

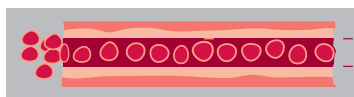
If you have purchased or are considering purchasing a garment from the Nexus Energy Source range then read on to discover more about Nexus and how to achieve the best results from your products like so many athletes already have.

What is Nexus Energy Source?

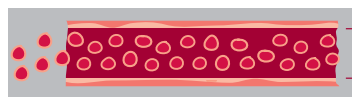
Nexus Energy Source is the groundbreaking, revolutionary new performance fibre created and designed using the natural resources of platinum, titanium and aluminium. These elements combine to produce natural infrared emissions which dramatically enhance and improve an athlete's performance.

How?

The human body consists of 60% water which is vital to all bodily functions, health and wellbeing. Infrared, which is easily absorbed by the body, will vibrate water molecules, breaking down molecular clusters to enable easier absorption of water, optimising hydration.



Before: Blood vessel **without** exposure to Far Infrared. The water clusters are larger and the blood vessel is not expanded so the hydration capacity and circulation remain unaltered.



After: Blood vessel **with** exposure to Far Infrared. The water molecules in the blood are broken into smaller clusters and the blood vessel has expanded. The smaller clusters are able to move freely providing better hydration and increased circulation.

How will it benefit me?

Nexus Energy Source offers a huge range of benefits for athletes seeking to improve their performance and recovery, such as:

- Improved and sustained power output
- Dramatically reduced recovery and rehabilitation times
- Reduced build up of lactic acid and effective excretion of toxins
- Enhanced core stability
- Optimised hydration levels

How should I use Nexus?

Nexus garments have been specially created for the five key stages of athletic participation: Training, Performing, Recovery, Free Time and Sleeping. To get the best from Nexus technology, the garments should be worn throughout these activities as they produce a constant low infrared emission and will have a greater effect through prolonged use. The Nexus range is designed so that it can be worn on a 24/7 basis, something we like to call 'The Circle of Winning Wellness'

Performance

Increased microcirculation ensures greater oxygenation of the muscles, reduces the build up of lactic acid and ensures hydration is more effective. Many elite athletes use garments from the Nexus Pro range to achieve their winning results.

Training

This is the activity that aims to maximise athletes' preparation. Nexus Pro Garments and BodyGuard can help athletes increase their power output and prevent micro-traumas and sprained muscles.

Recovery

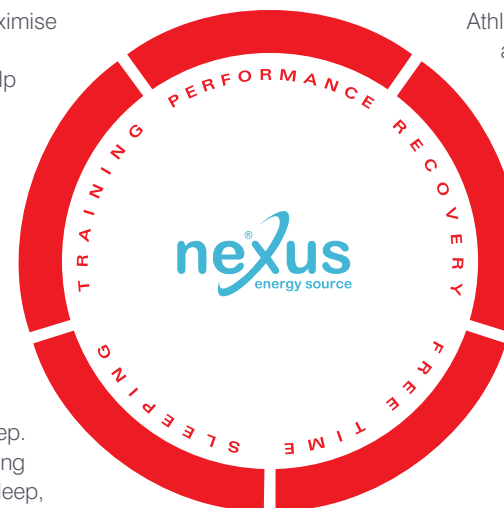
Athletes seek to accelerate this process and Nexus Pro and Action garments help to reduce aches and pains and other post-exercise issues. Specific areas can be targeted with the BodyGuard range to help in the rehabilitation and support of injury-prone joints.

Sleeping

Sleep is the time for an athlete to restore balance and regain energy. Nexus Pro and Action garments promote a deeper, more restful sleep. Some of the world's greatest sporting athletes wear Action garments to sleep, aiding their recovery further.

Free Time

It is vital for athletes to be able to switch off and relax. Nexus Action garments, worn as a base layer, continue to work at rest, promoting well-being and maintaining the biochemical balance of the body's systems.



How do I care for my garments?

Nexus Energy Source is engrained into the fibre so by following the care instructions given; the technology itself can never be washed out, making sure you always receive the maximum benefits when wearing your garment(s).

Wash at 30° degrees • Do not bleach • Do not tumble dry • Do not dry clean • Do not iron