



Q: Why is HyperMax more expensive than other brands?

A: QUALITY, PURITY & FUNCTIONALITY. The most important part of the system is the bag, the hoses that feed the bag, and the filtration. Our bag is medical grade and TPU lined. This means it will not outgas (smell funny) and will not harbor bacteria or mold. The seams are frequency-welded so oxygen can be held in the bag. Other brands claim their bag leaks to allow air flow to prevent mold. So, that expensive O2 your generator makes spills out into the room! Not with ours, and our main O2 port can be opened by simply removing the hose to let it breathe. Our mask is 100% silicone and medical grade that can withstand all cleaning procedures (including autoclave). Our mask also directs the hose away from your face unlike the competitor whose hose makes a 90-degree angle straight down to your groin! It must go away from you to exercise. **That alone made us scratch our heads...** We use only silicone O2 hoses to fill the bag and our oxygen is double filtered with stage 2 being HEPA (99.9% free of dust mites, mold, pollen, spores etc.).

Q: How many liters per minute (LPM) should the oxygen generator be for my HyperMax system?

A: Since you are breathing from the bag, not the oxygen generator itself, you can use any LPM (Most common LPM is 5,6, and 10). However, the higher the LPM the faster the bag fills up. 10 LPM will fill in under 90 min. 5 LPM will take 3 hours. Keep in mind you can keep the oxygen generator running while using **HyperMax** to add extra oxygen so your next fill time is faster. 10 LPM systems add 150 liters to the bag during exercise. 5 LPM will add half that amount.

Q: Can I leave oxygen in the bag?

A: Yes, but we suggest that when you are not home for extended periods empty the bag. Keep the bag away from flames and do not smoke near the system. Keep in mind O2 makes a fire burn faster and hotter, but it will not cause an explosion. The bag is not under pressure, unless weights are attached. Oxygen will stay in the bag as long as you allow it.

Q: I don't have a lot of room. How can I make this fit?

A: This is a 2' x 2' x 7.5' system (not including the oxygen generator or exercise bike). The generator is 17" x 15" x 27" (L x W x H). HyperMax has the smallest footprint in the industry.

Q: How will I know when the bag is full and will it blow up if I forget to turn off the oxygen generator?

A: We include a special relief valve that releases O2 once the bag is full. The bag is full when the top smooths out. If you turn off the oxygen generator, all the O2 that is currently in the bag will remain until you breathe it from the mask. Also, the Da Vinci Generator has a timer function so you can set to 90 minutes. It will stop filling the bag automatically, but please remember to shut off generator completely after fill-up with the actual On/Off switch on the back top corner of Generator.

Q: How do I clean the bag and hoses?

A: The main bag receives the cleanest, dry O2 possible. It should not harbor mold whatsoever. No reason to clean it. In addition, the lining is anti-microbial. When breathing from the mask, you only inhale O2 from the bag, you can never breathe into the bag or hoses with the mask. The valves in the mask only allow inhalation of clean, dry O2 and exhalation of CO2 and moisture into the room. Therefore, none of the hoses or bag should ever need to be cleaned. If you feel you must clean the main breathing hose, any CPAP hose cleaner on the market will suffice. When not in use, simply disconnect the main breathing hose from the bag to let it breathe. In our opinion, keeping the system closed keeps it cleaner, HEPA filtered O2 in the bag vs contaminated room air.

Q: How do I clean the masks and do I need one for each person?

A: Simply rinse with warm soapy water after each use. Masks are not meant to be shared. The medical grade masks (blue silicone) hold up well to autoclaving and sterilization procedures. You only need additional masks if the person needs a different size. For clinics, we suggest you have one of each of the medical-grade to keep on site for those who don't bring their masks. We highly suggest you buy the non-medical grade masks and sell them to your clients. They are responsible for cleaning their own masks and bringing them. Clinics can buy masks at wholesale prices. Please call us for more information on pricing.

