



Immune Support Recommendations*

Importance of building your immune system

Building your immune system is becoming more important than ever. The recommendations below are ways in which Xooma's products can help you build, strengthen and protect your immune system. As always, Xooma's products go hand-in-hand with eating healthy foods, drinking X2O water, getting plenty of rest, and exercising the body. Below are 3 of Xooma's most targeted products that can help support you.



Xooma's **Top 3 Products** that can help support your immune system: X2O™, SilverMAX™ and Probiotix™

X2O™ water

- X2O is a teabag-like sachet that contains calcium, magnesium and over 70 essential trace minerals.
- When you add your sachet to purified water, it offers 3 key benefits: hydration, mineralization and alkalization.
- Increased cellular hydration allows vital nutrients to be delivered more effectively throughout the body.
- It transforms the water into a powerful alkaline beverage (9.5 – 10.0pH).
- Ideal usage is a new X2O sachet with each bottle of purified water. Health experts recommend you drink half your body weight in ounces each day; a BPA-free Xooma water bottle holds 24 ounces.

Note: Those with more restrictive budgets may choose to re-use the original sachet with a second bottle (refill) of purified water, understanding that the sachet cannot provide the same level of benefits on the refill as it does with its original use.



SilverMAX™

SilverMAX 8oz. Bottle

- SilverMAX is a natural anti-bacterial, anti-viral and anti-fungal product.
- SilverMAX uses a unique pure silver hydrosol™ technology and is 99.99% pure silver.
- SilverMAX is safe, effective, and scientifically supported.
- Suggested usage is 1 teaspoon of SilverMAX every day to maintain your immune system; for boosting your immune system, take 1 teaspoon three times every day.
- SilverMAX liquid can also be used for eyes, ears and nasal application by purchasing one of Xooma's Silver Kits. Refer to "Suggested Usage Instructions for Pure Silver Hydrosol™" in your back office under **Prod Info**, found under the **Training and Marketing Tools** tab.



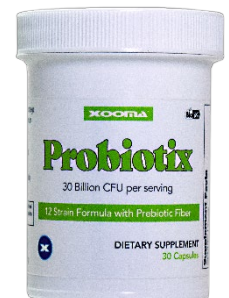
SilverMAX 2oz. Gel

- SilverMAX Gel is for external application of the skin for protection and healing.
- SilverMAX Gel is great as a hand sanitizer since silver is anti-bacterial, anti-viral and anti-fungal.
- SilverMAX Gel gives confidence by providing a small coating once applied, so it doesn't evaporate quickly.
- Suggested usage is for outside the body and is often used as a hand sanitizer.



Probiotix™

- Why a probiotic formula? Because science has revealed that 60-80% of your immune system is located in your gut.
- Probiotix is a digestive and immune support product.
- Contains 12 key strains which are trademarked and clinically tested, including the #1 most studied strain for digestive support (*Lactobacillus rhamnosus GG*).
- Includes inulin from chicory root fiber. This special nutrient has been used for centuries and acts as a prebiotic that feeds the beneficial bacteria in your gut.
- Contains NO gluten, NO dairy & NO soy.



Improved capsules

- 'Delayed-release' capsule technology
- New vegetarian capsules have a special acid-resistant technology which helps keep the probiotic strains alive through your stomach and into your gut where they are then released for optimal performance.

Improved bottle: Keeping probiotic cultures alive inside a capsule without refrigeration can be a challenge if it is not done correctly.

- New vial features an Activ-Polymer™ liner that completely surrounds the capsules to scavenge moisture and create the microclimate needed to ensure probiotic potency.
- Each bottle contains a special desiccant device to further protect the integrity of the capsules insides.



Additional Xooma products that can help support your immune system: Xooma Blast™, LifeSource™, and Assimilator™



Vitamin C, also referred to as *Ascorbic Acid*, is an important component in building the immune system and can be found in a variety of fresh fruits and vegetables. Here are some additional Xooma products that offer Vitamin C and other targeted vitamins and valuable antioxidants that can help boost your immune system.

Xooma Blast™

Healthy Drink Mix made with Natural Ingredients

- **NO ARTIFICIAL** sweeteners, flavors, colors or preservatives
- **Phytonutrient Blend** = 1.5 servings of whole food derived fruits & vegetables
- **Immune System Support Blend**
- **Mushroom Superfood Blend** (Lion's Mane, Shiitake, Reishi & Maitake)
- Only 5 guilt-free calories per serving and **NO SUGAR**



LifeSource™

Multi-vitamin & Multi-Mineral Complex

- All NEW wholefood-based formula with organic ingredients
- Several new vitamin and mineral sources to ensure maximum bioavailability
- Organic Fruits, Veggies & Greens blend
- **Oxynea®** clinically researched Polyphenol Concentrates provides same antioxidative protection as 2 servings of fresh fruit and vegetables
- **Exclusive Adaptogen Blend** which includes 7 organic mushrooms



Advanced Formula Highlights

- Methylcobalamin is the new source of Vitamin B12
- Magnesium bisglycinate is used for its absorption potential rather than the more common and poorly absorbed magnesium oxide
- Includes the L-5-MTHF form of folate, the *only* form that can cross your blood-brain barrier to carry out important brain functions (nearly half of the population has difficulty converting folic acid to this bioactive form)
- Chromium is in the form of *polynicotinate* for the best absorption and performance
- Provides the key nutrients missing in those who have poor dietary habits
- Contains 3 different nutrient blends that are very popular and in high demand in today's market

Assimilator™

Supports Absorption of Nutrients and Improved Digestion

- Includes one of the most researched and proven proteolytic enzyme complexes for digesting **protein** available today
- Specialized enzyme blend for digesting **carbohydrates**
- Unique blend of enzymes for digesting **fat**
- Specialized blend of enzymes for digesting **fiber**

Includes the premier quality marine mineral complex known as **Aquamin®**

- The additional trace minerals enhances the performance and effectiveness of the enzymes in this formula.
- Aquamin is a natural source of sea algae minerals which bind to toxins, neutralize them, and aid in their removal.

