

# WITH THE POWER OF 500% MORE OXYGEN

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## ***Title:***

Accelerated biological recovery after physical and cognitive load after four weeks of drinking oxygenenriched water: a double-blind randomised cross-over study of cardiac autonomic effects

## ***Abbreviated title:***

*Accelerated biological recovery using oxygen-enriched water*

## **Abstract**

There are only few empirically founded effects of oxygen-enriched water on the human physiology. This study investigates the degree to which drinking oxygen-enriched water has a medium-term effect on cardiac autonomic control after physical and cognitive load.

A double-blind study with cross-over repeated measurement design was carried out. Laboratory testing after a four-week drinking regimen of either oxygen-enriched water or untreated water from the same source consisted of a structured test procedure of load and recovery. 37 subjects were included in the per-protocol analysis.

Results showed a more rapid recovery of sympathetically mediated very low frequency component of heart rate variability after physical load. This effect was accompanied by stronger vagal activation (respiratory sinus arrhythmia) in subsequent rest phases. In addition, the subjects well-being and their subjectively-perceived load indicated positive influences from oxygen-enriched compared to control conditions. No effects were seen during the actual phases of physical or cognitive load.

In summary, oxygen-enriched water improved biological recovery thus enhancing the efficiency of recuperation. This manifests in a more rapid recovery of heart rate variability and subjective well-being in resting phases after physical load