HIBERG®

aimediq
Intelligent Medical Systems

Ai Mediq Asia Pte Ltd. (HQ)

19 Kallang Ave #05-155, Singapore 339410.

T +65 8129 0100 **E** enquiry@aimediqasia.com **www.reoxyasia.com**

China	**Hong Kong**	**Taiwan**	**Japan**	**Malaysia**
+86 010 8595 1863	+852 3702 6632	+886 2 2711 9997	+81 4246 10010	+60 3 2143 6699
Indonesia	**Thailand**	**Vietnam**	**Philippines**	**Australia**
+62 8 1673 5260	+66 2210 0277	+84 70 828 1929	+63 94 9889 3387	+61 4 3402 0100

[1] Extended longevity at high altitude: Benefits of exposure to chronic hypoxia. Gustavo R. et al. BLDE University Journal of Health Sciences, 2017.

[2] Afina AB, Oleg SG, Alexander AB, Ines D, Alexander Yu S, Nikita VV, Denis ST, Daria GG, Zhang Y, Chavdar SP, Dmitriy VG, Elena AS, Irina VK and Philippe Yu K (2021) The Effects of Intermittent Hypoxic-Hyperoxic Exposures on Lipid Profile and Inflammation in Patients With Metabolic Syndrome. Front. Cardiovasc. Med. 8:700826. doi: 10.3389/fcvm.2021.700826

[3] Bestavashvili, A.; Glazachev, O.; Bestavashvili, A.; Suvorov, A.; Zhang, Y.; Zhang, X.; Rozhkov, A.; Kuznetsova, N.; Pavlov, C.; Glushenkov, D.; et al. Intermittent Hypoxic-Hyperoxic Exposures Effects in Patients with Metabolic Syndrome: Correction of Cardiovascular and Metabolic Profile. Biomedicines 2022, 10, 566. https://doi.org/10.3390/ biomedicines10030566

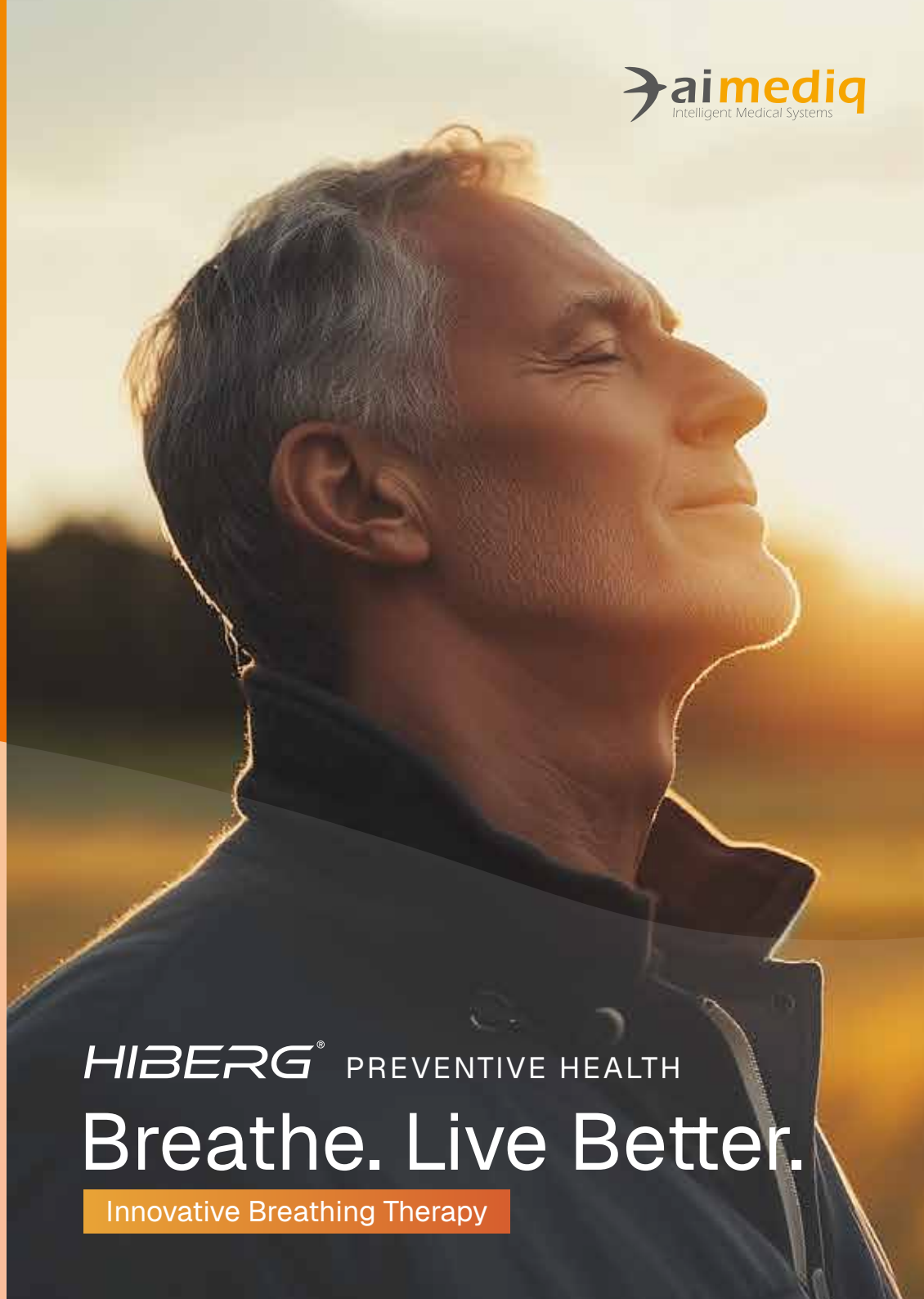
Bayer, U.; Likar, R.; Pinter, G.; Stettner, H.; Demschar, S.; Trummer, B.; Neuwersch, S.; Glazachev, O.; Burtscher, M. Intermittent hypoxic-hyperoxic training on cognitive performance in geriatric patients. Alzheimer's Dementia Transl. Res. Clin. Interv. 2017, 3, 114–122

