

A ROANA Member Article

Medical Oxygen vs. Oxygen Bars

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The Food and Drug Administration classifies substances used for breathing and given by another person to be a prescription drug. This also includes the idea of medical oxygen.

We inhale 21% oxygen from the atmosphere. Most oxygen bars will take the amount given to 95%. This in no way is considered to be medical oxygen, as the machines differ immensely, and the uses are not medical in nature. It is recreational.

The idea of oxygen bars first took off in Mexico, Japan, and South America. These were all places where people craved cleaner air. Not until the 1990s did North America really take off with the idea of oxygen bars.

If you have ever been to California, you can immediately see the need for purified, clean oxygen intake. Try to look at landscaping in the distance past the smog-filled sky.

Medical oxygen is used to save the lives of people. For the rest of us, there are oxygen bars. Some of the foreseeable benefits of oxygen are:

- energy and stamina
- reduction of stress and muscle tension
- increased alertness and focus
- quicker recovery after workouts, and
- alleviation of the symptoms of hangovers, migraines, and sinus problem

These benefits may explain why some consumers mistake products like OxygenBars.com products as medical oxygen. They are for health, but they are taken recreationally and not administered medically. In any case, Oxygen Bars are definitely on the rise with the trend toward healthy lifestyles.

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