

Cellfood on Top of the World

Cellfood and Essential Silica scale Mt. Everest with members of the Karrimor 2005 Expedition

MEMBERS OF the Karrimor 2005 Expedition took Cellfood concentrate with them in their attempt to conquer Mt. Everest in May. Many professional climbers find that the oxygen generated by Cellfood not only gives them extra energy, but also helps them cope better with the thin air at high altitudes.

One of the three climbers who reached the summit, Ian Wade, was taking Cellfood for the first time.

“I was healthy for the whole trip, and have felt the strongest I ever have– and this was my 73rd expedition over the last 10 years. I credit this entirely to Cellfood,” said Ian. “The difference in my fitness from the other two times I climbed peaks over 8000 metres was significant.

“With Cellfood, I definitely had more energy and breathing at high altitude was easier. I also recovered much more quickly. On previous trips



it's taken up to a month to recover, but with Cellfood I was back to my usual levels of fitness within a week.”

The Karrimor team left the UK in April and reached the summit on May 30th of this year. Everyone in the team returned safely. Climbing Everest is one of the most dangerous activities with one fatality for every seven people who reach the summit.