



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™

1. 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.
- 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. *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.*

2. 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.

3. 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.
- Probiotix has 8 key strains (not just one) and also contains a premier prebiotic complex, NutraFlora®.
- Probiotix has a high CFU (Colony Forming Units) count at 30 Billion CFUs.
- Suggested usage is 1 Probiotix capsule taken with a meal, preferably in the evening.

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

Vitamin C is an important component in building the immune system and can be found in a variety of fresh fruits and vegetables. Vitamin C is also referred to as Ascorbic Acid.

Here are some additional Xooma products that can help boost your immune system that offer Vitamin C and other targeted vitamins and valuable antioxidants.

Xooma Blast™

- Xooma Blast is a great-tasting drink in a variety of flavors that provides powerful antioxidant support.
- One packet of Xooma Blast includes 1.5 servings of real whole-food derived fruit and vegetables, and contains an ORAC (antioxidant) value of 2500.
- Xooma Blast contains no artificial sweeteners or preservatives, and only has 5 calories.
- It's a great way to add a 'blast' of flavor to your water with nothing but healthy ingredients.

LifeSource™

- LifeSource is a premium quality multi-vitamin / multi-mineral formula.
- It contains four scientifically-researched longevity ingredients.
- LifeSource contains ingredients that support the immune system at or above the %DV (Daily Value) of vitamins including: A, B6, B12, C, D, E, K, Zinc and others.
- Suggested usage is 2 capsules with breakfast and 2 capsules with dinner, for a total of 4 capsules daily.

Assimilator™

- Assimilator is a potent combination of natural plant enzymes in a proprietary formulation.
- Enzymes are the ‘missing ingredient’ in today’s diet.
- Assimilator supports the absorption of nutrients and improves digestion, thereby working in tandem with Xooma’s Probiotix formula.
- Suggested usage is one capsule with each main meal of the day.

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

Berry Balance™

- Berry Balance is a multi-berry extract that promotes antioxidant activity.
- Berry Balance also contains Chromate® which helps balance blood sugar.
- Ingredients in Berry Balance that can help support the immune system include OptiZinc®, ActiVin® (red grape seed extract), and 12 fruit and berry extracts contained in a 1600mg Super Berry Blend.
- Berry Balance has a total of four trademarked ingredients.
- 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™

- KardiaXyme is a breakthrough discovery for cardiovascular health and inflammation control.
- KardiaXyme is a one-of-a-kind exclusive marine algae source that is a potent blend of 14 different sea-based, highly bioactive polyphenols.
- Three key benefits include: antioxidant, cardiovascular, and inflammation support.
- Reducing inflammation levels within the body leads to a stronger and more resilient immune system.
- Scientifically-researched marine algae ingredients have revealed benefits that include the ability to optimize cellular, cardiovascular and metabolic health.

- 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 five 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 Collection™

- Natural Collection is a uniquely formulated wellness compound that contains vitamin, herbal and mineral ingredients to support energetic cellular rejuvenation.
- Natural Collection 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*

More background on X2O™ Water*

As a Xooma Member, you are already aware that **X2O** provides numerous benefits that begin with hydration. X2O sachets also offer ways to mineralize and alkalize your body.

1. Hydration

- Proper daily hydration can help create a strong immune system; chronic dehydration can lead to the potential for health challenges.
- Increased cellular hydration allows vital nutrients to be delivered more effectively throughout the body.
- Increased cellular hydration ensures that your lymphatic system has the lubrication needed to detoxify and drain impurities.

2. Mineralization

- X2O contains calcium, magnesium and over 70 essential trace minerals.
- Minerals are essential for human health and immune system strength, yet the majority of our society is mineral deficient due to unhealthy lifestyle habits and lack of minerals in our soil.
- Dr. Linus Pauling, 2-time Nobel Prize winner, illustrated the importance of minerals by saying this, “Every ailment, every sickness and every disease can be traced back to a mineral deficiency in the body.”

3. **Alkalization**

- Xooma's X2O provides a strong boost of alkalinity to your water which supports a stronger immune system.
- Acidic foods and beverages (modern lifestyles) lead to acidic conditions in the body which can often lead to a weaker immune system.
- Dr. Arthur Guyton, author of "Textbook of Medical Physiology," illustrated the importance of this by saying, "The cells of a healthy body are alkaline while the cells of a diseased body are acidic."

More background on silver

- Silver is anti-bacterial, anti-viral and anti-fungal, while antibiotics only address bacteria.
- Ancient cultures of Egypt, Greece, Macedonia, Phoenicia and Rome all relied on silver to keep them well.
- In the 'Old West', it was common practice to use silver pitchers, silver ware, and drop silver coins into drinking water barrels for protection against water-borne illness.
- As recently as the 1930's, silver was the preferred choice of physicians for empowering the immune system and supporting the body's innate healing processes.

More background on gut health

- Gut health is a critical factor in keeping your immune system strong.
- 60-80% of your entire immune system is located in your digestive tract.
- Your intestines are home to 500 million bacteria.
- According to the National Institute of Diabetes Digestive and Kidney Diseases (NIDDK), as many as 70 million Americans are now affected by the digested diseases.
- There are approximately 40 diseases that have been linked to bacterial imbalance in the body, according to the NIDDK.

Additional Recommendations 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 advertisement 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>). Remember, 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 are is next most nutritious form. And then 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 back office

In your back office under **Training and Marketing Tools** tab, click on **Product Info** tab. Scroll down and you will find several more in-depth and helpful documents and resources.

- Talking Points: X2O™, FocusUP® and Blast™
- Xooma Products At-A-Glance
- Berry Balance™ 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
- Silver Hydrosol and Ebola Virus
- DTRA's Report on Silver Nanotechnology (PowerPoint)

*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.

Additional Information

Foods containing Vitamin C[†]

Table 2: Selected Food Sources of Vitamin C [12]

Food	Milligrams (mg) per serving	Percent (%) DV*
Red pepper, sweet, raw, ½ cup	95	106
Orange juice, ¾ cup	93	103
Orange, 1 medium	70	78
Grapefruit juice, ¾ cup	70	78
Kiwifruit, 1 medium	64	71
Green pepper, sweet, raw, ½ cup	60	67
Broccoli, cooked, ½ cup	51	57
Strawberries, fresh, sliced, ½ cup	49	54
Brussels sprouts, cooked, ½ cup	48	53
Grapefruit, ½ medium	39	43
Broccoli, raw, ½ cup	39	43
Tomato juice, ¾ cup	33	37
Cantaloupe, ½ cup	29	32
Cabbage, cooked, ½ cup	28	31
Cauliflower, raw, ½ cup	26	29
Potato, baked, 1 medium	17	19
Tomato, raw, 1 medium	17	19
Spinach, cooked, ½ cup	9	10

[†] <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/#h3>