Q: Does the oxygen have a smell and are there any gasses from the hoses or bag?

A: No. Our hoses from the generator are silicone. The air is filtered in 2 stages and stage 2 is HEPA. Only HyperMax offers HEPA air filtration which removes 99.9% of dust particles and impurities from the air including pollen, mold, spores, pet dander and/or dust mites. Our bag has a medical grade TPU interior lining that is inert and has no off gassing.

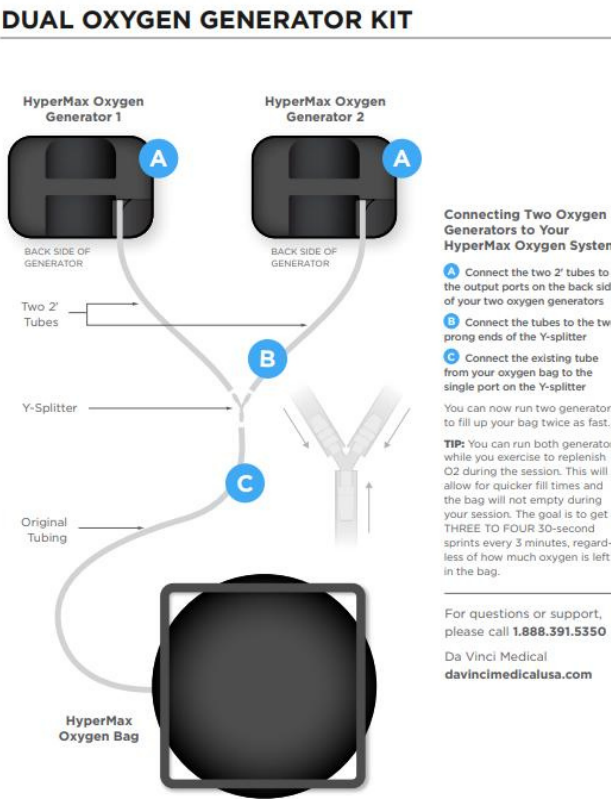
Q: What studies are available on the benefits of exercising with oxygen?

A: The entire industry formed from the body of work by Dr. Manfred von Ardenne, Oxygen Multistep Therapy, Physiological and Technical Foundations. This 400-page book documents

the 10,000 patients and results of various versions of O2 therapy. [Click here to preview the book.](#)

Q: Can I add more than one oxygen generator to HyperMax?

A: Yes, we offer the [dual-generator kit](#) to connect up to 3 generators. Order the kit [here](#).



Q: What exercise equipment do you suggest?

A: The ideal equipment is one that keeps your head from moving up and down and back and forth. Keep in mind you have a hose coming out of your face. Any upright indoor training spin bike will work. Search for the greatest space saving bike that's easy to accelerate and decelerate with.



Can I use an oxygen tank and do I need a prescription? Are your oxygen generators portable?

A: Oxygen tanks require prescription from your doctor because they are explosive and 100% pure O₂. Oxygen generators are not portable (you cannot go places like the store), but have wheels for moving around and are used with stationary exercise systems. Oxygen requires a prescription if your intended use is for medical purposes. If you need oxygen for medical conditions, please consult with your doctor.

Q: How often do I need to use HyperMax and for how long?

A: Consider **EWOT** as one component of your exercise program. Target three days per week at 15 minutes max per session. Incorporate weight training and possible outdoor walking or swimming as additional components of your overall conditioning program. If you are in poor health, **EWOT** may be your only way to exercise.

Q: How strenuous does using HyperMax have to be to be effective?

A: Only light to moderate exercise is required to see significant benefits. You will work out at a very steady pace for 15 min, but every 3 min you will sprint for 20-30 seconds making sure your BPM (Beats Per Minute) is 120 or higher. You will repeat this cycle 3-5 times.

