Athletic Performance Enhancement Research Study

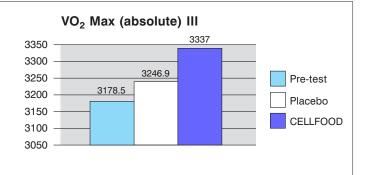
The Sports Institute of the University of Pretoria, South Africa

The following charts represent the results of an 18-week research project conducted at the Sports Institute of the University of Pretoria in South Africa. This project was established to determine the effects of CELLFOOD on athletes as a performance enhancing supplement. Under the guidance of Heinrich Nolte, Kim De 'Ath, and Dr. Johan Van Herdeen, 45 heterogenic athletes were subject to a placebo controlled double blind study. Data analysis was based on the Kruskall Wallis method with the level of statistical significance set to p < 0.05. The participants were given the recommended dosage of 8 drops of Cellfood in 8 ounces (or more) of purified water 3 times per day.

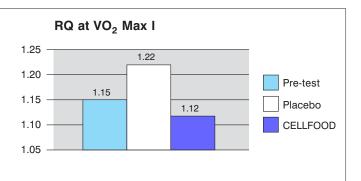


The research included such results as an 11% reduction in pulse rate, a 10% increase in red blood cell count, an 11% increase in disease-fighting white blood cells, a 15% increase in blood platelets, and an 18% increase in hemoglobin.

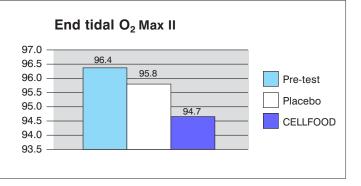
VO₂ Max: The highest oxygen intake obtainable for a given form of ergometry despite further work rate increases and effort by subject. This is characterized by a plateau of oxygen uptake despite further increases in work rate.



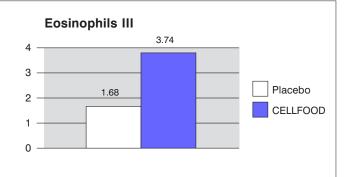
RQ at VO₂ Max: Respiratory quotient, the ratio of the rate of carbon dioxide production to oxygen consumption. The ratio reflects the metabolic exchange of the gasses in the body tissues and is dictated by substrate utilization.



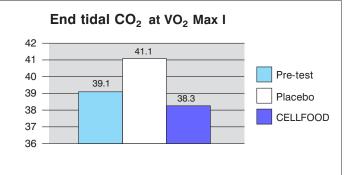
END Tidal O₂: The O_2 is determined in the respired gas at the end of an inhalation. The lower the value, the better for the athlete.



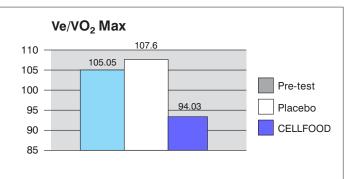
Eosinophils: Phagocytic cells. Important in the defense against large multi-cellular parasites, their numbers increase during allergic reactions. They are also attracted to the sites of inflammation and control its spread to adjacent tissues.



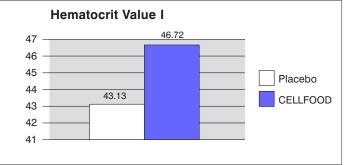
END Tidal CO₂: The CO₂ is determined in the respired gas at the end of an exhalation. The lower the value, the better for the athlete.

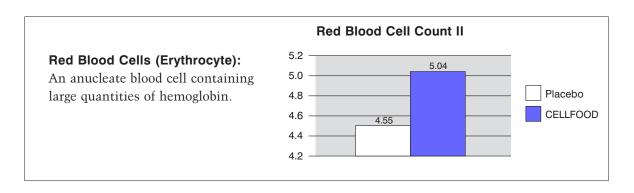


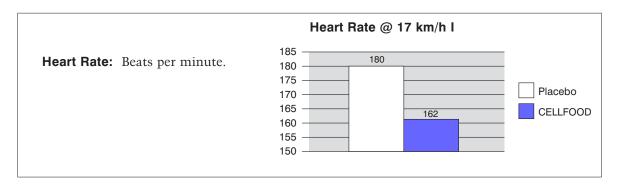
VE/VO₂ Max: The amount of air that needs to be ventilated per minute to extract 1 liter of oxygen. The lower the value, the better for the athlete.

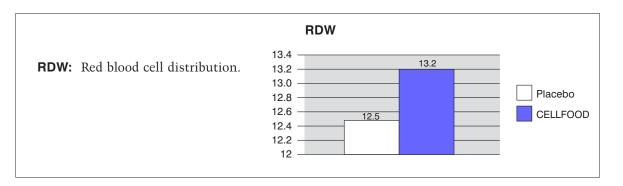


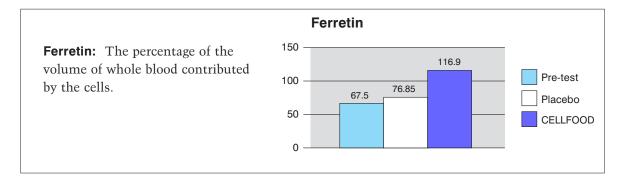
Hematocrit: Percentage of the volume of whole blood contributed by cells.



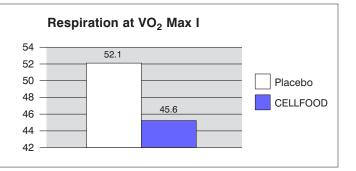




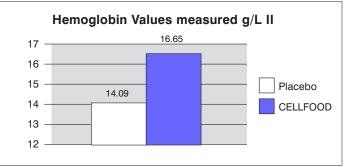




Respiration at VO₂ Max I: The respiration rate refers to the number of breaths taken per minute. This rate multiplied by tidal volume is an indication of a person's minute ventilation. The lower the number, the better.

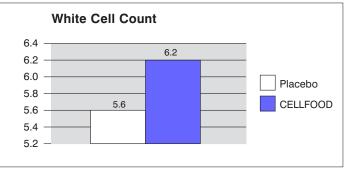


Hemoglobin: The protein found in red blood cells that gives them the ability to transport oxygen in the blood.



White Cell Count (Leukocytes):

The granulocytes and agranulocytes of the blood. White cells help defend the body against invasion by pathogens and remove toxins, wastes, and abnormal or damaged cells.



Platelets: Transport of chemicals important in the blood clotting process.

