

# Athletic Performance Enhancement Research Study

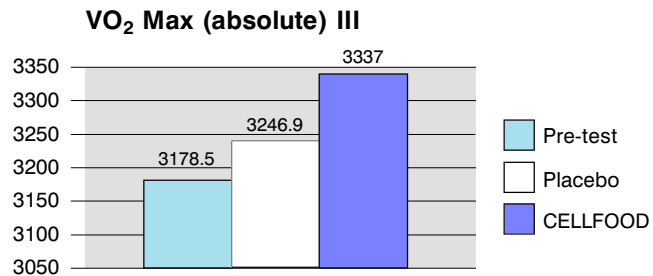
The Sports Institute of the University of Pretoria, South Africa

The following excerpts are statistical charts representing 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—distributed by Lumina Health Products and manufactured by Nu Science Corporation in the United States—on professional and amateur athletes as a performance enhancing supplement. Under the guidance, direction and supervision of Heinrich Nolte, Kim De 'Ath, and Dr. Johan Van Herdeen, 45 heterogenic athletes were subject to a

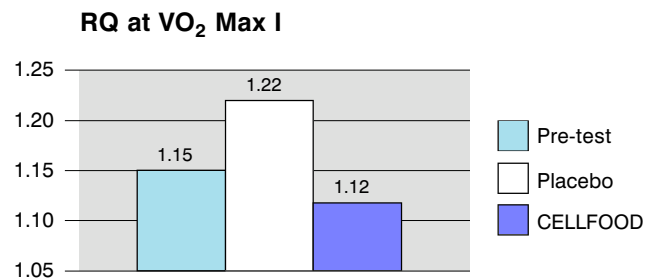
placebo controlled double blind study. Data analysis was based on the Kruskal Wallis method with the level of statistical significance set to  $p < 0.05$ . The participants were given the recommended dosage of 8 drops of Cellfood in 8 ounces (or more) of purified water 3 times per day.

**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.**

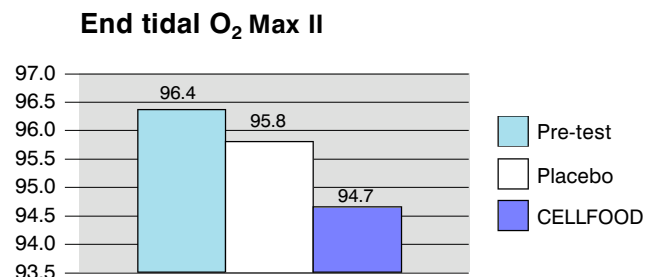
**VO<sub>2</sub> Max:** The highest oxygen intake obtainable for a given form of ergometry despite further work rate increases and effort by subject. This is characterized by a plateau of oxygen uptake despite further increases in work rate.



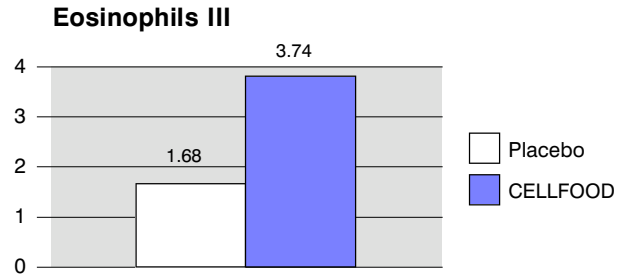
**RQ at VO<sub>2</sub> Max:** Respiratory quotient, the ratio of the rate of carbon dioxide production to oxygen consumption. The ratio reflects the metabolic exchange of the gasses in the body tissues and is dictated by substrate utilization.



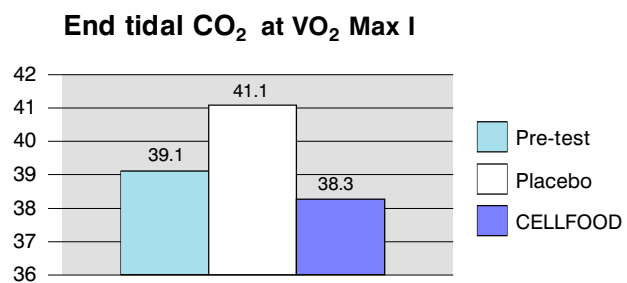
**END Tidal O<sub>2</sub>:** The O<sub>2</sub> is determined in the respired gas at the end of an inhalation. The lower the value, the better for the athlete.



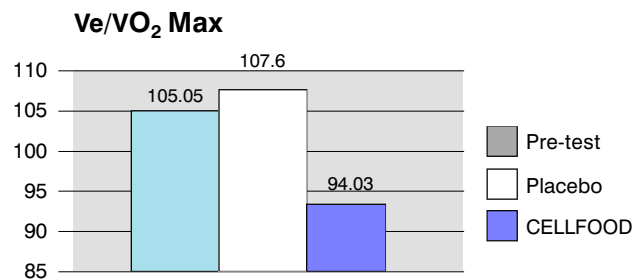
**Eosinophils:** Phagocytic cells. Important in the defense against large multi-cellular parasites, their numbers increase during allergic reactions. They are also attracted to the sites of inflammation and control its spread to adjacent tissues.



