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The PULSE!

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Your \$10.99 Sample Packs Are Now Available!

As a Xooma Member, you already know how awesome our products are and probably know someone you'd love to get samples of Xooma's products to. But let's be honest, if you don't have a personal supply of those product samples on hand, you can't give or sell them to someone else.

So now, we've made it **easier than ever** for you to get samples of Xooma's top-selling products to anyone in North America without having to buy them, stock them or ship them yourself.

Here's how it works. Let's say you're talking to someone about Xooma and you ask them if they would like to try some samples of our top-selling products. Now you can invite them to your personalized Xooma website where they simply click a button at the top that says '**Request Samples**'. When they do, they will be directed to a special 'Preferred Customer' page on your website that briefly explains what's inside the sample package, along with the key benefits of X2O™, FocusUP® and Xiome365™ (which are all included in the pack).

When we mail them their samples, we will include informational product brochures, our full-color product catalog, and a professional thank you letter with special tips on how to get the best experience with those samples. We'll even add in a **\$50 Xooma Gift Card** with an encouragement for them to contact you and use the gift card towards one of our money-saving, Cash Back Membership starter packages.

Here's the best part. The people who visit your special website page will see that this sample package has a **retail value of over \$32.00** but they can purchase it for just \$10.99 – which *includes* shipping to their front door (*limit 1 pack per household*).

Yes!
There's no future automatic orders or further obligation which makes it easy for virtually anyone to say "yes" to this amazing offer.

And when you make the commitment to follow-up and follow-through with the people who purchase a sample pack, you'll be able to help them place additional product orders as a Preferred Customer. **Better yet**, you can help them take advantage of the \$50 gift card to 'upgrade' and enjoy all the benefits (*lowest prices, financial rewards, BOGO savings, etc.*) of becoming a Member on your team. In either case you'll earn rewards through our Prosperity Plan for every future order.



ARE YOU USING OUR FREE SOCIAL MEDIA SUPPORT?

Are you spending time on social media each week - specifically Facebook, Instagram or X (*formerly known as Twitter*)? If so, did you know that you can use ANY (or all) of our **corporate posts** on these platforms to help you share Xooma with others?

We get it. Not everyone has the skills *or the time* to write up and design creative posts for their social media accounts in their effort to promote and share Xooma with others. That's why we consistently do this work **for you** – each and every week.

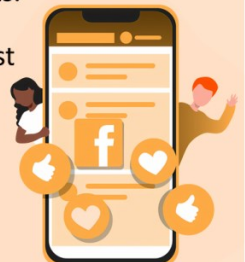
Best of all, it's FREE.

You see, the easier we can make it for you to gain someone's interest in Xooma's products or our referral rewards program, the more successful you will be in growing your personal Xooma team. Not only does that help our entire Company grow, but it also allows you to earn more money every time someone on your team purchases one or more of our wellness products.

It's all about 'sharing'.

Simply **SHARE** your favorite social media posts you see on Xooma's official Facebook, Instagram or X accounts on your own personal account pages. In fact, you can make it more personal by making a **personal comment** on your page to go along with the shared post. You can share a positive experience you've had, why you like a particular post, or ask your connections a question in relation to the post. This small 'extra' step will only take you a minute...but it will help increase the number of people who engage with your posts.

So, be sure to check out our newest social media posts **each week**, 'steal' the ones you like most for your personal accounts and let us help you increase your online success in Xooma.





Here's a list of the most important nutrients an underactive thyroid is 'starving' for.

Minerals: Pound for pound, your thyroid uses more minerals than any other organ in your body. When your mineral stores are **low**, your thyroid takes an especially big hit. If your mineral stores are depleted, your thyroid won't have the building blocks it needs to make hormones, and your risk of developing a thyroid condition increase. Two of the most important minerals your thyroid needs are selenium and zinc, both found in Xooma's high quality, full spectrum mineral supplements: **X2O™**, **X2O Plus**, and **LifeSource™**.

Vitamin B-12: This water-soluble vitamin is essential to thyroid function. B-12 improves cellular response to thyroid hormone and boosts energy production in cells to alleviate fatigue and other hypothyroidism symptoms. You'll find abundant amounts of B-12 in Xooma's **FocusUP®**, **MetaboWize™ AM**, **Natural Collection™**, **LifeSource™** and **RevitalMind™**.

Probiotics: The gut and thyroid are closely connected because gut health can impact thyroid function. Probiotics help modulate the gut microbiota, which may

improve thyroid hormone circulation and immune function, as well as help guard against diseases like Hashimoto's thyroiditis. With recently added improvements to our **Probiotix™**, you now have one of the highest quality probiotic supplements on the market today, giving you 15-30 times more CFUs and 9-11 more probiotic strains than most retail brands for less money.

When your thyroid gets what it needs to work properly, you'll notice the impact it makes on your entire body.



Hydration:

Dehydration can negatively impact thyroid function in many ways. It decreases thyroid hormone levels, reduces blood flow to the thyroid, and decreases thyroid hormone-binding proteins. Drinking enough water throughout the day is very important for thyroid health. Adding **X2O** mineral sachets to your water allows you to hydrate your body at the cellular level and deliver many vital electrolytes that improve your overall hydration and cellular function.

The thyroid gland produces hormones that help the body make energy, metabolize food, and regulate temperature, helping to keep the brain, heart, muscles, and other organs working as they should.

If your thyroid is not performing like it should, there's a good chance your body is missing (or not getting enough of) some **key nutrients** that help this vital organ do its job.

Is your thyroid underactive?

Symptoms of an underactive thyroid can include fatigue, weight gain, thinning hair, dry skin, and depression. It's also one of the most common organs to be negatively affected by chronic stress and inflammation.

Pink Ribbons and a Plan

October is National Breast Cancer Awareness Month - organized by major breast cancer charities to increase awareness of the disease. And...*pink ribbons* are a common symbol to remind people of this cause which is why you see them seemingly everywhere this month.

According to the American Cancer Society, breast cancer is the second leading cause of cancer death in women. And while the fight to eliminate breast cancer continues, health experts agree that taking actions to **PREVENT** this disease is one of the smartest things you can do. Among those prevention strategies, experts highly recommend improving your nutrition level through **healthy diet and supplementation**.

Healthy eating is a critical piece to your cancer prevention strategy. For example, leafy green vegetables contain carotenoid antioxidants, including beta carotene and lutein which are associated with reduced breast cancer risk. Citrus fruits are teeming with compounds that may protect against breast cancer, including folate, vitamin C, carotenoids and flavonoid antioxidants. Berries contain antioxidants, including flavonoids and anthocyanins that have been shown to protect against cellular damage as well as the development and spread of cancer cells.



Fortunately, you can also get many of these potent antioxidants, carotenoids, flavonoids, and anthocyanins in a multitude of Xooma products. Products like Xooma's **LifeSource™**, **Berry Balance™**, **Ellagic Acid™** and **Natural Collection™** all support your body in preventing serious disease and illness.

Recent research is now linking overall 'gut health' to your risk for developing breast cancer. Researchers say the gut microbiota appears to influence breast cancer risk, response to treatment, and recurrence through metabolic, neural, endocrine signaling, and immune activity.

Findings indicate that the gut microbiome can affect breast cancer progression by regulating estrogen levels - a known risk factor. The microbiome can also modulate the immune response which is critical for fighting against cancer growth. Finally, the gut microbiome can affect how the body metabolizes chemotherapeutic drugs and responds to immunogenic chemotherapies for those undergoing medical treatment.

So, keep your gut healthy and strong with Xooma's **Xiome365™** & **Probiotix™**.



*The statements in this publication have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease.