

Guide to Portable Oxygen Concentrators (POCs)

Compiled by



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Choosing a Portable Oxygen Concentrator

While portable oxygen concentrators can be more desirable than a tank, it is important to look at all factors to ensure you make the best choice for you.

There is no single POC that is best for everyone. There are quite a few things to consider. These various considerations can be overwhelming at first.

We have simplified this brochure to share a few factors that are important to most people looking at POCs. A more thorough description of these considerations can be found on our website. Scan the QR code below or go to:

www.RunningOnAir.org/POCs



POCs Require a Prescription

There are both medical grade and non-medical grade POCs. A medical grade POC requires a prescription. **Medical grade POCs supply high concentrations of oxygen, typically 85% and higher on all settings.** In non-medical grade machines, the concentration of the oxygen they produce may not be much more than the air we breathe normally (21%). Since these oxygen machines aren't regulated, there is no assurance of the percentage of oxygen you are receiving.

Liters versus Milliliters

Doctors typically write oxygen prescriptions in liters per minute (lpm). POCs typically display oxygen output in milliliters per minute. This can be confusing. There are 1000 milliliters in a liter. If your prescription is 2 lpm then the milliliter equivalent is 2000. **Our chart converts the milliliters to liters so it's easier to match with your oxygen prescription.**

Settings Are NOT Liters per Minute

The most important thing to know is that the settings, or levels, on POCs are not the same as liters per minute. The more settings a POC has does not necessarily mean it gives you more oxygen.

It is also important to note that the settings are not the same between POCs. Setting 3 on one POC might deliver half the oxygen of another POC on setting 3. **Refer to the chart on the back to see the maximum lpm for the listed POCs.**

Intermittent versus Continuous Flow

Oxygen is delivered by two methods: intermittent and continuous. **Intermittent (or pulse) flow means oxygen is only delivered when it detects you are taking in a breath. Continuous flow means the oxygen is flowing all the time, whether you are breathing in or out.**

Weight

Most people want the lightest weight POC, however, **the lighter the POC, the less oxygen it typically is able to deliver. To keep the weight under 10 pounds, these POCs are mostly pulse/intermittent delivery only, and deliver 1.4 lpm or less.** POCs that provide continuous flow start at 7 pounds. **The chart on the back is listed by weight, lightest to heaviest.** We have added battery weight to our chart.

Flying With Oxygen

You can't bring a tank on a plane. **While all POCs listed on our list say they are FAA approved, you should contact the airline ahead of time to ensure there are no issues with your POC, and to see if they require any additional documentation before you fly.** Lately there has been concern about double batteries and their watt hours (Wh). We have added Wh to our chart. Visit www.RunningOnAir.net/Flying for more information.

Other Considerations

Along with more in-depth information about these topics, visit our website www.RunningOnAir.org/POCs to learn about:

- Battery Type
- Battery Life
- Battery Recharge Time
- Decibel Levels
- Changing Sieves
- Pulse Delivery Type
- Questions to ask when purchasing a POC

Use our chart to compare POCs

The chart on the other side is provided for informational purposes only and does not indicate an endorsement of any product listed. It is also not medical advice. The purpose is to help patients understand POCs better and to be aware of the many considerations in choosing a POC. This data is compiled mostly from the manufacturers' websites and has not been independently verified. Some data is from Ryan Diesem's information in the *Pulmonary Paper*. If a data point is blank it is because we could not reliably find that information.

