



DRINKING WATER

OPHORA sets the Gold Standard for healthy water.

***Berkeley Springs Int'l Water Tasting
1st Place - 2018, 2021, 2022 World's
Best Tasting Purified Drinking Water***



PURE

We ultra-purify source water to restore its life-giving properties to cleanse and nourish the human body.

Our municipal water delivery systems are overburdened with difficult-to-remove chemicals, pesticides, pharmaceuticals, and trace hormones. They must add chlorine, ammonia, and other substances that contribute to and aggravate chronic illnesses.

HYPER-OXYGENATED®

Oxygen in our atmosphere and oceans have decreased appreciably, yet oxygen is nature's most important nutrient and generates approximately 90% of our body's available energy.

OPHORA Hyper-Oxygenated® water is a unique advancement in Water for Wellness®. By increasing the oxygen content of our blood and tissues, it allows oxygen to be easily used by the mitochondria in our cells.

THE OPHORA DIFFERENCE

Our revolutionary technology, with 4 patents, bonds oxygen gas to water molecules creating the highest oxygen levels in the marketplace.



Bio-Oxidative therapies, such as drinking and soaking in active forms of oxygen rich water are powerful natural healing modalities.

Benefits of Hyper-Oxygenated® Water :

- Boosts energy levels
- Provides superior hydration
- Increases mental clarity
- Enhances immune function
- Better nutrient absorption
- Shortens athletic recovery time
- pH balanced to 8.0

(Please see reverse side for research studies)

OPHORA Water Technologies
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Research and Published Studies

on the Advantages of Drinking Oxygenated Water

"Oxygen plays a pivotal role in the proper functioning of the immune system."

Dr. Parris M Kidd, Ph.D. author, "Antioxidant Adaptation"

<https://pdfs.semanticscholar.org/c3b1/49b25120844091a90fe8c8b0859ecd970657.pdf>

In 2001, German researchers showed that delivering oxygenated water into the stomach resulted in oxygen penetrating the abdomen and portal vein according to the known physical and physiological parameters of gas diffusion.

"Uptake of oxygen from the intestine."

<https://www.ncbi.nlm.nih.gov/pubmed/11726308>

In 2005, German researchers demonstrated, in a randomized, double blinded, prospective study, that drinking oxygenated water caused a significant increase in ascorbyl radicals lasting for 14 and 21 days. Ascorbyl radicals are a reliable biomarker of oxidative stress. Drinking oxygenated water also leads to enhanced activation and anti-inflammatory immune system responses.

"The influence of oxygenated water on the immune status, liver enzymes, and the generation of oxygen radicals: a prospective, randomized, blinded clinical study."

<https://www.ncbi.nlm.nih.gov/pubmed/15896427>

In 2013, Korean researchers showed that drinking oxygenated water helped to clear alcohol from the blood faster.

"Effect of dissolved oxygen in alcoholic beverages and drinking water on alcohol elimination in humans."

<https://www.ncbi.nlm.nih.gov/pubmed/23084029>

In 2017, US and Irish researchers demonstrated in a randomized, double-blinded crossover study, that drinking oxygenated water enhanced post-exercise recovery via lactate clearance.

"Ingestion of oxygenated water enhances lactate clearance kinetics in trained runners."

<https://jissn.biomedcentral.com/articles/10.1186/s12970-017-0166-y>

Results indicate that RNS60 (contains water, sodium chloride, 55 ppm oxygen, but no active pharmaceutical ingredients) alters intrinsic the electrophysiological properties of the *X. laevis* oocyte membrane by increasing mitochondrial-based ATP synthesis. ATP is the basic chemical building block of energetic processes in the human body. It is concluded that the biological properties of RNS60 relate to its ability to optimize ATP synthesis.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4393147/>

Ingestion of oxygenated water enhances lactate clearance kinetics in trained runners
Neil Fleming, Jeremiah Vaughan and Matthew Feedback.

Results: Lactate clearance was significantly improved during recovery in the OS trials.

Recovery via increased lactate clearance.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5371271/>

* These statements have not been evaluated by the Food and Drug Administration.

* This marketing material is not intended to diagnose, treat, cure or prevent disease.



Proudly built in the U.S.A.

*Quotes Available Upon Request



OPHORA®

The World's Healthiest Water®

...as nature intended it to be...

Nano-Pure - Hyper-Oxygenated®

- Hyper-Oxygenated® to 40 ppm
- Nano-Pure®: pesticide, pharmaceutical, plastic free

Benefits:

- Increases energy
- Provides superior hydration
- Heightens mental clarity
- Enhances immune function
- Shortens athletic recovery time

Oxygen generates 90% of the bodies' available energy.

