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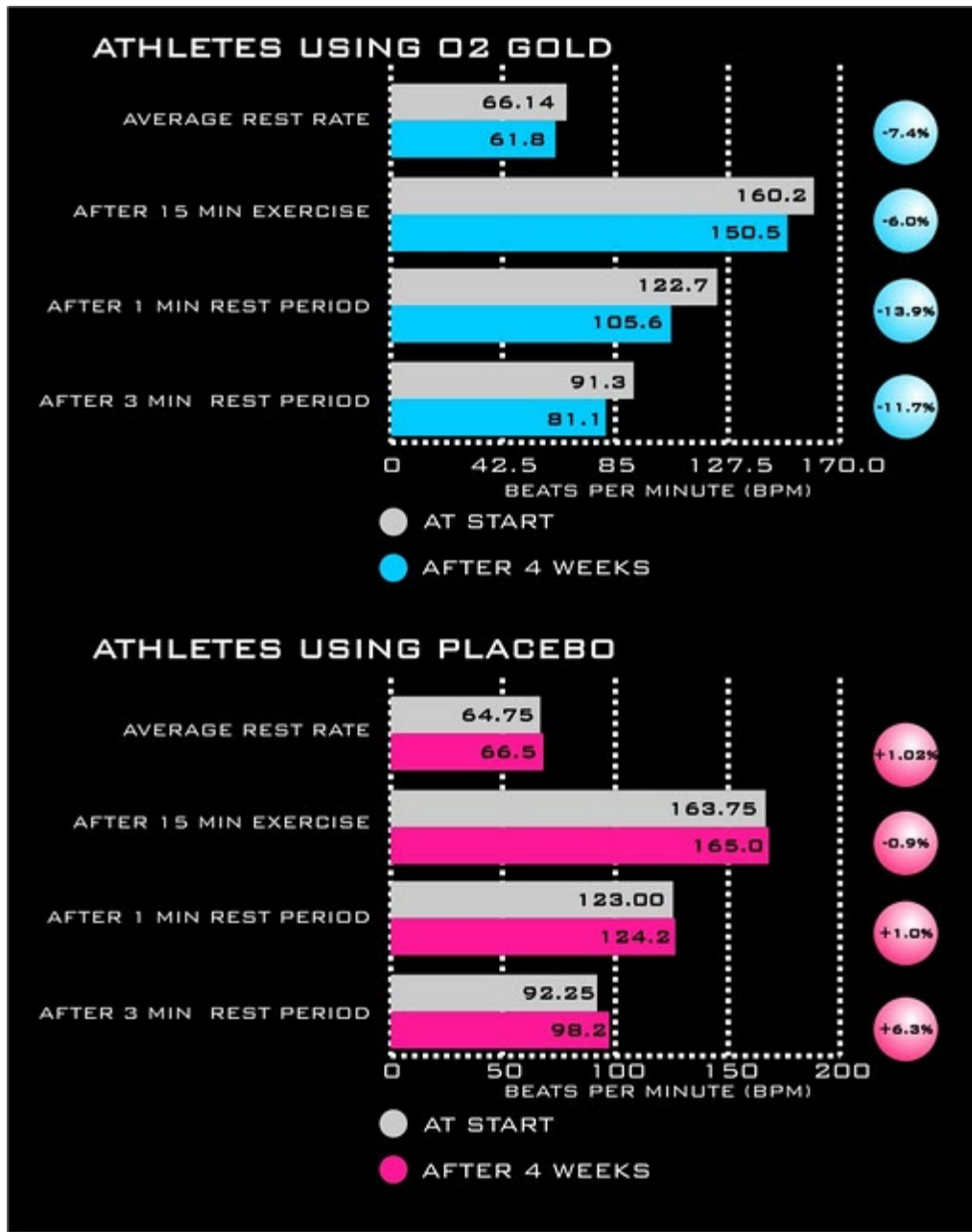
Breathe Better Live Better

Rest And Recovery Test on Therahaler O2 Gold

Angus Ryans HBR and Recovery Rate Test

A pilot trial was conducted by Angus Ryan - a Biokinetisist.

The trialists were selected from a group of athletes with the sane training schedules. The group was split with 30% of the receiving Placebo Devices and 70% **Active Therahaler O2 Gold** Devices. The instructions werre that the trialists would use the device every 30 minutes whilst awake for 4 weeks while continuing with their normal raining regimin. A tandard 15 minute cycle was conducted at the beginning of each trial and again after 4 weeks.



As can be seen from the above the athletes using the **Therahaler O2 Gold** inhaler experienced better recovery times than the athletes using the inactive placebo.

