



AC
PERFORMANCE
SYSTEMS

BREATHE YOUR BEST

AC Performance Systems created this patented Breathing Band to keep your Nose wide open throughout your hardest workout. So you can do what you came to do.

Push yourself. Breathe Correctly. Experience The difference.

Improved Oxygen Intake Equals:



Reduced Arm Pump



Increased Bloodflow



Faster Recovery



Longer Endurance



Enhanced Nose Breathing
By widening your nostrils, AC Systems creates more airflow, enabling deeper, clearer, better breathing. Try it once and you'll want to wear it every time you move.



Powerful rare-earth magnets in the Intake band grab ahold of the stick tabs and won't let go. Intake was designed to stay secure through the bumps, jolts and jostles of competitive motocross.



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ABOUT US

We are a small team of four from California who started this company based on the idea that goggle sports made it near impossible to breathe through your nose. So, Jim Castillo (you may have heard of him through the grape vine as a long time moto man and inventor) decided to come up with something to fix that. It started with a magnetic clip that went inside the goggle and morphed into the AC Band that you see today. Now the band can be used with or without a goggle- anywhere from the race track to the gym, to pilates, to hiking, to cycling, running, and anything else you can think of! We all got together after experiencing and hearing such positive reviews and decided that it was time to build a company. We are extremely excited to have you try this system so you can experience the difference in your breathing too!

We really want each and every person to feel what it is to be able to actually breathe. Even for some of us who thought we didn't need it- once we tried it on we were blown away at the difference that it makes. Breathing is such an important part of exercise and we want you to be able to feel the difference! Because we understand that this product is new and there really isn't anything out there like it- we like to have very open communication between yourself and us.

We opened our doors in May, 2018 and we have been learning and evolving every day since. Keep in touch with us by signing up for our newsletter or following us on social media to hear about all of our updates. We will be making massive changes in the next couple of months and we cannot wait to share them with you all!





AC Band Complete Kit *RRP \$45.95*

S/M (0)	L (1)	XL (2)
7104918	7104919	7104920



AC Magnetic Applicator (5 PK)
RRP \$15.95
7104922



AC Nose Strip Refill Pack
RRP \$21.95
7104921



WHY DO I NEED THIS?

You may ask yourself, why would I want to breathe through my nose? I have a perfectly good mouth that allows me to take in way more air than my nose could ever provide. Well, we have some interesting science to share with you that will change your thinking on how you should be breathing.

You are right! You can get more air through your mouth. It makes sense. Your mouth is a larger passage than your nose. But, in fact, that is one of the problems. Mouth breathing leads to over-breathing, hyperventilation, dehydration, depleted carbon dioxide levels, vasoconstriction (constriction of the blood vessels), and reduced blood circulation during exercise. So what does that mean? It means that your body is not getting enough oxygen to your brain or your blood when you're huffing and puffing through your mouth. You are losing a lot of water when you exhale through your mouth. And your blood vessels are getting squeezed smaller and smaller with each mouth breath you take.

What you need to do is breathe through your nose the way your body was designed to breathe. This creates the proper mixture of gasses coursing through your blood for optimal health and performance. When you breathe through your nose, your body re-breathes the expelled Carbon Dioxide and the Nitric Oxide that is naturally produced in your sinuses. Both of these gasses are vasodilators (blood vessel openers) which deliver more oxygen to the brain and muscles faster. Breathing in and out through the nose actually helps you take fuller, deeper breaths, which stimulates the lower lung to distribute greater amounts of oxygen throughout the entire body. When the lower lung is stimulated, it triggers the parasympathetic nervous system which calms the body and mind. Mouth breathing only uses the upper lung, triggering the sympathetic nervous system, which activates the fight or flight reaction and stresses the body and mind.

Our AC Sport Band is a very simple, but incredibly effective device that allows you to breathe through your nose. It is a non-invasive magnetic band that comfortably sits on the bridge of your nose, pulling your nose open far beyond normal capacity, making nose breathing effortless. We are very excited to have you try this revolutionary product. The science behind it is not ours, we are simply putting science to work for you. If you would like to learn more about the science behind nose breathing please don't take our word for it! We encourage searching "the benefits of nose breathing" in your search engine to learn more.





