

NASALDILATOR

Nose breathing during exercise boosts power, strength and endurance. It protects you from upper airway infection – the #1 cause of sickness in athletes. And it supports quicker recovery and ease of movement, reducing your risk of injury.

But when training gets tough, nose breathing can feel impossible. As exercise intensifies, you instinctively open your mouth to get more air into your lungs.

And that's the defining moment... When you could be pushing yourself to the max, but instead, you hit a wall.

IF YOU:

- ✗ Feel like you're missing your performance goals
- ✗ Experience airway irritation, exercise-induced asthma or respiratory infections
- ✗ Worry your blocked nose may be blocking your potential

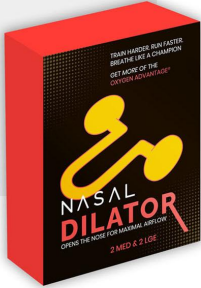
NASALDILATOR CAN HELP.



WHAT IS NASALDILATOR?

NasalDilator is an athletic nasal dilator purpose-built for sport. It gently opens your nasal passages, instantly increasing air flow, fueling your muscles with oxygen.

Try nasal dilator, alone or with MYOTAPE Sport, to experience the performance gains of full-time nasal breathing.



CAN AN INTERNAL NASAL DILATOR REALLY MAKE A DIFFERENCE?

Try this simple 3-step test to find out:

1. With your mouth closed, put your fingers either side of your nostrils
2. Use gentle outward pressure to pull the nostrils apart
3. Does your breathing feel easier?

If you feel a freer flow of air in through your nose, a nasal dilator will provide easier nasal breathing at a greater intensity of physical exercise. Even if you have a compromised nose.

GET MORE OF THE OXYGEN ADVANTAGE®.

[BUY NOW](#)

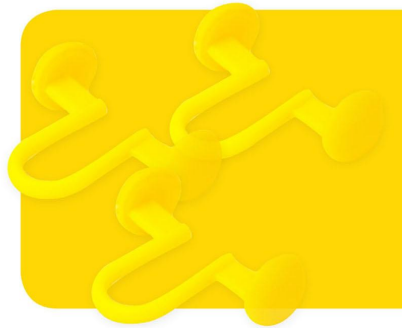
KEY FEATURES

- Better airflow - gentle stenting action opens each nostril to reduce nasal resistance during sports activity
- Better than Breathe Right strips - nostril openers are more effective than nasal strips (Matteo et al., 2019)
- Lightweight for comfort, no skin irritation or nosebleeds
- Soft outer surface holds NasalDilator securely inside your nose
- Durable, robust plastic lasts longer than some pro-level dilators
- Patent pending
- Worldwide shipping available
- Pack contains 4 dilators (2 x medium and 2 x large)

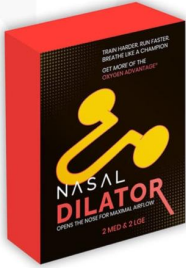
Each nasal dilator can be used for between 3 and 6 months, for any length of time during the day. Wash between uses with warm soapy water to maintain nasal hygiene.

UNLEASH THE POWER OF NOSE BREATHING.

[BUY NOW](#)



NASALDILATOR IS FOR ELITE ATHLETES, FITNESS FANATICS AND ACTION HEROES



Internal nasal dilators come in all shapes and sizes, from highly engineered sports nasal dilators to the simple nasal expander you can pick up at your pharmacy. Most nasal opening devices are designed to prevent snoring. NasalDilator is custom-built to help you breathe better during sports. Perfect for runners and cyclists, during training and competition.

IF YOU:

- Struggle to maintain nose breathing during exercise
- Experience negative effects of mouth breathing like overtraining syndrome, asthma or exercise-induced bronchoconstriction
- Have a small nose, narrow nostrils or a deviated septum
- Often have a blocked nose or are considering treatment for nasal obstruction
- Are willing to do what it takes to find your performance edge...

NASALDILATOR IS FOR YOU.

MAXIMIZE YOUR BREATHING.

[BUY NOW](#)

NASAL BREATHING FOR SPORT



NASAL BREATHING FOR SPORT: PROVEN EFFICIENCY, AIRWAY HEALTH AND PERFORMANCE

Oxygen Advantage® creator Patrick McKeown developed NasalDilator from his first-hand coaching experience and knowledge of breathing science.

- If you have a small nose, you are more likely to mouth breathe (Warren et al., 1988).
- When it comes to individual differences, women have smaller noses than men, and genetic differences exist in nostril-width between people from different climates (Zaidi et al., 2017).
- Asthma is more common in professional athletes than in the general public.
- At least 60% of the western population has a deviated septum (de Oliveira et al., 2005).

When you put these facts together, it is statistically likely that an internal nasal valve dilator will make nose breathing during exercise easier for you.

LET'S HEAR IT FROM THE SCIENTISTS

NASALDILATOR AT A GLANCE



STILL WANT TO KNOW MORE?

HOW DOES NASALDILATOR FEEL TO WEAR?



NasalDilator is a breathing device made from hard plastic with a soft outer layer. It feels secure and comfortable inside the nose and gently dilates the nostrils without putting any pressure on the septum. It can be worn for any number of hours.

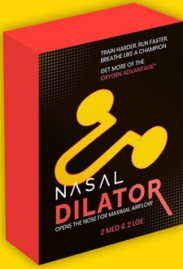
ARE NASAL DILATORS SAFE?



WHAT IS THE DIFFERENCE BETWEEN NASALDILATOR AND OTHER LEADING BRANDS?



WILL WEARING A NASAL DILATOR CHANGE THE SHAPE OF MY NOSE?



NASAL

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