[5] Behrendt T, Bielitzki R, Behrens M, Glazachev OS and Schega L (2022) Effects of Intermittent Hypoxia- Hyperoxia Exposure Prior to Aerobic Cycling Exercise on Physical and Cognitive Performance in Geriatric Patients—A Randomized Controlled Trial. Front. Physiol. 13:899096.

[6] A programme based on repeated hypoxia–hyperoxia exposure and light exercise enhances performance in athletes with overtraining syndrome: a pilot study. Davide Susta et al. Clin Physiol Funct Imaging, 2015.

[7] Glazachev, O.; Kopylov, P.; Susta, D.; Dudnik, E.; Zagaynaya, E. Adaptations following an intermittent hypoxia-hyperoxia training in coronary artery disease patients: A controlled study. Clin. Cardiol. 2017, 40, 370–376.

[8] Dudnik, E.; Zagaynaya, E.; Glazachev, O.S.; Susta, D. Intermittent Hypoxia–Hyperoxia Conditioning Improves Cardiorespiratory Fitness in Older Comorbid Cardiac Outpatients without Hematological Changes: A Randomized Controlled Trial. High Alt. Med. Biol. 2018, 19, 339–343



aimediq
Intelligent Medical Systems

HIBERG® PREVENTIVE HEALTH

Breathe. Live Better.

Innovative Breathing Therapy

Aging is a natural process, and advances in longevity science suggest that optimizing key physiological functions can help sustain long-term health and vitality. Today, longevity is about healthspan—preserving quality of life, mobility, and cognitive resilience as we age.

Controlled Oxygen Therapy Inspired by Nature

Research suggests that high-altitude populations often experience greater longevity due to their physiological adaptation to lower oxygen levels[1]. Inspired by this natural process, Hiberg® provides a safe oxygen therapy experience using Intermittent Hypoxic-Hyperoxic Therapy (IHHT®) to activate the body's adaptive responses. Since each individual has a unique oxygen code, Hiberg® personalizes the therapy to match user capabilities and maximize effectiveness.

Scientific studies shows that Hiberg® positively impacts key aging-related markers.

METABOLSM BALANCE

Hiberg® helps regulate cholesterol levels, improve insulin sensitivity, and enhance energy production, supporting a balanced metabolism essential for longevity[2,3,7,8].

EXERCISE CAPACITY

By optimizing oxygen use, Hiberg® boosts endurance, reduces fatigue, and enhances recovery, making physical activity easier and more sustainable—even for individuals with reduced mobility[6,7,8].

COGNITIVE HEALTH

Hiberg® supports brain oxygenation, memory, and focus, promoting cognitive sharpness. Studies show positive effects even in pathological cognitive decline, such as in Alzheimer's disease and mild cognitive impairment[4,5].