Hyper-Oxygenated® Isotech Testing Laboratories certified OPHORA's dissolved oxygen content at 69.0 ppm.

Ultra-Pure: OPHORA compares to Milli-Q ultra-pure, type 1 water and has been third party certified as medical grade.

Best Tasting Purified Drinking Water: 1st Place 2018 , 2021, 2022
Berkeley Springs International Water Tasting.

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Effect of dissolved oxygen in alcoholic beverages and drinking water on alcohol elimination in humans

October 16, 2012

From Elsevier Volume 47, Issue 1

Rhee SJ, College of Pharmacy, Chungnam National University, Daejeon 305-764, Korea
Chae JW, Song BJ, Lee ES, and Kwon KI

Abstract from <https://www.ncbi.nlm.nih.gov/pubmed/23084029>

Oxygen plays an important role in the metabolism of alcohol. An increased dissolved oxygen level in alcoholic beverages reportedly accelerates the elimination of alcohol. Therefore, we evaluated the effect of dissolved oxygen in alcohol and the supportive effect of oxygenated water on alcohol pharmacokinetics after the excessive consumption of alcohol, i.e., 540 ml of 19.5% alcohol (v/v). Fifteen healthy males were included in this randomized, 3 × 3 crossover study. Three combinations were tested: X, normal alcoholic beverage and normal water; Y, oxygenated alcoholic beverage and normal water; Z, oxygenated alcoholic beverage and oxygenated water. Blood alcohol concentrations (BACs) were determined by conversion of breath alcohol concentrations. Four pharmacokinetic parameters (C(max), T(max), K(el), and AUCall) were obtained using non-compartmental analysis and the times to

reach 0.05% and 0.03% BAC (T(0.05%) and T(0.03%)) were compared using one-way analysis of variance (ANOVA) and Duncan's post hoc test. With combination Z, the BAC decreased to 0.05% significantly faster ($p < 0.05$) than with combination X. Analyzing the pharmacokinetic parameters, the mean K(el) was significantly higher for combination Z than for combinations X and Y ($p < 0.05$), whereas the mean values of C(max), T(max) and AUCall did not differ significantly among the combinations. Dissolved oxygen in drinks accelerates the decrease in BAC after consuming a large amount of alcohol. However, the oxygen dissolved in the alcoholic beverage alone did not have a sufficient effect in this case. We postulate that highly oxygenated water augments the effect of oxygen in the alcoholic beverage in alcohol elimination. Therefore, it is necessary to investigate the supportive effect of ingesting additional oxygenated water after heavy drinking of normal alcoholic beverages.

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Ingestion of oxygenated water enhances lactate clearance kinetics in trained runners

March 29, 2017

From Journal of the International Society of Sports Nutrition

Neil Fleming, Human Performance Laboratory, Department of Anatomy, Trinity College Dublin, Dublin, Ireland

Jeremiah Vaughan, Matthew Feedback

Abstract from <https://jissn.biomedcentral.com/articles/10.1186/s12970-017-0166-y>

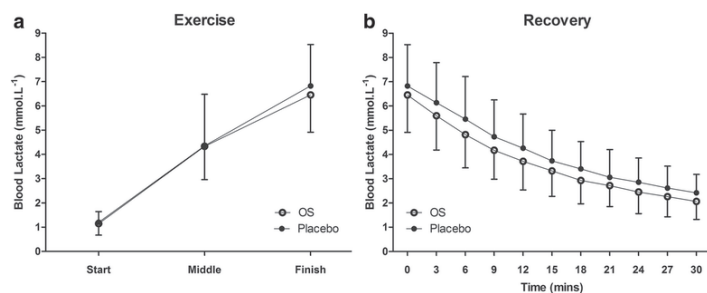
Background: Drinks with higher dissolved oxygen concentrations have in recent times gained popularity as a potential ergogenic aid, despite a lack of evidence regarding their efficacy. The aim of this study was to assess effects of ingestion of an oxygen supplement (OS) on exercise performance and post-exercise recovery in a group of trained runners.

