

White Paper: Supplemental Oxygen Can Remedy both Low and High Carbon Dioxide Blood Levels to Improve Endurance

Table of Contents

1.1 Normal Breathing (Oxygen Delivery)	1
1.1.1 Importance of Carbon Dioxide in Oxygen Delivery	4
1.2 Obesity Hypoventilation Syndrome (OHS)	5
1.2.1 Treatment of OHS with Oxygen	6
1.3 Long History of Supplemental Oxygen Improving Sports Performance	7
1.3.1 Mountaineering Use of Supplemental Oxygen	9
1.3.2 Supplemental Oxygen to Improve Brain Functioning	10
1.4 Value of Exercise	11
1.4.1 Supplemental Oxygen Good for People Exercising After They Begin to Have Difficulty Breathing	13
1.4.2 FDA Opinion on Oxygen	14
1.5 Adding Supplemental Oxygen to Improve Endurance	14
1.6 References	16

COPYRIGHT 2016, WINTERGREEN RESEARCH, INC.

All Rights Reserved

Reproduction without Permission Prohibited

Tel (781) 863-5078

Fax (781) 863-1235

www.wintergreenresearch.com

info@wintergreenresearch.com

