

# A Scientific approach to recovery

## What is Oxidative Stress?

The body creates free radicals when it's exposed to a physiological stimulus. It is the body's role to produce antioxidants to neutralize free radicals so the body can recover and adaptations can occur. However, when your body is overrun with free radicals you enter a state of oxidative stress that can prolong recovery and affect your health.

## What happens when you exercise?

When given the right amount of stimulus your body overcompensates creating new adaptations. However, if your training load is not right, you may be recovering between each stimulus leading to fatigue and injury, or not providing enough stimulus leading to a lack of growth. Antioxidative power measures the body's reaction to a given stimulus, indicating if you are still recovering or have recovered.

## How O2score can help

The O2score system quantifies your antioxidative power, showing you how hard your body is working to combat free radicals and oxidative stress. By quantifying this power in nanowatts you can track antioxidative power. Taking the guesswork out of when you need to push harder or take it easy.

Every physical exertion causes oxidative stress at the cellular level.

### 1 Collect



### 2 Transfer



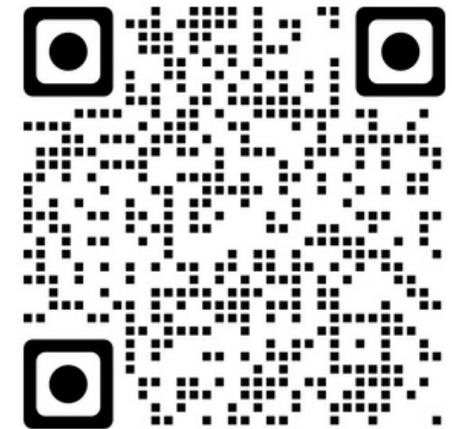
### 3 Visualize



### 4 Perform



# Discover your antioxidant power



# Company Background

Resulting from a research and development effort carried out at EPFL (Switzerland), validated for several years by professional athletes and coaches in a multitude of disciplines, O2 score was founded in 2018. Our partners include the Swiss Alpine Ski Team as well as professional endurance athletes from a number of sports. Check out our website to find out more and to meet our ambassadors.

# Our Mission

To provide Coaches and athletes with a training tool that will scientifically quantify the body's response to a stimulus. So training loads and recovery methods can become optimal, in order to maximize performance, without the risk of injury or fatigue.

# Our Products & Services

## → O2score packages

The starter pack provides users with the testing device + 8 sensors + 8 lancets. The elite pack provides the testing device + 250 sensors + 250 lancets at a bundle price.

## → Newsletters

Insightful information on how you can improve your health by managing your oxidative stress. As well as, how to increase your antioxidative power through training and nutrition.

## → Coaching

We provide coaching advice gathered from our case studies on professional athletes, on how O2score can be implemented into your training regime.

# Contact Us



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## A dedicated web app for professional coaches

+		Harold Ramos	9	G	200		53 min		201			
+		Mason Klein	9	M	205		2j		210			
✓		Maggie Freeman	9	A	200		3j		205			