

## How cells sense and adapt to changing oxygen availability

The discovery of the molecular mechanisms underlying how cells sense and adapt to variations in oxygen supply was awarded the Nobel Prize in Medicine 2019.

The three Nobel Laureates revealed the mechanism for one of life's most essential adaptive processes and established the basis for our understanding of how oxygen levels affect cellular metabolism and physiological function.



### ReOxy 60-2001



This is the ReOxy® breathing therapy device which provides treatment using individually tailored reduced-oxygen (hypoxic) gas mixtures, interspersed with oxygen-enriched (hyperoxic) mixtures, monitored and adjusted in real time during the procedure.

# ReOxy®

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Manufactured by  
Bitmos GmbH, Germany

*Disclaimer: In Australia, some therapies are not officially recognised as part of mainstream medical practice. These therapies, including IHHT, are known as complementary therapies and are considered useful as an additional treatment to those offered by your medical practitioner.*

## ReOxy

Breathe. Live better

An innovative breathing therapy



**ReOxy® uses AN INNOVATIVE THERAPEUTIC METHOD BASED ON HYPOXIA** – a state characterised by decreased oxygen levels in the body.

This state occurs at high altitudes where oxygen levels are lower. Our bodies have a natural ability to adapt to such variations in oxygen and this adaptative reaction induces changes within our organs, tissues, and cells to enhance the body's overall resilience and performance. The benefits of these adaptive effects are well known and top athletes train under those conditions to improve their performance.

### **ReOxy MAKES SAFE HYPOXIA ACCESSIBLE TO EVERYONE**

ReOxy® uses Intermittent Hypoxia Hyperoxia Therapy (IHHT) – alternating periods of reduced oxygen (hypoxia) and increased oxygen (hyperoxia).

Reduced and enriched oxygen gas mixtures lead to more efficient transport and utilisation of oxygen by body tissue.

The therapy is based on short periods of controlled hypoxia with intermittent recovery intervals. The recovery periods are rich in oxygen to increase the positive effects and efficiency of the hypoxic therapy.

Every person is unique and needs a specific program. Our proprietary software uses artificial intelligence-based technology to calculate the best-suited program for you.

The recommended treatment regime is 20 sessions, at a minimum frequency of 3 sessions per week.

The method is 100% drug-free.

## HYPOXIC THERAPY (IHHT) TARGETS



Physical Performance



Cognitive Function



Body Condition



Overall Well-Being



Post COVID rehabilitation

## POSITIVE EFFECTS REACH THE ENTIRE BODY



Nervous System



Cardiovascular System



Respiratory System



Bones & Joints



Metabolism

## SIT, BREATHE, RELAX and OBTAIN THE BENEFITS

It's that simple

- 1 Sit down and put on the mask and sensor
- 2 Breathe normally and our AI-powered software will calculate the best training program for you
- 3 The program starts – relax for the 40-minute session – all in maximum comfort
- 4 After the session, you can perform all your normal activities without restrictions