CARDIOVASCULAR RESILIENCE

Hiberg® improve cardiovascular function and lower blood pressure, supporting long-term heart health and vitality[3,7,8].

About HIBERG®

SAFE

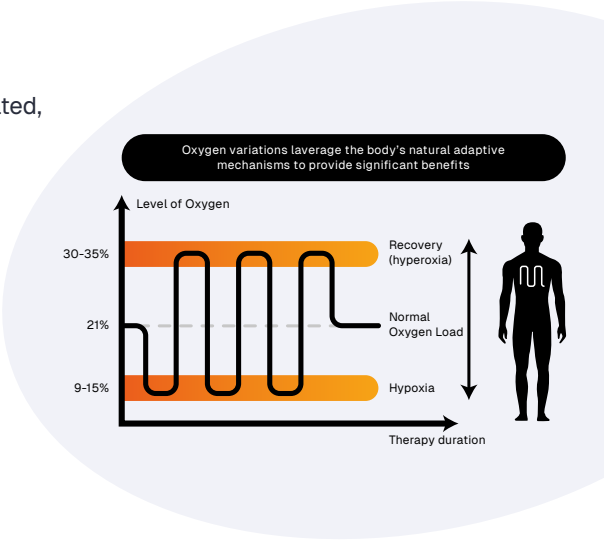
Hiberg® meets high medical standards. Clinical trials confirm that it is well tolerated, with no severe side effects reported

PERSONALIZED

Hiberg®'s unique smart algorithm (SRT®) automatically adjusts each session to match the user's individual physical capabilities

NATURAL

This therapy is drug-free, painless, and requires no invasive procedures—simply breathe and experience the benefits



SIT, BREATHE, RELAX, AND EXPERIENCE THE BENEFITS

Who can benefit from HIBERG®

Longevity & preventive health clinics

Integrate Hiberg® into holistic longevity programs for individuals seeking cutting-edge health solutions.

Wellness & SPA centers

Offer Hiberg® sessions as part of recovery and vitality-focused programs.

Medical & rehabilitation clinics

Support cardiovascular health, metabolic function, and mobility in patients undergoing rehabilitation.

Individuals seeking active aging

For those looking to proactively maintain health, mobility, and cognitive function with a science-backed, natural approach.


aimediq
Intelligent Medical Systems
HIBERG®
PREVENTIVE HEALTH
Breathe. Live Better.
Innovative Breathing Therapy

Aging is a natural process, and advances in longevity science suggest that optimizing key physiological functions can help sustain long-term health and vitality. Today, longevity is about healthspan—preserving quality of life, mobility, and cognitive resilience as we age.

Controlled Oxygen Therapy Inspired by Nature

Research suggests that high-altitude populations often experience greater longevity due to their physiological adaptation to lower oxygen levels[1]. Inspired by this natural process, Hiberg® provides a safe oxygen therapy experience using Intermittent Hypoxic-Hyperoxic Therapy (IHHT®) to activate the body's adaptive responses. Since each individual has a unique oxygen code, Hiberg® personalizes the therapy to match user capabilities and maximize effectiveness.

Scientific studies shows that Hiberg® positively impacts key aging-related markers.

METABOLSM BALANCE

Hiberg® helps regulate cholesterol levels, improve insulin sensitivity, and enhance energy production, supporting a balanced metabolism essential for longevity[2,3,7,8].

EXERCISE CAPACITY

By optimizing oxygen use, Hiberg® boosts endurance, reduces fatigue, and enhances recovery, making physical activity easier and more sustainable—even for individuals with reduced mobility[6,7,8].

COGNITIVE HEALTH

Hiberg® supports brain oxygenation, memory, and focus, promoting cognitive sharpness. Studies show positive effects even in pathological cognitive decline, such as in Alzheimer's disease and mild cognitive impairment[4,5].

CARDIOVASCULAR RESILIENCE

Hiberg® improve cardiovascular function and lower blood pressure, supporting long-term heart health and vitality[3,7,8].

