

OXYTERRA



Hypoxic, hyperoxic, and normoxic gas mixture device “OXYTERRA RS”

The proven effectiveness of intermittent hypoxic-hyperoxic training
across various fields:

PREVENTION

NEURODEGENERATIVE
DISEASES
PREMATURE AGING
ANXIETY, SLEEP
DISORDERS

THERAPY

MITOCHONDRIAL
DYSFUNCTION
METABOLIC SYNDROME,
OBESITY
CFS

REHABILITATION

CARDIOVASCULAR
DISEASES
COPD, COVID-19
PTSD
STROKE, HEART ATTACK

INNOVATIVE TECHNOLOGY

During the procedure of **Intermittent Hypoxic-Hyperoxic Training (IHHT)** with the **OXYTERRA RS device**, the user wears a respiratory mask and breathes the air with varying oxygen concentrations: hypoxic (7-16 % of O₂) and hyperoxic (25-33 % of O₂) gas mixtures.

Respiratory hypoxic training with OXYTERRA RS is a safe and non-pharmacological method to improve the body's adaptive capabilities. The device allows an IHHT operator to create and change training protocol settings during the procedure, according to patient's medical history, current physical condition, pulse level and saturation through **BIOLOGICAL FEEDBACK** to achieve maximum effects from the course of therapy.

The OXYTERRA RS device includes all the necessary functional settings to personalize breathing training:

- Hypoxia-hyperoxia
- Hyperoxia-hypoxia (inversion)
- Hypoxia-normoxia
- Long-term hyperoxic program
- Hypotest function
- Automatic and manual modes



DEVICE USERS

The device is designed for use at homes, in nursing homes, clinics, rehabilitation centers, health resorts, large hotels, cosmetology centers, preventive care facilities, pro-age and anti-aging centers, sports medicine clinics, SPAs, wellness centers, and fitness studios.

ABOUT THE METHOD

Controlled hypoxia is a breathing training method based on inducing a safe level of oxygen deprivation in the body cells. This controlled deprivation triggers a series of physiological responses aimed at enhancing various body regeneration and recovery functions.

Intermittent Hypoxic-Hyperoxic Training involves exposing individuals to alternating periods of low-oxygen (hypoxic) and normal oxygen or high-oxygen (hyperoxic) environments.

Intermittent Hypoxic Training enhances the body's adaptive capabilities, contributes to its health improvement, and rejuvenation. In 2019, effects of hypoxia were confirmed by the **Nobel Prize** “for their discoveries of how cells sense and adapt to oxygen availability”.

Intermittent Hypoxic-Hyperoxic Training is the natural method of renewing and increasing the number of healthy mitochondria and restoring energy production in the cell (more than 90 % of ATP is produced in mitochondria).

TECHNICAL ADVANTAGES

High output flow rate: 25-50 liters per minute

Ergonomic design and easy control: height from floor to touchscreen is 96 cm

Membrane-based air separation principle

Large display: 17-inch high-resolution touchscreen

Durable metal casing

Modern design

Fast phase transition: 20 seconds

Prolonged hyperoxia mode: the device can function as an O₂ concentrator

Ability to adjust the protocol during the procedure

Optimal force for movement: 80 N

A large number of modes for various purposes

Ability to adjust the SPO₂ limit

Multi-stage filtration system and air purification through heating up to 170 °C

BUSINESS BENEFITS OF OXYTERRA RS

Independent device: OXYTERRA RS does not require additional equipment, oxygen cylinders, filters or consumables

Low price and availability

of consumables: for a full course of procedures, one patient will only need an individual mask with a filter

Maximum number of procedures per day: 12

Warranty period: 1 year

Minimum payback period: 7 months

Methodological support from international experts (incl. Germany)

SCOPE OF APPLICATION, ACCORDING TO SCIENTIFIC RESEARCH



Obstetrics and gynecology:
preeclampsia, endometriosis, salpingo- oophoritis, ovarian dysfunction, fertility, placental insufficiency, fetal hypoxia, postpartum thyroiditis, arterial hypotension in pregnant women

Chronic fatigue syndrome

Cardiovascular diseases:
coronary heart disease, ischemic cardiomyopathy, angina pectoris, arterial hypertension, hypertension, chronic heart failure, post-infarction and post-stroke rehabilitation

Cerebrovascular and neurological diseases:
neurological deficit and degree of motor coordination impairment as a result of ischemic brain damage, peripheral autonomic and autoimmune disorders

Sports:
prevention of athletic injuries and reduction of issues such as low cardiovascular performance, poor pulmonary function, slow muscle recovery, joint pain, neurological fatigue, and low aerobic endurance

Neurodegenerative diseases:

dementia, Alzheimer's disease, Parkinson's disease, atherosclerosis, migraine

Premature aging:

improvement of cognitive functions and functional physical abilities, impaired vascular microcirculation, involutional changes in the skin

Biohacking

Psychophysical sphere:

increased anxiety, sleep disturbances

Mitochondrial dysfunction

Bronchopulmonary diseases:

COPD, pneumonia of various origins, bronchial asthma, tuberculosis

Pain syndrome:

overtraining syndrome in elite sports

Metabolic syndrome:

insulin resistance syndrome, metabolic diseases, obesity

Post-traumatic stress disorder:

consequences of trauma in the form of restrictions on motor activity and psycho-emotional disorders

COVID-19:

prevention of coronavirus infection and reduction of long COVID symptoms, including cardiovascular problems, pulmonary complications, gastrointestinal symptoms, kidney issues, and neurological conditions

ABOUT THE TRAINING

Number of cycles: from 2 to 5
per training session

Duration of training: from 30 to 60
minutes

Frequency of sessions: from 3 to 7
times per week

Duration of the course: from 10
to 15 sessions

Effect maintenance: from 4 to 12
months (and more)

**Regularity of the preventive
course:** once a year

CONTACTS

GR SYSTEM d.o.o. Made in Belgrade, Serbia

Address: Ovčanski put 1, 11212 Beograd

Phone: +381 63 7250967

Email: info@oxyterra.com

www.oxyterra.com

@oxyterra.rs

