Increase of VO_2 max

Journal of Appleid Nutrition 53, 1-6 (2003)

The OM-X capsule is effective in increasing the level of maximal oxygen consumption (VO_2 max).

Objective

We examined the influence of the maximal oxygen consumption (VO_2 max: an index which shows the maximum oxygen consumption capacity per minute of a person) after taking the OM-X capsules.

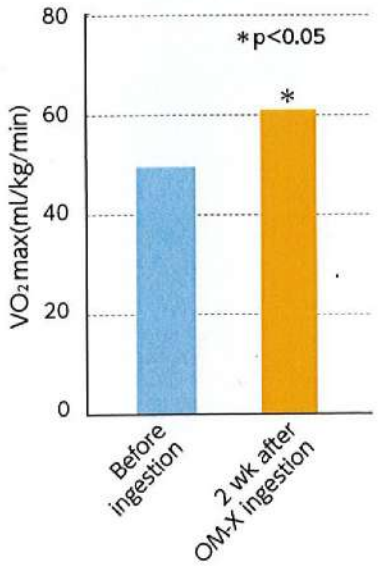
Methods

The study subjects were six adult male athletes. We measured their VO_2 max before taking the OM-X capsules. The subjects took the OM-X capsules every day for two weeks. After the ingestion periods were concluded, we measured their VO_2 max, hemoglobin levels in blood and blood lactate levels. Subsequently, we evaluated the effect of the OM-X capsules toward VO_2 max by comparing it with the levels that were measured before starting the ingestion.

Results

The intake of the OM-X capsules for 2 weeks increased the VO_2 max of the six adult male subjects being tested.
The increment of VO_2 max was by an average of 30% per weight.
There was not much change in the blood lactate levels and the hemoglobin levels in blood increased approximately 8.4 % after the intake of the OM-X capsules.
This study has revealed that the OM-X capsules can increase the VO_2 max of athletes.

Changes in maximal oxygen consumption (VO_2 max)



Measurement of hemoglobin levels in blood

Before ingestion → 2 wk after OM-X ingestion

Increased by an average of 8.4%

Measurement of blood lactate levels

Before Ingestion → 2 wk after OM-X ingestion

Not much change

The OM-X capsules increased the maximal oxygen consumption (VO_2 max) of athletes.