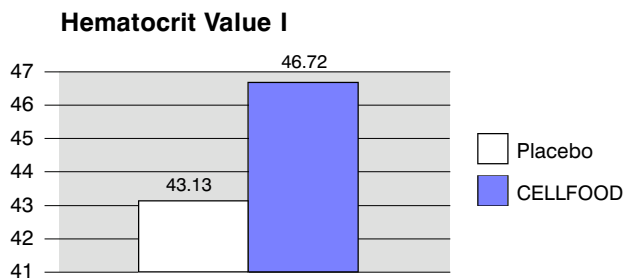
**END Tidal CO<sub>2</sub>:** The CO<sub>2</sub> is determined in the respired gas at the end of an exhalation. The lower the value, the better for the athlete.



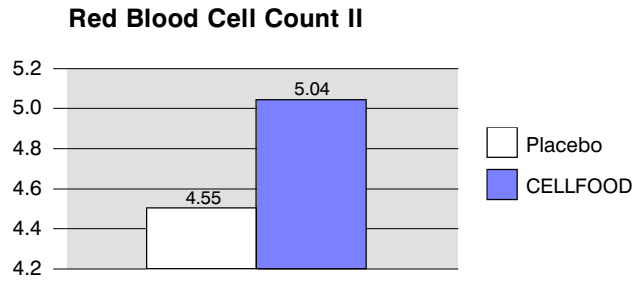
**VE/VO<sub>2</sub> Max:** The amount of air that needs to be ventilated per minute to extract 1 liter of oxygen. The lower the value, the better for the athlete.



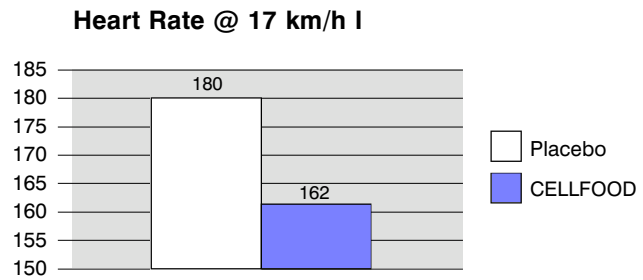
**Hematocrit:** Percentage of the volume of whole blood contributed by cells.



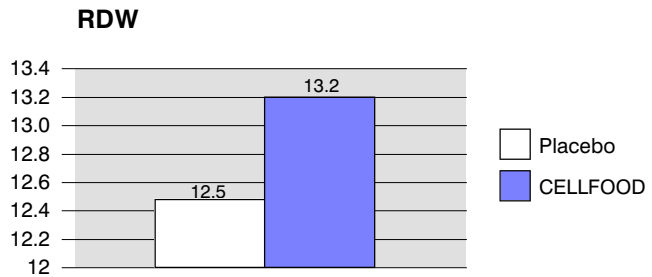
**Red Blood Cells (Erythrocyte):**  
An anucleate blood cell containing large quantities of hemoglobin.



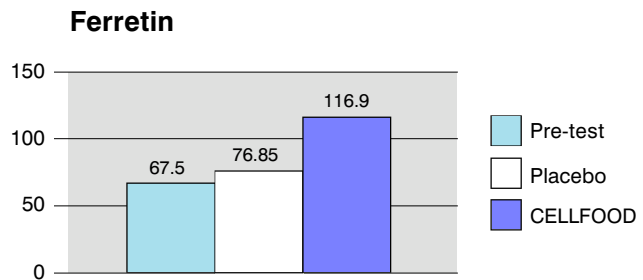
**Heart Rate:** Beats per minute.



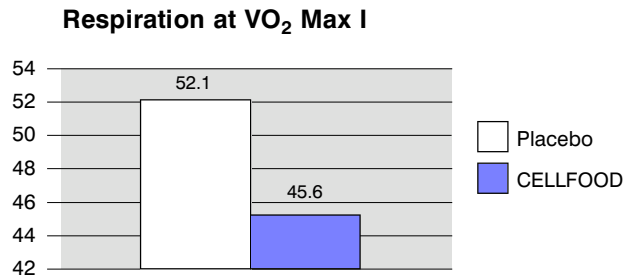
**RDW:** Red blood cell distribution.



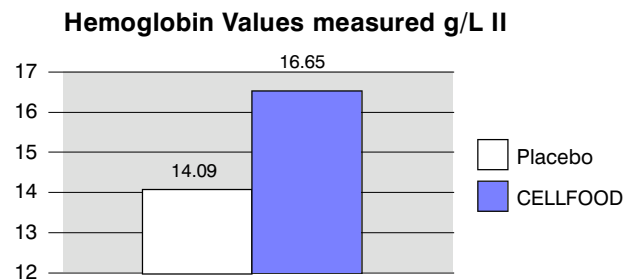
**Ferretin:** The percentage of the volume of whole blood contributed by the cells.



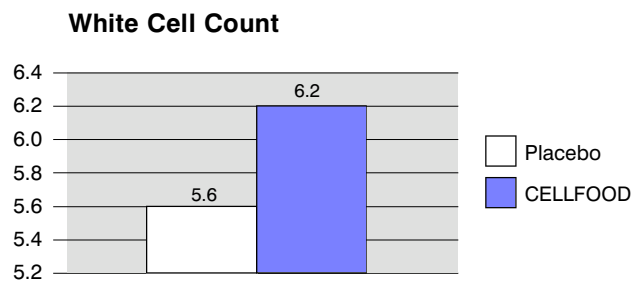
**Respiration at VO<sub>2</sub> Max I:** The respiration rate refers to the number of breaths taken per minute. This rate multiplied by tidal volume is an indication of a person's minute ventilation. The lower the number, the better.



**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.