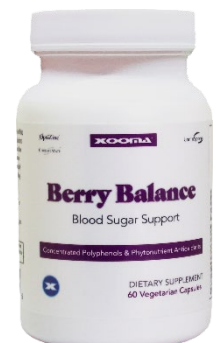


Xooma products that offer significant antioxidant support include: Berry Balance™, KardiaXyme™, Ellagic Acid™ and Natural Collection™

Berry Balance™

Concentrated Polyphenols and Phytonutrient Antioxidants

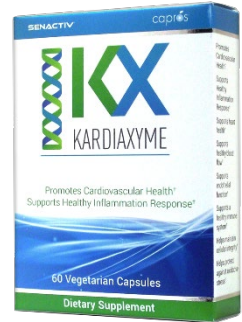
- Berry Balance is a multi-berry extract that promotes antioxidant activity.
- Super Berry Blend typically provides 200mg of polyphenols, anthocyanins, ellagic acid, polysaccharides and quinic acid).
- Berry Balance also contains **Chromate®** which helps balance blood sugar.
- Uses **OptiZinc®** which is formulated to be more absorbable than other zinc compounds and is needed to support both innate and adaptive immune system components.
- Includes **Lactospore®**, a clinically studied spore-forming, thermostable, lactic acid-producing probiotic that has numerous health benefits.



- Suggested usage is 2 capsules every day, at divided dosages. For additional blood sugar support, you can take 4 capsules a day in divided dosages.

KardiaXyme™

- Three key benefits include: **antioxidant, cardiovascular, and inflammation** support.
- This exclusive formula contains a potent blend of land-based and sea-based highly bioactive polyphenols that optimize cellular, cardiovascular and metabolic health to support lifelong physical and mental wellness.
- Supported by millions of dollars in extensive research and studies, the ingredients in KardiaXyme deliver noticeable health benefits throughout the body.
- Includes TWO powerful patented, trademarked ingredients – Capros® and Senactiv®.
- The X2O marine mineral complex in the capsules have added benefits, providing a pH balancing support and over 70 naturally occurring trace minerals essential for human health and immune system strength.
- Suggested usage is 1-2 capsules with breakfast and 1-2 capsules with dinner; either 2 or 4 a day based on personal needs.



Ellagic Acid™

- Ellagic Acid is derived from a unique variety of red raspberry seeds.
- This highly potent and effective antioxidant promotes healthy cellular function with regular use.
- Suggested usage is 5 capsules daily, which provides 40mg of Ellagic Acid extract, equal to the amounts successfully used in studies at the Hollings Cancer Institute, Medical University of South Carolina.



Natural Cellaction™

- Natural Cellaction is a uniquely formulated wellness compound that contains vitamin, herbal and mineral ingredients to support energetic cellular rejuvenation.
- Natural Cellaction is a targeted product and breakthrough supplement designed to boost immune response and support the healing process of damaged cells.*
- Suggested dosage is 1 teaspoon daily. When serious health challenges are present, you can take an increased dosage of up to 6 teaspoons daily*



Practical Tips for boosting your immune system

- Wash your hands often and for at least 20 seconds to thoroughly cleanse them.
- While you may see a lot of advertisements for anti-bacterial soap, regular (old-fashioned) soap kills germs that anti-bacterial soaps do not.
- Get plenty of rest.
- Regular exercise is another way to help build your immune system.
- Eat healthy alkaline foods, which include a variety of fruits and vegetables.
- Remember, Vitamin B is important because you can ‘burn through’ more of it when you are under stress.
- Fortunately, many of the best food sources of vitamin C, such as fruits and vegetables, are usually consumed raw. (<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/#h3>). The longer you cook some foods, the more nutritional value they lose. Fresh vegetables served raw or steamed have the most nutritious value. Fresh-frozen is the next most nutritious form. Canned vegetables are good but offer less nutritious benefits.
- Caffeine can inhibit the absorption of Vitamin C.
- When you eat fast foods and unhealthy foods, they can lower the immune system, i.e., serving to create a more acidic and less alkaline environment in your body.
- Last but not least, incorporate stress-relieving activities into your daily routine such as meditation, breathing exercises and other fun activities!

Additional Resources in your Xooma

Website Member’s Portal (Found under the Training and Marketing Tools tab):

- Talking Points: X2O™, FocusUP® and Blast™
- Xooma Products At-A-Glance
- Berry Balance™ White Paper
- LifeSource™ White Paper
- Probiotix™ Talking Points
- Probiotix™ versus the Competition
- Buy Smarter... Live Better
- Suggested Usage Instructions for Pure Silver Hydrosol™
- SilverMAX™ Educational Overview (audio)
- Improving Gut Health with Silver Hydrosol (audio)
- Silver Hydrosol and Ebola Virus
- DTRA’s Report on Silver Nanotechnology

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To place an order online for any of these products, please visit our website at www.xooma.com

Orders may also be placed by phone by calling our Member Services Team at **1-888-865-6687** during business hours, Monday thru Friday from 9am to 5pm EST.

*The statements in this document have not been evaluated by the Food and Drug Administration, and Xooma’s products are not intended to diagnose, treat, cure or prevent any disease or illness.