Methods: Trained male runners ($n = 25$, mean \pm SD; age 23 ± 6 years, mass 70 ± 9 kg, BMI 21.9 ± 2.7 kg.m⁻² VO₂max 64 ± 6 mL.kg⁻¹.min⁻¹), completed a randomised double blinded, crossover study to assess the effect of ingestion of OS solution on exercise performance and recovery. Trials consisted of a 30min rest period, 5min warm-up, a 5000m treadmill time-trial, and a 30min passive recovery. Participants ingested 6x15mL of either OS or a taste matched placebo during the trials (3 during the rest

phase, 1 during exercise and 2 during the recovery). Muscle tissue O₂ saturation was measured via near infrared spectroscopy. Blood lactate concentrations were measured prior to, mid-way and directly after the finish of the 5000m time trials and every 3-min during the post-exercise recovery.

Results: Ingestion of OS did not improve exercise performance. No significant differences were observed for muscle tissue O₂ saturation at any time-points. However, lactate clearance was significantly improved during recovery in the OS trials. Both AUC (109 ± 32 vs. 123 ± 38 mmol.min, $P < 0.05$, $d = 0.40$) and lactate half-life (λ) (1127 ± 272 vs. 1223 ± 334 s, $P < 0.05$, $d = 0.32$) were significantly reduced.

Conclusions: Despite no evidence of improved exercise performance, ingestion of OS did enhance post-exercise recovery via increased lactate clearance.



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OPHORA®

BIO-RENEW WATER FILTRATION SYSTEM WITH WATER RESTRUCTURING PLATFORM

OPHORA's Bio-Renew Reverse Osmosis (R/O) water filtration system is engineered to be the most robust under-the-counter filtration system in the market place.

Tap water, reverse osmosis and many premium-bottled waters produce unstructured, dead, acidic water that only hydrates extra-cellularly. Ophora water, because it is structured in a liquid crystalline state, hydrates intra-cellularly.

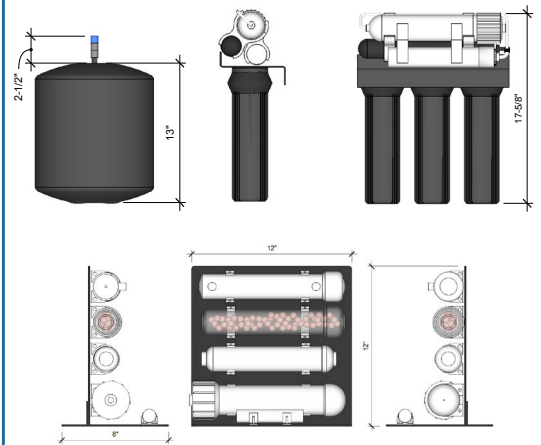
Ophora Structured water:

- Is ULTRA PURE: Laboratory rated as highly specialized. Ophora water is classified "Ultrapure", type 1.
- Is in a liquid crystalline state: structured to hydrate on a cellular level.

Benefits:

- **Increased Hydration** – from Ophora's liquid crystalline intracellular water.
- **Increased Energy** – Ophora water delivers biophotonic life-force energy that is lasting and sustainable, not the short-lived crashing energy that caffeine and sugar produce.
- **Bio Available** – Ophora's structured water has significantly less surface tension than unstructured water. Our water is softer, smoother, and hydrating on a cellular level.

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Features:

- Compact - engineered to fit under your counter
- Gives a never-ending supply of filtered and molecular restructured water.
- Uses rose quartz water implosion technology
- Final organic coconut carbon polishing
- 254 nanometers of UV sterilization
- Low maintenance. Requires only one filter change out per year.

Size of purification unit:
16"W x 8"D x 18"H

Size of pressurized holding tank:
11"Dia x 15 1/2"H

Size of water restructuring platform:
12"W x 8"D x 12"H

OPHORA®

BIO-QUANTUM WATER STATION

HOME AND OFFICE

WATER TREATMENT FOR HEALTH CONSCIOUS CONSUMERS

Our self-contained, free-standing water station integrates ozone with high-output LED UV sterilization to produce functional water that protects against viruses and bacteria.

OPHORA Water for Wellness®

- Oxygen-rich up to 10 ppm
- Removes 99.9% of pesticides, pharmaceuticals, microplastics, and forever chemicals
- Nano - Pure to 0.0001 microns
- Alkaline to a pH of 8.0 - 8.5
- Naturally re-mineralized

Benefits of Oxygenated Water

- Provides superior hydration
- Boosts energy levels
- Increases mental clarity
- Delivers delicious award winning, health-enhancing drinking water



Awarded the gold standard for best tasting purified drinking water at Berkeley Springs International Water Tasting 3 times.

