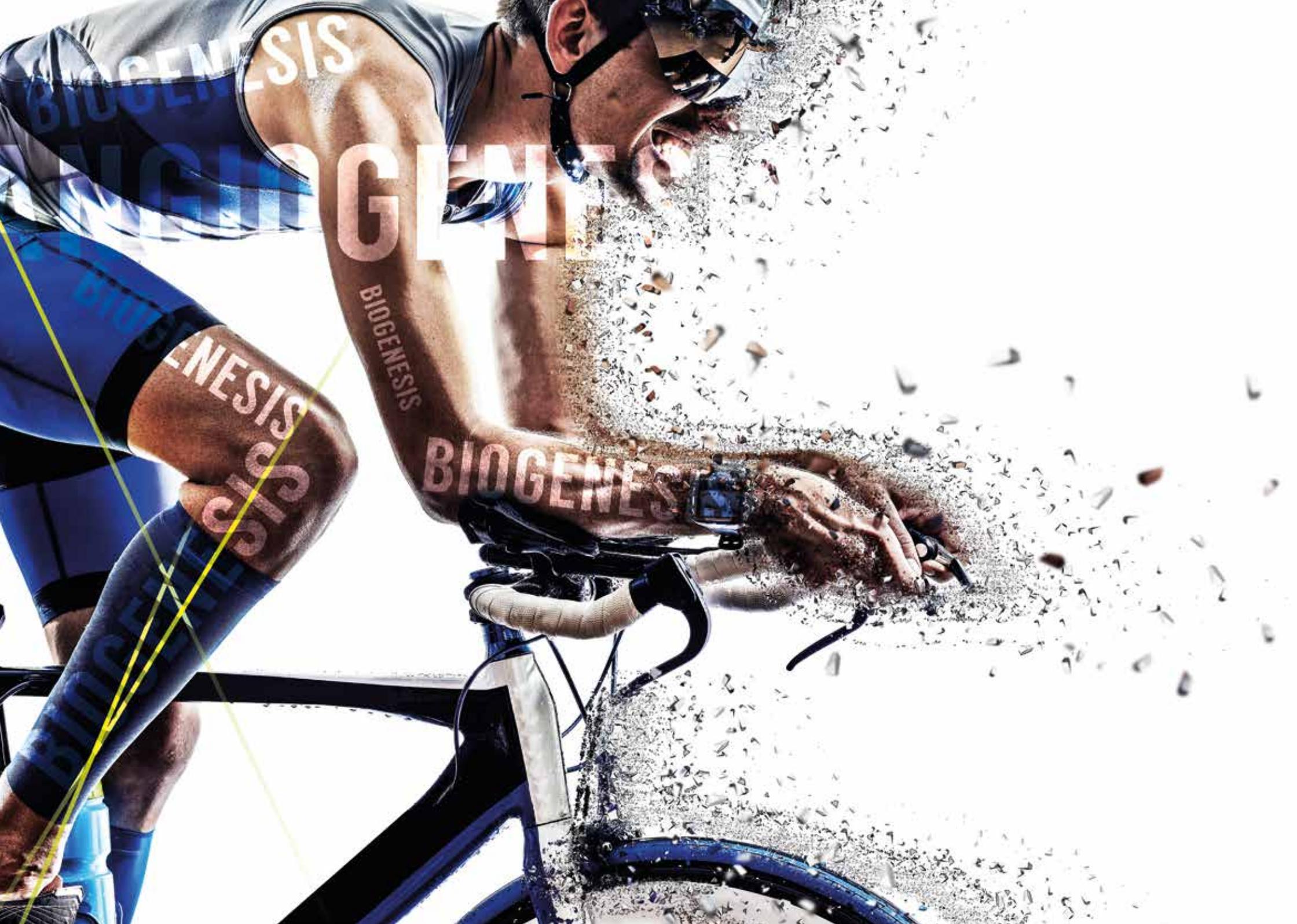




S P H E R A N O X™

 Spheratrix



S P H E R A N O X TM

One of the biggest buzz words in sports nutrition right now, dietary nitrates have numerous benefits for health, sports and fitness fanatics alike.

Recent research suggests that saturating blood plasma five days in advance of training is best recommended to get the most out of nitrate supplementation, followed by immediate dosing 30 mins prior to performance.

