



Press release

IHHT – Breathing as the key to increased energy

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Intermittent hypoxia-hyperoxia therapy (IHHT) has attracted increasing attention in recent years. Many wonder whether this therapy really delivers on the promise of boosting energy levels while you sit back and relax. [MITOcare](#) provides information on what IHHT is, how the therapy works and how to prepare for it.

Insight into interval hypoxia-hyperoxia therapy

IHHT has its roots in interval hypoxia training (IHT) and altitude training. This type of training simulates the conditions at altitudes of around 2,000 meters, where the air is "thinner". Although the oxygen content remains the same, the lower air pressure leads to reduced oxygen uptake. This reduction in oxygen, known as hypoxia, can lead to various positive adaptation mechanisms in the body.

Hypoxia meets hyperoxia

IHHT uses hypoxia and induces it by providing a reduced oxygen content through a breathing mask. Alternately, there are phases of hyperoxia in which you breathe in more oxygen than normal. This interplay of oxygen concentrations can stimulate the mitochondria – the energy power plants of the cells – and support regeneration.

IHHT procedure and costs

The core of the IHHT session is wearing a breathing mask, through which you alternately breathe in oxygen-poor and oxygen-rich air. The session is monitored by measuring heart rate variability and oxygen saturation in the blood to precisely track the effect on the body. Sessions last between 30 and 50 minutes, with a series of at least 10 sessions recommended for optimal results. Costs vary depending on the provider and individual patient needs.

Positive effects of IHHT

IHHT can lead to long-term regeneration of the mitochondria and other positive adaptations in the body, such as improving cardiovascular fitness, cholesterol levels, body fat percentage, cognitive function and general well-being.

Applicability of IHHT

IHHT is suitable for almost everyone, regardless of age and state of health. The therapy can be adapted to individual performance and is therefore also suitable for people with various illnesses or for improving performance in sport and cognitive function in old age.

Interval hypoxia-hyperoxia therapy is therefore a promising option for those who want to increase their energy levels in a gentle and controlled way. The combination of relaxation and targeted oxygen therapy could be the key to a healthier and more energetic life.

You can find a detailed article on IHHT and more information at <https://mitocare.de/blogs/wissensblog/ihht-mit-atmung-zu-mehr-energie>.



If this is too stressful for you, you can fall back on an IHHT to increase your performance
(Source: Motion Array by michelangelo)

About MITOcare

"Everyone deserves to be healthy".

This is the claim of MITOcare, the innovation driver in the field of micronutrients.

Our wide range of bioactive substances and natural products has been developed together with doctors and is constantly optimized according to the latest scientific findings.

Our production takes place in the DACH region and thus contributes to sustainable management. With our natural, plant-based capsule shells and, above all, with our bioavailable ingredients.

MITOcare was founded in 2013. The company is based in Munich and currently employs 47 people. MITOcare is a member of the Association of Medium-Sized European Manufacturers and Distributors of Food Supplements & Health Products (NEM).

Further information about our company, our philosophy and our products can be found at www.mitocare.de.

Press contact

Hans W. Friede

Senior Manager PR & Communications

Phone +49 89 2488163345

hans.friede@mitocare.de