



Sports blogger tests and recommends Defog It™ antifog cloth and liquid



Product Review

Lucas Tucker, editor of [Fatlete](http://fatlete.com), works in corrections, enjoys sports and physical activities, but had put on weight. Now he's working out, running, swimming, and even racing. In his blog, he tests out products he uses in his sports workouts. This is an excerpt of the review in his blog. Full report and product photos are at http://fatlete.blogspot.com/2010_09_01_archive.html.

“The real test to me was anti-fog for my goggles... it has worked without issue for over a month now.”



Why Defog It: Before I get into more about the product I want to discuss why I wanted to try it. It has earned the National Tactical Officers Association's [Member tested] seal of approval. If it has been tested and the NTOA backs it for use on my ballistic glasses while fighting prison escapees and backs it in my gas mask when I am fighting in riots then I want to try it in triathlon.

My glasses often fog during runs and bike rides when I start breathing heavy, particularly on hills, and of course my goggles fog in the pool. Why not try a new anti-fog product.

I tried both product with swim, bike and run. I found the easiest to use was the dry. Just wipe it down and it's done. Although the directions state to start with a clean lens, I also found these were great for cleaning the lenses.



The real test to me was anti-fog for my goggles. I tried the Dry first since it was easiest to use. It worked but started to fog by the end of a mile swim, after I had taken the goggles off a few times. I tried the Wet and it has worked without issue for over a month now. I have pushed off writing this review because I wanted to see how long it would take for it to start fogging, no luck yet. I would like to try it on my SCUBA mask next time I dive.

Pros: Both are small. Dry can be carried in your pocket any day without the possibility of a mess. Dry is very easy to use. Wet is VERY long lasting. Both are very affordable, compared to my other anti-fog gels and sprays.