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Breathe Better Live Better

Simple to Use

The **Therahaler O2Gold** inhaler is simple to use. If you are an asthmatic and want to use **Therahaler O2Gold** to help control your asthma then an intensive 8 week regimen of using the inhaler 25 times a day is necessary,, thereafter a normal maintenance program of 2 to 4 times a day is all that is required. The inhaler should be used every half hour or 25 times consecutively allowing for a 2 min break between intakes.at the end of the day.

For best results **Therahaler O2Gold** for sports persons require an initial intensive period of 8 weeks inhaling 25 times per day every half or 25 times consecutively at the end of each day allowing a 2 minute break between inhalations. Thereafter a maintenance program of at least twice a day is sufficient to maintain the benefits.

Therahaler O2TGold is an ideal completely natural Health and Beauty supplement with no known side effects; and can be used by anyone simply wanting to improve their quality of life and experience a renewed vitality, increased energy and numerous other benefits. The initial regimen is the same as for sports persons with an intensive 4 week period of inhaling 25 times per day every 30 minutes or 25 times consecutively at the end of the day allowing for a 2 minute interval between inhalations

As with all medical and exercise requirements **Therahaler O2Gold** should be used correctly and at the prescribed times to gain the maximum benefit.