

OXYGEN4ENERGY.COM - Usage Tips

Simply spray oxygen into mouth and inhale deep into lungs.



GENERAL INSTRUCTIONS

- Inhale a Shot of Oxygen DEEP into your lungs (see shot definitions below)
- Hold briefly then Release. (Do not hold more than 1 sec.)
- Repeat 5-15 times as needed.
- **Important Notes:**
 - Consuming less than 5 shots will produce no noticeable benefit for most people.
 - 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.**

SHOTS OF OXYGEN by PRODUCT

Product	Shot Length
TruO2 Aerosol	1 sec/shot
Oxygen Plus Mini or Stick	1 sec/shot
TruO2 High Pressure	0.5 sec/shot

Note: As you use up the oxygen in these cans, the pressure in the can goes down. At the very end of the can, you may need to take longer shots to get the same effect.

OTHER ISSUES TO BE AWARE OF:

- 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.
- NEVER under any circumstance, transport the High Pressure can on an airplane. It is against Federal Regulations.
- Use of pure oxygen continuously over an extended period of time is not recommended.

GENERAL APPLICATIONS

For Increased Energy, Improved Mental Clarity, Stress Relief or to Jump Start Your Morning

- 5-10 Shots every 1-2 hours or as needed.

For Hangovers or Headaches

- 10 shots when you wake up.
- 5 shots every 20 minutes until you get the relief you desire.
- For Hangovers only... If possible, take 7-10 Shots before you go to sleep if you feel you have consumed too much alcohol. The oxygen will help metabolize the alcohol faster.

SPORTS/FITNESS APPLICATIONS

Pre-Sport or Pre-Aerobic Workout

- 5-10 Shots - The longer and tougher your workout, the more shots you should take.
- 5 Shots every additional 45 minutes or as needed.

Using oxygen before your sport will help your body warm-up faster, sharpen your mind, keep your energy high, and fight off muscle fatigue. It is great to use oxygen on days when your energy is already low due to stress, lack of sleep, or other factors. You'll be surprised at how well you perform once you get the oxygen into your system.

For Weight/Power Training

- 5-7 Shots right before your toughest sets as needed.

Using oxygen before your most strenuous sets/sessions will increase your power and endurance. Most users claim they are measurably stronger when using oxygen just prior to the set/session and are able to do higher repetitions and even more sets. By doing more repetitions and more sets, you will be putting more stress on the muscles, which should result in faster gains.

For Recovery

- 7-15 Shots within 15 min of completing a tough workout.

According to research, oxygen helps neutralize the lactic acid build up in your muscles which helps your body recover faster. If you recover faster, you can workout at a higher intensity more often and reach your goals faster.

Important Fitness Note: The more your body is oxygen deficient, the more you will notice the benefits. SO... the people who push themselves the hardest are the ones who will feel the most benefits.

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

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