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Water Station features:

- State of the art LED U.V. sterilization and high-output ozone technology
- Built green. Exceeds all water efficiency standards
- No monthly maintenance. Only one filter set change per year
- Totally self-contained & portable
- Integrated anti-leak technology
- Dimensions: 14"W x 17"D x 55"H
- Not designed to treat well water

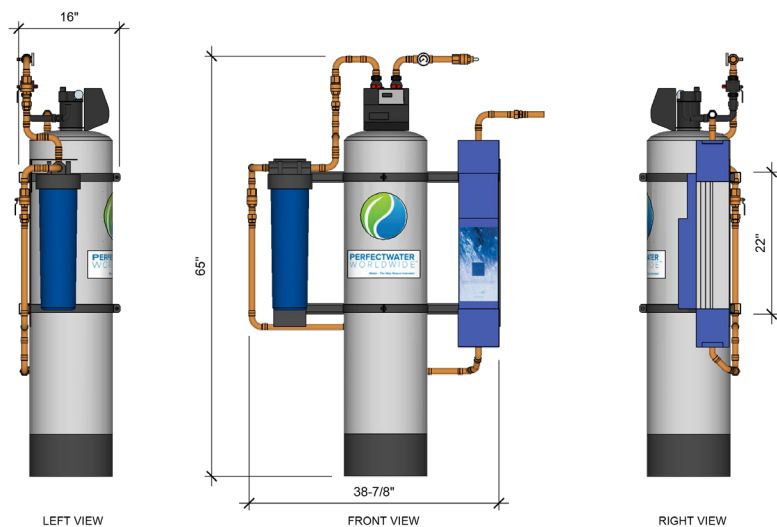


OPHORA®

ESSENTIAL WHOLE HOME SYSTEM

Most simple carbon based whole home systems are just a greener way to remove chlorine. In contrast, our Essential system first implements a “high grade” pre-filter system as well as catalytic carbon and organic coconut shell carbon thereby eliminating the dangerous pollutants that municipalities cannot. With its six layers of proprietary filtration media, this system was specifically designed for people who are in overall good health and want to ensure it.

Our Essential whole home system is superior to traditional systems which do not remove all heavy metals, nitrates, and other pollutants from the source water and are susceptible to mold during periods of non-use.



Essential System benefits:

- Free of:
 - Chlorine
 - Heavy Metals
 - Residual taste and odor
- Produces alkaline, ionized, highly antioxidant water
- No monthly maintenance. Requires just an annual filter change.
- Includes Bio-Renew Under-the-Counter system



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OPHORA™ WELLNESS SPAS

Spas are moving to the forefront of bio-oxidative health-enhancing therapies. Ophora Wellness Spas offer nano-purified, stabilized oxygen in a 100% chlorine free soaking vessel. No chemicals are necessary. Using a proprietary combination of stabilized oxygen, high-output ozone, UV sterilization, and H₂O₂, Ophora soaking spas stay ultra clean and naturally sanitized.

At Ophora's super-saturated levels of dissolved oxygen, all that is necessary for maximum therapeutic benefit in healthy individuals is one 20-30 minute soak per day.

Since 90% of the body's available energy comes from oxygen. While soaking, oxygen becomes readily bio-available to the cells and tissues.

Scientific studies have shown that soaking in water is the most effective therapy for oxygen absorption through the skin. This soaking therapy can be compared to hyperbaric therapy in effectiveness, but is considered a more enjoyable and relaxing experience.



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Spa System Benefits:

- Organic, 100% chlorine-free oxygen rich water for a health enhancing soaking experience
- Increases oxygen content of blood and tissues
- Assists in improving chronic skin conditions
- Enhances skin-cell metabolism for reduced signs of aging
- Oxygen Soaking is more pleasant than Hyperbaric Therapy



OPHORA™ WELLNESS SPAS

The Ophora Spa System provides organic, 100% chlorine-free, oxygen-rich water for a restorative soaking experience.

Our revolutionary spa system introduces substantial amounts of stabilized oxygen into the spa, allowing you to soak in water with oxygen levels up to five times the level found in tap or well water.

Our spa systems may be retrofitted to your existing spa system, or designed into a new spa.



Soaking in Oxygen

Oxygen therapy is fast becoming a powerful adjunct to natural healing modalities. Treating the body with active forms of extra oxygen, whether through drinking or soaking, can yield significant benefits. Higher levels of oxygen have been shown to help reduce signs of aging, increase immune function, improve chronic skin conditions, and reduce inflammation and injury recovery times. Soaking in oxygenated water is an especially effective way to ensure that O₂ is absorbed through the skin and into your cells and tissues, stimulating the body's oxidative capacity for energy, metabolism, detoxification, and immune function.

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