

Turbine Time Trial Study Published

- A small study of 15 male trained athletes who were cycling a minimum of 150 kms per week were recruited to complete a 15 minute standardised warm up and 20-km time trial
- Participants wore either a BreatheRight Strip or a Turbine with the impact of each on cycling economy of motion and 20-km time trial performance being measured
- No difference was observed for mean 20-km power output between the internal ($270 \pm 45W$) or external dilator ($271 \pm 44W$) and the control ($272 \pm 44W$)
- No difference in the economy of motion was observed through the warm up.
- The research concluded that neither the neither Turbine or BreatheRight enhanced 20-km cycling time trial performance

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The company acknowledges the publication by Murdoch University of a study examining the impact of both an internal nasal dilator and external nasal dilator on 20-km time trial performance in the *Journal of Science and Medicine in Sport*.

15 healthy male volunteers who were cycling at least 150 km per week and had previous racing/time trialing experience were recruited to participate in the study. Participants undertook a 15 minute standardised warm up session followed by a 20-km cycling time trial.

The study showed that no differences were observed in total time ($p=0.65$) or mean power output ($p=0.78$) between Turbine, BreatheRight and the control.

No differences were observed for the mean economy of motion, V_E , heart rate, perceived exertion between conditions at 30%, 50% or 70% of the familiarisation 20 km time trial power output. Perceived dyspnea measured during the 30% stage was lower during the Turbine ($p=0.01$) and BreatheRight ($p=0.03$) compared with the control condition. However no other differences were observed.

The findings indicated neither internal or external nasal dilation provide performance enhancement during a 20 km cycling time trial with trained athletes when compared with a control condition. It was of particular interest that the authors noted no individual response to both internal and external nasal dilators and no presence of a placebo or nocebo effect.

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The company's future investigations into the impact of nasal dilation in sport will propose to focus on subjects who are suffering from nasal congestion and obstruction, rather than on healthy volunteers (being the focus of this study).

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About Rhinomed Limited (ASX: RNO)

Rhinomed Limited is a Melbourne based technology firm with a focus on nasal, respiratory and breathing management technologies. The company is seeking to monetise applications of its technology portfolio in the Sport, Sleep, Wellbeing and Drug Delivery markets. For more information go to www.rhinomed.global

About the Turbine™

Turbine™ is a revolutionary respiratory technology designed specifically for the sport market. Turbine delivers an average increase of 38% more airflow through the nasal passages and has been designed for both professional and amateur athletes participating in sports and fitness activities ranging from triathlon, cycling, running and non-impact sports to elite training environments, such as altitude training. You can purchase a Turbine by visiting www.theturbine.com