Introducing Spheranox - A new, innovative and exciting delivery system that provides an additional injection of nitrates hours after consumption. Available in either sustained or delayed release format, Spheranox provides endless opportunities for an extended pump, improved aerobic and anaerobic performance that were unimaginable until now.

OUR NITRATE BEADS

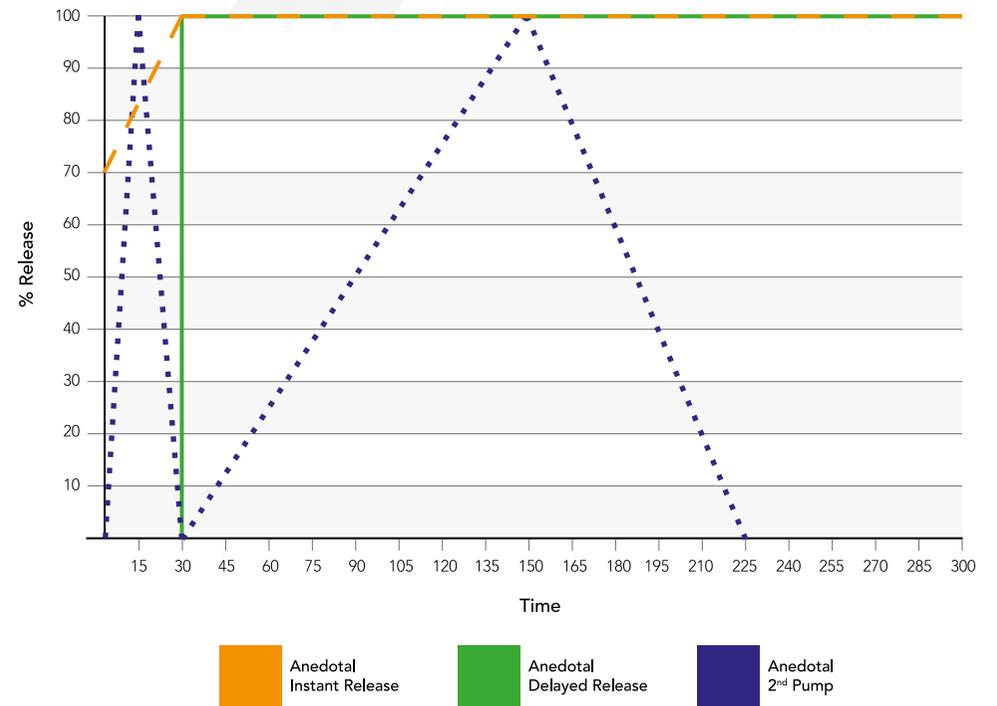


- 4 30 min Delayed Release For Capsuling Red Spinach/ Beetroot Blend 80% active 5.5% nitrates



- 1 30 min Delayed Release Floating Red Spinach 45% active beadlet 9% Nitrates
- 2 30 min Delayed Release Floating Beetroot 45% active beadlet 9% Nitrates
- 3 30 min Delayed Release Floating Red Spinach/Beetroot blend 45% active 5.5% nitrates

Anecdotal Results



WHAT IS IT FOR?

Exceptional SpheraNOX is for anyone who won't stand for second best; for those who seek an additional explosion to their high intensity training. Utilising all new Spheratrix technology; SpheraNOX beadlets provide a unique, delayed approach to nitrate supplementation.

Taken immediately before exercise, SpheraNOX has the ability to inject nitrates into the blood stream at various time intervals for that ultimate pump you never imagined possible.



BODY BUILDERS

Extend the venous pump for the ultimate aesthetic look. Nitrates generate that much sought after 'Pump Effect', delivering oxygen & nutrients to the muscle for maximum performance. Improved blood flow optimises protein kinetics, allowing athletes to push harder and to gain greater.



HIIT TRAINING

Improved lactate kinetics which includes hydrogen ion removal, is key to keeping pain at bay and the rep count high. Nitrates build resistance to fatigue, improving exercise efficiency & support the recovery. They are ideal for crossfit.



ENDURANCE

Steady state, lactate threshold and VO2 max training all benefit from improved oxygen delivery. Nitrates may also increase power output and delay the onset of fatigue. Nitrates may increase VO2, power output and delay the onset of fatigue. Ideal for runners, cyclists and swimmers.