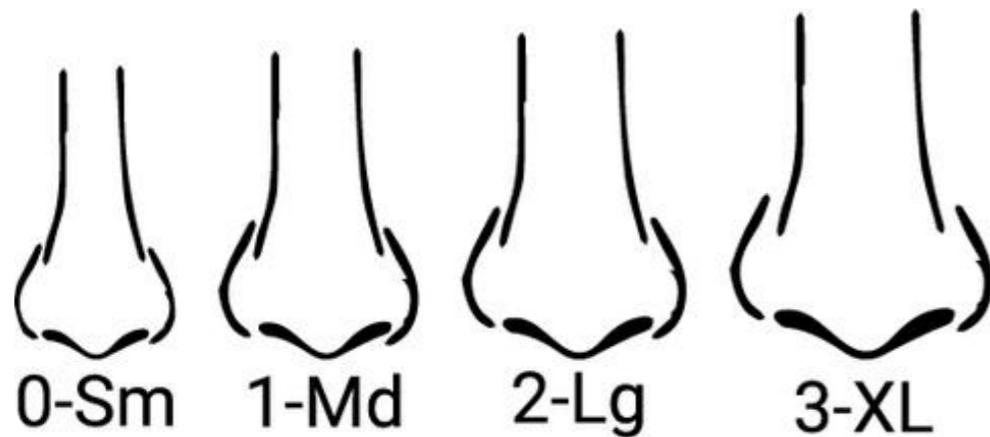
SIZING

The band comes in four sizes- 0, 1, 2, and 3.

The 0 is the smallest and they steadily increase in size up to our largest, the 3.

Size is based on the width of your nose. Wider nose = larger size.

We are very understanding if you receive your band and you feel that you need a larger or a smaller size. Simply email us and we would be happy to replace the one you have with whichever size you would like.



If you are planning on using your band primarily for goggle sports (any sport where you wear a goggle ie. motocross, snowboarding, etc.) we recommend that you go with the smallest option- the 0. The band was designed with goggle wear in mind, however the turbulence of sports that require a goggle are much higher than say, running or cycling, so you want the tightest fit possible.

If you are planning on wearing your band during other sports or activities where there is no goggle then we would recommend trying a larger size, like the 1 or the 2. The larger the size the more pull you will experience on your nostrils, so the more airflow you will get.

The size 3 will have the most pull on your nose and you will experience the greatest air flow, however, if your nose is small and you try to put on a 3, the intense magnetic pull may pull your stickers off where the 0, 1, or the 2 would allow them to last all day.

Once again- we know it is a bit confusing, but we promise that when you get the band size that is right for you, you will never go back!

TESTIMONIALS



As a competitive cyclist and triathlete who is a regular working guy who can't always find time to train, I'm always looking for ways to increase my performance. When my friend, Dave Castillo, told me about this breathing system they were working on... I was excited to try it. After my first training session, I knew I was hooked. My heart rate was lower and all performance measures were enhanced significantly over my previous training rides. And the best thing was, I just felt faster using it. My first race using it was one of the best races of my life and I set a personal record. This device is a total game changer. ...by the way I'm not bulls#@ting when I made this statement for my friend. I'm a true believer and supporter!

Sean Pitts || CYCLIST



I have been an athlete my whole life and have used plenty of nasal strips. I would wear them every football game and honestly didn't know if they were working or not! It became more of a style and superstition to wear it. After competitive sports were over, I became a professional trainer but I didn't find a reason to wear nasal strips anymore. Fast forward to when Dave Castillo became my client and let me test the AC band out! It was an instant game changer. For instance, I did the workout below For time. That means performing each exercise for 21 reps then 18 and so forth as fast as possible. Without the band I thought I was flying, however you can see that I was able to accomplish a better time with the AC band. During the workout towards the middle rounds 15-12-9 is usually where I am sucking air... when I hit those rounds with the AC band on I noticed I was still easily breathing through my nose and my heart rate was very noticeably recovering more quickly, using a heart rate monitor. I am a firm believer in the AC band and its capabilities for athletes at every level.

Krys Cash || TRAINER



I first tried the AC Systems stuff when it was a moto goggle clip. I remember feeling a noticeable difference in ease of breathing. I didn't get a chance to moto in that other than the one time. Now that its a nose band and can be used for anything, I have been able to help test the band. I'd been mountain biking allot already when I first got the band. The difference was pretty amazing when I rode in the band. I was able to go longer and harder with greater ease. My recovery was a super noticeable difference at the end of a hard effort. I won't ride without it. Recently I used it snowboarding. It really blew my mind up in the mountains. I did a few runs without it and then put it on. It was a massive difference in my leg endurance.

Riley Harper || MTB



I noticed a huge difference in my sprint workouts in terms of recovery in between sets. Long distance jogs I felt more relaxed because I was reminded to breath out of my nose, which was effortless with the band. Sleeping was EPIC as well. I sleep like a rock with the band on, which is amazing for me because my recovery is even more important than the training at times. Weight sessions I felt a difference again in terms of my more relaxed breathing. Kept me centered and because of that I was able to focus more and power through the session. Overall it's AMAZING and I actually really love it. Wasn't sure at first if it would benefit me because I'm a sprinter but it did help just in a different way than I expected!

Maya Aviezer || RUNNER



I've been riding and racing motorcycles for 26 years. Arm pump was always an issue for me, as it seems to be for most people. Since I started using the AC nose band my arm pump has been reduced and my stamina has improved.

I don't feel comfortable exercising without it anymore.

Logan Holladay || MOTO



FREECALL : 1300 300 191
FREEFAX : 1300 300 181
CONTACT : info@mcleodaccess.com.au
or visit
www.mcleodaccessories.com.au
www.mcleodbiz.com.au