This question brings up an interesting discussion point about **EWOT**. The idea involves perceived level of exertion. When exercising with oxygen, tissues and muscles have higher levels of oxygen available for energy production. The human brain detects the higher levels of oxygen and thus perceives less physical stress. We can exercise longer with greater energy production. The result is increased caloric burn for each minute of exercise.

Q: What if my maximal heart rate cannot exceed 120 BPM (Beats Per Minute) due to age, other Cardiometabolic Risk Factors, physical limitations, or a Physician's order?

A: **Da Vinci Medical** has referenced a target heart rate of 120 beats per minute and higher for our clients, to achieve maximal oxygenation delivery to the peripheral vascular areas of our body during their **EWOT** session utilizing our **HyperMax Oxygen System**. We always recommend that each customer consult with their Physician if they have compromised health, mobility or orthopedic limitations, Cardiometabolic Disease, or have age adjusted maximal heart rate limitations that fall below 120 beats per minute. Your physician can approve a heart rate or deep breathing exercises (like Wim Hof) that can still provide you with the benefit of our **HyperMax EWOT System** with greatly improved oxygen delivery throughout your body. Your health and safety are our primary concern.

Q: I have sleep apnea and I use a CPAP machine. Is this a form of oxygen? Can this machine do something for me while I am exercising?

A: CPAP stands for continuous positive airway pressure. Sleep apnea occurs when airway muscles naturally relax during sleep. The result is an obstruction in air flow leading to arousal

from sleep. The CPAP machine provides continuous positive pressure to the airway to hold the tissues open and promote air flow. Normal room air is used directly without extra oxygen. CPAP is not EWOT and cannot be modified for **EWOT**. CPAP does NOT provide high-flow, high-purity oxygen.

Q: Does breathing extra oxygen create free radicals?

A: No. Free radicals are highly reactive oxygen, nitrogen and oxygen/hydrogen atoms which create cell damage through their effect on fats and proteins. Free radicals are not in the food we eat, the water we drink or the air we breathe. Triggers for free radicals include infection, trauma, stress, toxins, allergies and the sun.

The free radical reaction we call oxidative stress is the result of cellular metabolism. Excess exercise increases oxidative stress. Specifically, oxidative stress is increased when the muscle cell outstrips its oxygen supply and is forced to produce energy through anaerobic glycolysis. Therefore, exercising to the point of anaerobic glycolysis increases free radical propagation.

Exercise With Oxygen Therapy reduces free radical propagation for each watt of power produced by the human body. Testing was conducted at the US Olympic Training Center in Colorado Springs, Colorado. The athletes competed in three randomized trials in which they performed a standardized interval workout while inspiring a medical grade gas with oxygen concentrations of 21%, 26% and 60%. Post-training testing was performed on blood and urine. Noted, there was no significant difference between the supplemental oxygen trials and the control trial in serum lipid hydroperoxide and reduced glutathione or urinary malondialdehyde and 8-hydroxyl-dioxygenase.

It can be concluded that **Exercise With Oxygen Therapy (EWOT)** enhances exercise tolerance without inducing additional oxidative stress.

Q: How do I know if it's safe for me to start EWOT?

A: The higher O₂ levels is not the issue. For many, it's the sudden change in getting exercise. If you have not exercised in a long time, begin gradually, but consult your doctor. If you don't have any health concerns, breathing higher levels of O₂ are considered safe. Consult your doctor before doing exercise and/or **EWOT**.

Q: Can my HyperMax bag explode if near a fire?

A: No. Oxygen is NOT flammable; however, it can make a fire burn faster and hotter. The **HyperMax** bag is NOT under pressure so the risk of explosion is low. Please remove weights from the bag when not using the Hypermax. If the bag were to catch fire, it will burn fast and hot, so it's recommended to empty the bag when not in use for long periods and keep away from any device that could catch fire.

Q: Are there any contraindications for doing EWOT?

A: Pregnancy & COPD and/or severe COPD with CO₂ retention.