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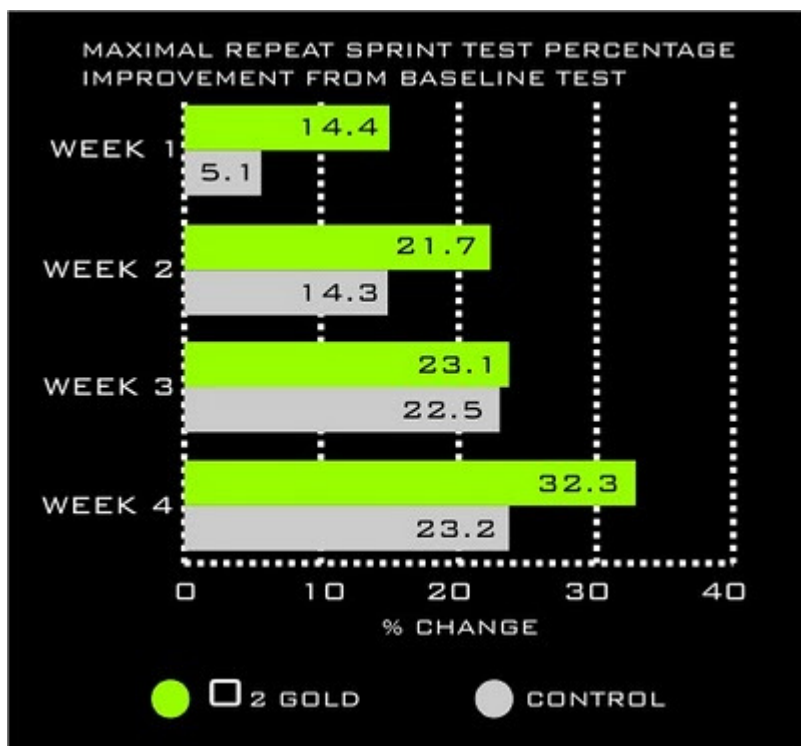


Breathe Better Live Better

Rugby Performance Test using Therahaler O2 Gold

Dr.Craig Roberts tested the effects of Therahaler o2Gold on his 28 man top level Rugby Squad. (8 were given active **Therahaler O2Gold**)

The squad was subjected to the same fitness/exercise regimen for 4 weeks and fitness levels were monitored using the internationally recognised **Bleep Test Method**.The **Therahaler O2Gold** players showed an improvement of 24.44% in fitness and performance whilst the non **O2Gold** Players showed an improvement of 14.29% over the 4 week period.



In this test the **Therahaler** users showed a **10.74%** improvement in fitness levels over the non **O2Gold** users.