax: +27 (0)866 598 988



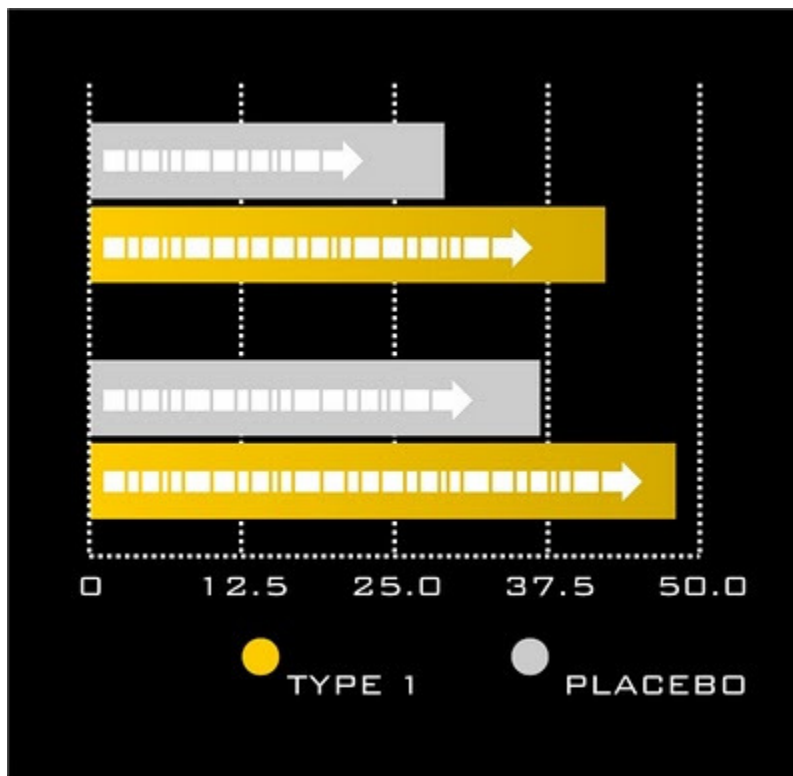
## Breathe Better Live Better

### Magnet Induction Test using Therahaler O2 Gold

### EFFECTS OF MAGNETIC INDUCTION OF INHALED OXYGEN ON ATHLETIC PERFORMANCE

#### RPE RESPONSE TO MAXIMAL EXERCISE TEST

	BASELINE		2 WEEKS			4 WEEKS		
	N	RPE	N	RPE	P	N	RPE	P
<b>REST</b>	39	0	39	0		39	0	
<b>2Min</b>	39	2.1± 1.5	39	2.5±	0.466	39	2.5 ± 2.5	0.5581
<b>4.5Min</b>	31	4.4 ± 2.4	39	3.7±	0.0016 *	36	3.7 ± 3.1	0.0012*
<b>7Min</b>	23	6.0± 2.3	26	4.6±	0.0115	26	4.6 ± 3.0	0.079
<b>9.5 Min</b>	13	7.2± 2.3	22	6.4 ±	.0218	22	6.4 ± 2.7	0.031*



TYPE1 = **O<sub>2</sub> GOLD**

SIGNIFICANT CHANGE FROM BASELINE (P<0.05)

VISUAL ANALOGUE SCORE OF PERFORMANCE ENHANCING AFTER 2 AND 4 WEEKS OF USAGE (0-100)

## EFFECTS OF MAGNETIC INDUCTION OF INHALED OXYGEN ON ATHLETIC PERFORMANCE

Summarized extract from \*a double blind placebo controlled clinical trial to test the effects of magnetic induction of inhaled oxygen on athletic performance.

**Reference:** The dissertation prepared by Dr. Craig Roberts Ref. RBRCRA002 towards the requirement for the Master of Philosophy degree in: SPORTS MEDICINE (Phil sm) awarded by the university of Cape Town in September 2007.

### Acknowledgements:

Bryan Speight: The inventor of **O2gold**.

Professor Martin Schwelnus course convener and and thesis preparation.

Dr. Andre Bosch: Adviser and assistant in preparation of thesis.

Dr. Andrew McKune: Facility provider at the exercise laboratory at Polokwane University in Pretoria and conducting studies.

Dr. Glenda Matthews: Statistical Analysis and Results Interpretation.

Mr. Allison Roberts Study coordinator and subject compliance monitor.

## Methods:

A multi-center double blind placebo controlled trial of 130 healthy subjects was conducted. Following a baseline maximal cycle test, the subjects were randomly allocated devices.

Refer: (Placebo group issued with non magnetic devices)

2nd: Denotes the group issued the magnetic device.

The subjects were required to use the device every 30 minutes whilst awake. They were tested after 2 weeks.

Measures of outcome were: Peak Power Output (PPO)

Exercise time to exhaustion, Heart rate Response, Rating of perceived exertion (RPE) and visual analogue of performance enhancement.

Subjects documented their training volume and intensity as well as daily usage of the device. There was no significant difference in these parameters between the groups over a 4 week test period.

## Results:

After 2 weeks there no significant difference from the baseline results, however, after 4 weeks use, there was a significant 13.78% increase in the PPO of the 2nd group compared to a 6.9% increase in the Placebo group.

Interestingly there was significant improvement in the mean exercise time to exhaustion. The 2nd group was 85 seconds whilst the placebo group had improved by 53 seconds. The 2nd group achieved a significant reduction in their heart rate after 4.5 minutes and 7 minute baseline. After 4 weeks they showed a reduction in the RPE at 9.5 minutes.