

Activating the powerhouse of your cells, helping you improve and stay at peak performance at all times

# Elevate Your Game with BIXEPS

a patented technology by

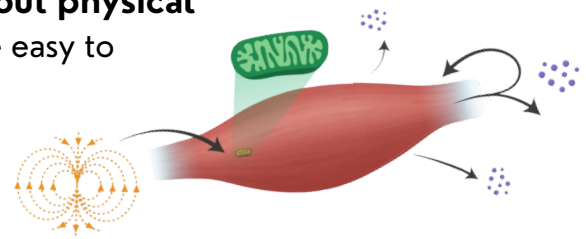


ETH zürich



BIXEPS provides muscle mitochondria training **without physical movement or strain**. Quick 10 minute sessions are easy to integrate into training schedules, providing:

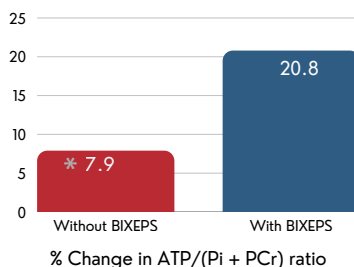
- Increased energy production in muscles
- Promotion of muscle repair and regeneration
- Reduction in muscle deconditioning



Yap, J.L.Y., Tai, Y.K., Fröhlich, J., Fong, C.H.H., Yin, J.N., Foo, Z.L., Ramanan, S., Beyer, C., Toh, S.J., Casarosa, M., Bharathy, N., Kala, M.P., Egli, M., Taneja, R., Lee, C.N. and Franco-Obregón, A. (2019), Ambient and supplemental magnetic fields promote myogenesis via a TRPC1-mitochondrial axis: evidence of a magnetic mitohormetic mechanism. The FASEB Journal, 33: 12853-12872. <https://doi.org/10.1096/fj.201900057R>

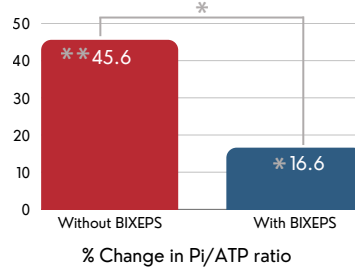
Pilot clinical trial involving ACL-repair surgery patients who received 16 weeks of BIXEPS treatment showed that patients using BIXEPS had:

## 2.6 times Greater Improvement in ATP Generation



A small ATP/(Pi + PCr) ratio translated to energy (ATP) depletion. BIXEPS used showed 2.6 greater mitochondrial efficiency as indicated by greater resting ATP production.

## 2.75 times Lesser Rise in Mitochondrial Deficiency



A large Pi/ATP ratio means energy (ATP) depletion. BIXEPS used showed 2.75 greater mitochondrial efficiency as indicated by greater resting ATP production.

\* p < 0.05 \*\* p < 0.01

- 1 ENERGISE**  
Regular sessions improve **muscle adaptation, mitochondrial efficiency** and **ATP levels**
- 2 RECOVER**  
Energised muscles **recover faster** getting ready for the next big game or training session
- 3 ENHANCE**  
Activated muscles release regenerative Myokines that travel around the body to improve other processes like **metabolism** and **distal muscle regeneration**



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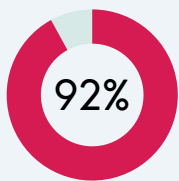
# Experience **Enhanced Endurance** and **Peak Performance**

**Improved Aerobic Capacity:** BIXEPS enhances oxidative slow twitch muscle fibers (Type I) and improves overall aerobic muscle efficiency.

**Sustained Endurance:** By promoting extended fat utilization during exercise, BIXEPS leads to improved endurance and a sustained supply of energy from fats.

**Glycogen Conservation:** Efficient fat utilization helps conserve glycogen stores, a game-changer in endurance sports requiring final bursts of power, giving athletes a definitive competitive edge.

Franco-Obregón, A., Tai, Y. K., Wu, K. Y., Iversen, J. N., & Wong, C. J. K. (2023). The Developmental Implications of Muscle-Targeted Magnetic Mitohormesis: A Human Health and Longevity Perspective. Bioengineering, 10(8), 956.



**of athletes using BIXEPS showed renewed gains in sustained power output** during a pilot cycling study. Athletes could push beyond their usual performance thresholds, and showed boosts in sustained power output by 3.7% on average.

Pilot Singapore Cycling Federation Study, 2023

## **Accelerated Recovery** with Magnetic Mitohormesis

**Reduced Overtraining Effects:** BIXEPS ensures that athletes maintain peak performance by increasing aerobic capacity and improving recovery, reducing the likelihood of overtraining.

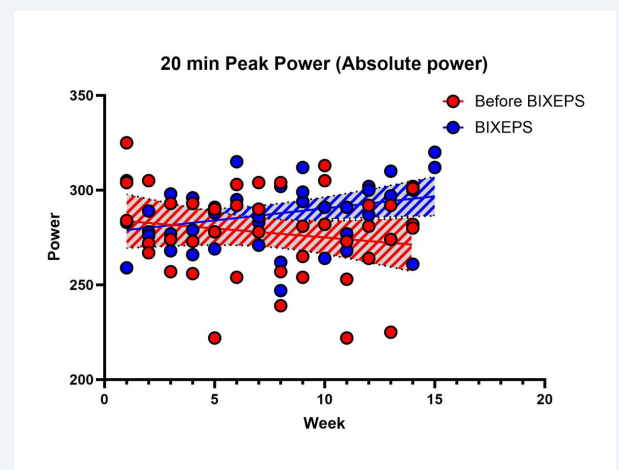
**Faster Recovery:** BIXEPS accelerates the restoration of energy levels, allowing athletes to avoid training plateaus and perform at their best.

Franco-Obregón, A., Tai, Y. K., Wu, K. Y., Iversen, J. N., & Wong, C. J. K. (2023). The Developmental Implications of Muscle-Targeted Magnetic Mitohormesis: A Human Health and Longevity Perspective. Bioengineering, 10(8), 956.

Cyclists who had experienced decreases and plateaus in power output prior to BIXEPS displayed a significant average **increase in critical power output** of +2.8% over the course of 14 weeks with BIXEPS.

Prior to BIXEPS, cyclists showed trends of a plateau or slight decline in critical power output, potentially due to overtraining effects.

These same cyclists experienced a significant 2.8% average increase in critical power output over the course of 14 weeks with BIXEPS, shown by the change in the slope value from near-zero to 1.273 ( $p = 0.042$ ; deviation from zero).



Pilot Singapore Cycling Federation Study, 2023



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