About HIBERG®

SAFE

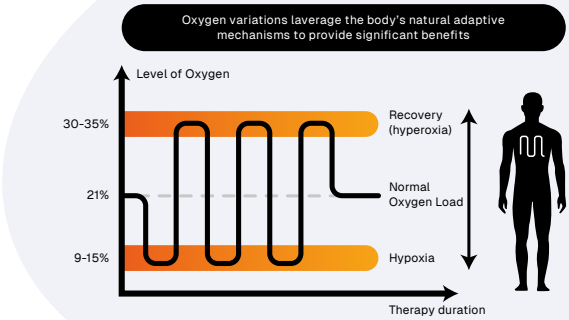
Hiberg® meets high medical standards. Clinical trials confirm that it is well tolerated, with no severe side effects reported

PERSONALIZED

Hiberg®'s unique smart algorithm (SRT®) automatically adjusts each session to match the user's individual physical capabilities

NATURAL

This therapy is drug-free, painless, and requires no invasive procedures—simply breathe and experience the benefits



SIT, BREATHE, RELAX, AND EXPERIENCE THE BENEFITS

Who can benefit from HIBERG®

Longevity & preventive health clinics

Integrate Hiberg® into holistic longevity programs for individuals seeking cutting-edge health solutions.

Wellness & SPA centers

Offer Hiberg® sessions as part of recovery and vitality-focused programs.

Medical & rehabilitation clinics

Support cardiovascular health, metabolic function, and mobility in patients undergoing rehabilitation.

Individuals seeking active aging

For those looking to proactively maintain health, mobility, and cognitive function with a science-backed, natural approach.

HIBERG®

aimediq
Intelligent Medical Systems

Ai Mediq Asia Pte Ltd. (HQ)

19 Kallang Ave #05-155, Singapore 339410.

T +65 8129 0100 **E** enquiry@aimediqasia.com **www.reoxyasia.com**

China	**Hong Kong**	**Taiwan**	**Japan**	**Malaysia**
+86 010 8595 1863	+852 3702 6632	+886 2 2711 9997	+81 4246 10010	+60 3 2143 6699
Indonesia	**Thailand**	**Vietnam**	**Philippines**	**Australia**
+62 8 1673 5260	+66 2210 0277	+84 70 828 1929	+63 94 9889 3387	+61 4 3402 0100

CE

[1] Extended longevity at high altitude: Benefits of exposure to chronic hypoxia. Gustavo R. et al. BLDE University Journal of Health Sciences, 2017.

[2] Afina AB, Oleg SG, Alexander AB, Ines D, Alexander Yu S, Nikita VV, Denis ST, Daria GG, Zhang Y, Chavdar SP, Dmitriy VG, Elena AS, Irina VK and Philippe Yu K (2021) The Effects of Intermittent Hypoxic-Hyperoxic Exposures on Lipid Profile and Inflammation in Patients With Metabolic Syndrome. Front. Cardiovasc. Med. 8:700826. doi: 10.3389/fcvm.2021.700826

[3] Bestavashvili, A.; Glazachev, O.; Bestavashvili, A.; Suvorov, A.; Zhang, Y.; Zhang, X.; Rozhkov, A.; Kuznetsova, N.; Pavlov, C.; Glushenkov, D.; et al. Intermittent Hypoxic-Hyperoxic Exposures Effects in Patients with Metabolic Syndrome: Correction of Cardiovascular and Metabolic Profile. Biomedicines 2022, 10, 566. https://doi.org/10.3390/ biomedicines10030566

Bayer, U.; Likar, R.; Pinter, G.; Stettner, H.; Demschar, S.; Trummer, B.; Neuwersch, S.; Glazachev, O.; Burtscher, M. Intermittent hypoxic-hyperoxic training on cognitive performance in geriatric patients. Alzheimer's Dementia Transl. Res. Clin. Interv. 2017, 3, 114–122

[5] Behrendt T, Bielitzki R, Behrens M, Glazachev OS and Schega L (2022) Effects of Intermittent Hypoxia- Hyperoxia Exposure Prior to Aerobic Cycling Exercise on Physical and Cognitive Performance in Geriatric Patients—A Randomized Controlled Trial. Front. Physiol. 13:899096.

[6] A programme based on repeated hypoxia-hyperoxia exposure and light exercise enhances performance in athletes with overtraining syndrome: a pilot study. Davide Susta et al. Clin Physiol Funct Imaging, 2015.

[7] Glazachev, O.; Kopylov, P.; Susta, D.; Dudnik, E.; Zagaynaya, E. Adaptations following an intermittent hypoxia-hyperoxia training in coronary artery disease patients: A controlled study. Clin. Cardiol. 2017, 40, 370–376.

[8] Dudnik, E.; Zagaynaya, E.; Glazachev, O.S.; Susta, D. Intermittent Hypoxia–Hyperoxia Conditioning Improves Cardiorespiratory Fitness in Older Comorbid Cardiac Outpatients without Hematological Changes: A Randomized Controlled Trial. High Alt. Med. Biol. 2018, 19, 339–343