TEAM SPORTS

With limited opportunity to supplement during the game, SpheraNOX provides the outstanding approach to enhance performance. Nitrates may also increase power output and delay the onset of fatigue. Nitrate supplementation broadly supports both aerobic and anaerobic mechanisms for sports performance. Ideal for rugby and football.



LEAN MUSCLE

The more oxygen you can use as fuel the better at burning fat you become!. Nitrates have been shown to directly influence oxidative phosphorylation, the key metabolic process triggering fat burning.



GENERAL HEALTH

Offering exceptional potential spanning many areas of health, SpheraNOX provides extended support for endothelial, blood vessel function. Nitrates have been associated with blood pressure reduction and improved blood flow. Ideal for a healthy life.



TO DELAYED RELEASE

KEY BENEFITS

Delayed-release beads are typically enteric-coated to delay release of the active ingredient until the beadlet has passed through the stomach to prevent the active ingredient from being destroyed or inactivated by gastric juices or where it may irritate the gastric mucosa.

Pharmacokinetic studies have shown that when delayed release beads were given in equal total daily doses,

its bioavailability is approximately 10% higher than that of similar instant release comparisons.

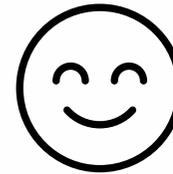
By combining both instant release with delayed release solid dosage forms, we are able to create a 2 stage delivery method, meaning the end user gets two hits from a single dose.

- Enteric Coated to protect active ingredient through gastrointestinal tract
- 2 stage delivery method, when combining instant and delayed release solid dosage forms
- Consumer to achieve two hits from single dose
- Tasteless active ingredients
- Premium consumer product offering
- 10% higher bioavailability when compared to similar instant release comparisons

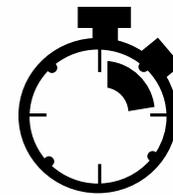
S P H E R A N O X™



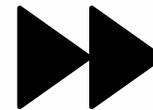
Increases energy*



Elevates mood*



Lasts 1 - 4 hours*



Starts working quickly



WHY NITRATES FOR PERFORMANCE?

Optimal dosing according to current literature: 4-8 mmol/L nitrate (248 – 496mg) or 25mg betalains for 6-8 days preload, and ~4-8mmol nitrate (248 – 496mg) or 25mg betalains before exercise

Theory: Dietary nitrates become chemically reduced to nitrites before conversion to nitric oxide in blood plasma, the key stimuli for vasodilation of blood vessels.

BIOCHEMICAL BENEFITS OF DIETARY NITRATES:

Increased vasodilation: Improved peripheral blood flow increases oxygen and nutrient delivery to the working muscle, simultaneously removing metabolic by-products like hydrogen ions and inflammatory proteins that are deleterious to performance

Increased angiogenesis: This is the process of new blood capillary creation around the working muscle, enhancing oxygen and nutrient delivery whilst removing toxins

Increased mitochondrial respiration: Elevated mitochondrial respiration heightens oxidative phosphorylation (fat oxidation) and consequently basal metabolic rate

Increased mitochondrial biogenesis: Synthesis of new mitochondria increases the ability of the muscle to burn fat and utilise oxygen
Increased glucose uptake:
Greater metabolic substrate can, means more fuel for aerobic and anaerobic activity

Improved sarcoplasmic reticulum calcium handling: May support hydration and contractility of muscle tissue during exercise

Physical benefits of dietary nitrates supplementation:

Best for higher intensity exercise (5-30mins) recruiting type 2a muscle fibres

Improves aerobic performance: May improve VO₂ Max (aerobic capacity), increase time to exhaustion and increase power output

Improves anaerobic performance: Delays fatigue, improves exercise efficiency and enhances performance

Improves body building aesthetics: Elevated vasodilation may enhance the visual appearance of veins across the body

Supports lean tissue goals: Supporting mitochondrial health enhances fat burning and total metabolism

Enhances healthy ageing: maintaining mitochondrial function is key for a long and healthy life

May help to reduce blood pressure: Important for those with cardiovascular and diabetes concerns over 50 yrs of age

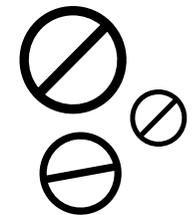
May help to alleviate erectile dysfunction: Half of men in the UK between



Capsules



Powders



Tablets



Liquid



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