

## **MAXIMUM POWER**

*relaxed and with less effort!*

## **PERFORMANCE**

*long-lasting instead of temporarily stimulated!*

## **RECOVERY**

*after exercise quicker fit again!*

## **MUSCLE SOARNESS**

*less or no more!*

## **ENERGY AND POWER**

*increased also in everyday life!*

POWER **X** ENDURANCE

## **How do I get the AlaxoLito Xtreme Nasal Stent?**

The AlaxoLito Xtreme Nasal Stent is a self-pay prescription medical device. The attending doctor shall examine applicability of the stent and demonstrate its correct insertion into the nose. After this instruction the stent is very easy to self-apply due to its simple handling. Comfortable in use after a short adaptation period (similar to contact lenses).

For first purchase a medical prescription is required. For subsequent orders no prescription is necessary.

Please send the prescription as an order by e-mail, fax or letter to:

e-mail: [service@alaxo.com](mailto:service@alaxo.com)  
fax: +49 (0)2234 962907  
letter: Alaxo GmbH  
Auf dem Rotental 47  
50226 Frechen  
Germany

Please provide your e-mail address (as far as available).  
Delivery upon advance payment.



AlaxoLito  
**XTREME**

POWER & ENDURANCE

Nasal Stents:  
The Natural  
Breathing  
Experience



## Nasal breathing

- natural healthy way of breathing
- transports nitric oxide (NO) from the nose to the lung, organs and muscles
- NO is highly important for muscle functionality
- effects power & endurance
- but air flow rate subjectively not sufficient at high physical load

## Mouth breathing

- designed only for short periods of high peak power
- lower NO transport to lung
- nevertheless mostly used during sports
- mouth breathing over a longer period leads to oxidative stress
- this reduces performance

## Optimization by Nasal Stents

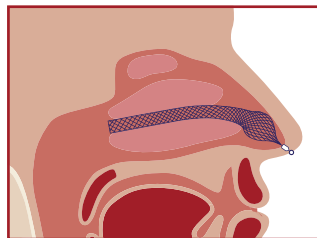
Elite athletes are systematically trained to breathe through the nose as long as possible.

With the AlaxoLito Xtreme Nasal Stent sports with nasal breathing lasting for hours becomes possible even at high physical load:

- ✓ increases the inhaled air volume to more than double<sup>1</sup>
- ✓ supports the endogenous functions of the body
- ✓ increases power and endurance
- ✓ enables better and more healthy sports in the aerobic zone
- ✓ prevents too strong burden to the lung by mouth breathing, e.g. in case of asthma

- natural mode of action
- purely mechanical effect
- no drugs
- no stimulants
- no doping

The AlaxoLito Xtreme Nasal Stent is a patent protected and CE marked as well as FDA registered medical device. Developed and manufactured in Germany.



(1) Prof. Kotecha, University College London Hospital, Great Britain (Zhang and Kotecha 2019; World Journal of Otorhinolaryngology 8, 1-11); Dr. Renner, Cologne, Germany

## Clinically tested

A clinical study at the German Sport University Cologne<sup>2</sup> has proven that by nasal breathing with stents

- breathing is slower and deeper
- perfusion (microcirculation) is improved
- supply of oxygen, NO and nutrients to the muscles is more efficient
- the parasympathetic nervous system (for wellbeing) is activated
- the body is better prepared for exercise and physical load
- and recovers quicker from load.

The good NO supply increases activity and performance of mitochondria (power plants of the cells).



(2) Bizjak et al. 2019 (The intranasal AlaxoLito Plus Nasal Stent: Improvement of NO-induced microrheology and oxygen uptake during exercise?; Respiratory Physiology & Neurobiology 269, 103260)