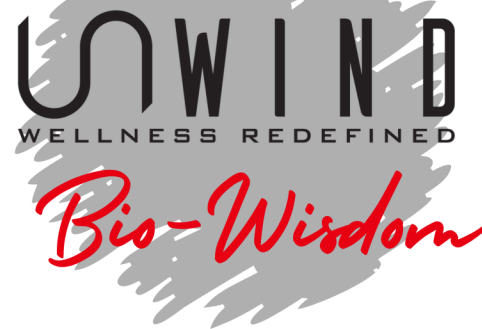


# Benefits of **EWOT** & Your Eyes



If your eyes feel tired, dry, or strained, or if you want to support healthy vision, EWOT can help improve blood flow and oxygen delivery to your eyes — naturally.

## WHAT IS EWOT?

**EWOT means Exercise With Oxygen Therapy. It combines gentle exercise (like walking or cycling) with breathing in extra concentrated oxygen (up to 95%).** This helps deliver more oxygen to your brain and nervous system while you move. Think of it as giving your brain and nerves a fresh boost of clean, energizing oxygen.

## HOW EWOT SUPPORTS EYE HEALTH

**EWOT helps your eyes by:**

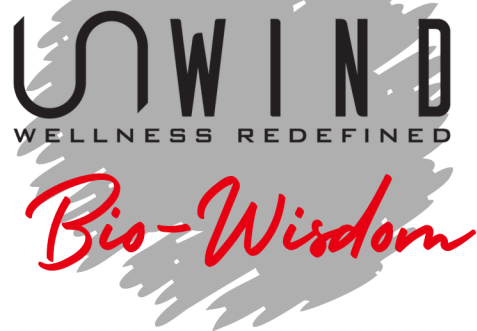
- **Increasing oxygen supply to eye tissues** – Supports eye cells and helps repair damage.
- **Improving blood flow** – Helps keep eyes healthy and reduces strain.
- **Reducing inflammation** – Calms irritation that can affect vision.
- **Boosting energy in eye cells** – Supports better function and comfort.
- **Supporting recovery** – Helps eyes heal faster after strain or injury

## WHAT PEOPLE OFTEN NOTICE

- Less eye fatigue and dryness.
- Clearer, sharper vision.
- Reduced redness and irritation.
- Better comfort during prolonged screen time or reading.
- Improved overall eye health and function.

**HYPE FADES, SCIENCE STAYS**

# Benefits of **EWOT** & Your Eyes



## WHAT THE RESEARCH SUGGESTS

Studies suggest that oxygen therapy and mild exercise:

- Enhance blood circulation to the eyes.
- Support cellular energy production in eye tissues.
- Reduce oxidative stress and inflammation related to eye strain.
- Promote healing of eye tissues.

**EWOT is a natural and gentle way to help your eyes get the oxygen and nutrients they need supporting clearer vision, less strain, and healthier eyes.**



**HYPE FADES, SCIENCE STAYS**