Brand or Manufacturer	Portable Oxygen Concentrators (POC)	POC Weight in Pounds ¹	LITERS PER MINUTE (lpm) ON HIGHEST SETTING										Batteries				Decibels	Pulse Delivery Type	Customer Replace Sieve	Pulse Levels/Settings
			0.5	1	1.5	2	2.5	3	Weight ¹	Battery Life In Hours ¹	Charge Time Hours ¹	Watt Hours (Wh) ¹								
Inogen	G4 (same as Fit)	2.8/3.3	0.63 lpm									.6/1.1	2.7/5*	3/5	50.9/93.6	40**	Minute	✓	1-3	
OxyGo	Fit (same as G4)	2.8/3.3	0.63 lpm									.6/1.1	2.7/5*	3/5	50.9/93.6	40**	Minute	✓	1-3	
Inogen	Rove 4	2.9/3.1/3.4	0.84 lpm									.6/8/1.1	.9/1.4/1.8****	3/3/4	50.9/71.15/93.6	39**	Minute	✓	1-4	
Rhythm	P2-S3	3.3/4/4.4	0.63 lpm									.3/1/ 1.4	1.2/2.5/3.5***	2/4/6	49/98/147 ³	<45***	Minute	No	1-3	
Rhythm	P2-S4 (same as Ayra Mini)	3.3/4/4.4	0.84 lpm									.3/1/1.4	1/2/3****	2/4/6	49/98/147 ³	<45****	Minute	No	1-4	
Arya	Arya Mini (same as P2-S4)	3.3/4/4.4	0.84 lpm									.3/1/1.4	1/2/3****	2/4/6	49/98/147 ³	<45****	Minute	No	1-4	
Belluscura	XPLO ₂ R	3.25 ²	0.75 lpm									0.5	<= 4.5*	<= 6	92.16	<39**	Minute	✓	1-4	
Rhythm	P2 (same as AirTivo)	4.37	1 lpm										<2 level 5	4	98	49**	Minute	No	1-5	
Arya	AirTivo (same as P2)	4.37	1 lpm										<2 level 5	4	98	49**	Minute	No	1-5	
Rhythm	P2-E6 (same as AirTivo Max)	4.37	1.20 lpm										1.7 level 6	4	98	49**	Minute	No	1-6	
Arya	AirTivo Max (same as P2-E6)	4.37	1.20 lpm										1.7 level 6	4	98	49**	Minute	No	1-6	
Rhythm	P2-E7	4.37	1.40 lpm										1.2 level 7	4	98	49**	Minute	No	1-7	
Inogen	G5 (same as Next)	4.8/5.8	1.26 lpm									1.2/2.2	6.5*/13*	3/6	47.2+47.2/92.2+92.2 ³	38**	Minute	✓	1-6	
OxyGo	NEXT (same as G5)	4.8/5.8	1.26 lpm									1.2 /2.2	6.5*/13*	3/6	47.2+47.2/92.2+92.2 ³	38**	Minute	✓	1-6	
Inogen	Rove 6 (similar to G5)	4.8/5.8	1.26 lpm									1.2/2.2	6.5*/13*	3/6	47.2+47.2/92.2+92.2 ³	39**	Minute	✓	1-6	
DeVilbiss	iGo2 (seems to be same as Arya Q)	4.95	1.01 lpm									0.81	3.5**	<3	72.36	<37.5**	Minute	No	1-5	
Arya	Arya Q (seems to be same as iGo2)	4.8	1.01 lpm									0.81	3.5**	<3	72.36	<41	Minute	No	1-5	
Caire	FreeStyle Comfort (same as Arya Go)	5 ²	1.05 lpm									1.2/2.2	8*/16*	3.5/6	96.5	39.9**	Minute	No	1-5	
Arya	Arya Go (same as FreeStyle Comfort)	5 ²	1.05 lpm									1.2/2.2	8*/16*	3.5/6	96.5	39.9**	Minute	No	1-5	
Precision Medical	Live Active 5	5	1 lpm										6*		94.7	<40**	Minute	✓	1-5	
GCE	Zen-O Lite (same as Arya P5)	5.5	1.05 lpm									0.97	4.5**	2.5	98.6	37**	Both	✓	1-10	
Arya	Arya P5 (same as Zen-O Lite)	5.5	1.05 lpm									0.97	4.5**	2.5	98.6	37**	Both	✓	1-10	
O2 Concepts	OxLife Liberty	6.36 ²	1.5 lpm									1.14	1.25 on level 9	2.5	96.48	44.4**	Both	No	1-9	
			1.5 lpm							1.5 @ 1.5 lpm	1-5									
O2 Concepts	OxLife Liberty2	6.36 ²	1.6 lpm								1.14	1.25 on level 10	2.5	96.48	44.4**	Both	No	1-10		
			2 lpm							1 @ 2 lpm		1-7								
Belluscura	DISCOV-R	6.5 ²	1.7 lpm								0.6	2.5**	<= 6	92.16	42.7**	Both	✓	1-5		
			2 lpm																	
GCE	Zen-O	10.25	2 lpm								1.06	4*	96	38	Both	No	1-6			
			2 lpm							8*		1-4								
O2 Concepts	Independence	16.7	1.92 lpm								1.4	5.75**	2.5	95	56 @ 3 lpm	Fixed	No	1-6		
			3 lpm							2.5 @ 2 lpm										
Claire	SeQual Eclipse 5	18.4	1.92 lpm								3.4	5.4**	1.8	98.9 + 98.9 ³	40***	Fixed	No	1-9		
			3 lpm							2 @ 2 lpm		1-6								

Intermittent/Pulse
Continuous

¹ If multiple numbers are present the first number is for a single battery, separated by "/", then data of the double battery, separated by "/", then data for the triple battery.
² Weight of POC without the battery. The single weights shown without this superscript aren't clear on whether it includes the battery or not.
³ One or more of the batteries may either be limited or not allowed on airplanes. Visit <https://runningonair.net/flying> for more details.
*/**/**/**** These represent the POC operation at a particular setting (* is level 1, ** is level 2, *** is level 3, **** is level 4)
A. The above POCs are sorted by weight, since that tends to be the first thing patients want to know.
B. The information in this chart was updated May 1, 2025. After this date other POCs may be on the market that aren't listed here. Visit our website for our latest update: www.RunningOnAir.org/POCs
C. This list is provided for informational purposes only and does not indicate an endorsement of any product listed.
D. POCs that provide both pulse and continuous are listed across 2 rows. The top row shows data for the pulse and the bottom row shows data for continuous flow. If the data is centered between the two rows then it applies to both pulse and continuous flows.



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We run hard so others can breathe easy

Running On Air is a 501(c)(3) whose mission is to help others breathe more easily through access to oxygen appropriate to their needs. Our focus is Advocating, Informing and Reforming through raising awareness, promoting policy changes, and educating patients and providers about supplemental oxygen and lung diseases-especially Primary Ciliary Dyskinesia (PCD) and Bronchiectasis. We work hard so others can breathe easy.