

# Have You Heard of X<sub>2</sub>O?



## X<sub>2</sub>O can add Years to your Life .... and Life to your Years

**X<sub>2</sub>O contains electrolytes such as Calcium and Magnesium and 70+ organic trace minerals in the exact form your body recognises & needs.**

- ✓ 100% natural, no artificial colourings, flavourings, etc
- ✓ No calories or carbohydrates
- ✓ No caffeine or sugar
- ✓ No glycemic value (GI)
- ✓ Won't raise blood sugar levels or trigger fat storage

## Power of Water with X<sub>2</sub>O

**Hydrates:** efficiently at the cellular level  
**Alkalizes:** balances your body's pH for optimum health  
**Rejuvenates:** your body and skin – anti-aging  
**Revitalizes:** your energy levels  
**Oxygenates:** your body's cells  
**Cleanses:** removes toxins from the body  
**Enhances:** your body's ability to absorb nutrients  
**Outperforms:** other sports and energy drinks  
**Supports:** weight management and fat loss



### Essential Fuel for Your Body

Drop an X<sub>2</sub>O power pack into a Xooma bottle

Fill with water and shake vigorously for 10-15 seconds

Allow 5-8 minutes for X<sub>2</sub>O to transform your water

# Water & dehydration



Have you ever heard that drinking at least 8 glasses of water a day is essential?

*"Thirst is the obvious sign of dehydration, but the truth is your body is in need of water long before you feel thirsty" Brad King*

- Blood and lungs are approx. 85% water
- Brain & muscle 75%
- Bones 25%
- Your body loses 2 – 2.5 litres of water every day through normal bodily functions (respiration, perspiration, urination)
- Water is also needed for body processes such as digestion, assimilation, circulation, elimination, temperature control

Aging is the process of drying up from the inside (dehydration)

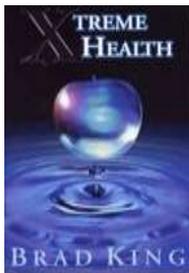
Approx. percentage of water in the human body

70%    60%    50% or less



Baby at Birth    Normal Adult    Elderly Person

It doesn't have to be this way!



Brad King –Nutritional researcher, performance nutritionist and fitness expert says:

*"Many so-called signs of aging are also signs and symptoms of chronic dehydration including:*

- Heartburn
- Migraine headaches
- Rheumatoid joint pain
- Dry skin
- Tiredness
- Dyspepsia
- Old-age diabetes
- Autoimmune diseases
- Constipation
- Anxiety
- Back pain
- Hypertension
- Cholesterol build-up
- Colitis
- Depression

**Dehydration is a primary cause of daytime fatigue, which slows down the metabolism and impairs focus, concentration and physical performance.**

*Next to oxygen, water is unquestionably the most important nutrient for sustaining life. Then why don't the majority of us drink enough of it?*

***Coffee, tea, soft drinks & juices are not a substitute for water – they dehydrate you."***

# Hydration at the cellular level



**Even if you are drinking enough water,  
you are probably still dehydrated**

**Regular  
Water  
approx.  
73 dynes/cm**



**Partial  
wetting**

Most water .... tap, bottled, filtered, rain, reverse osmosis or distilled, normally has a surface tension rating of approx. 70 – 74 dynes.

Our cells have a surface tension rating of approx. 45 dynes.

To hydrate the cells more efficiently, the surface tension of water needs to be lower - closer to 45 dynes.

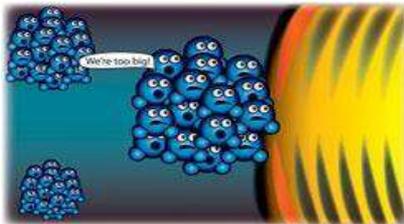
**Human Cell  
approx.  
45  
dynes/cm**



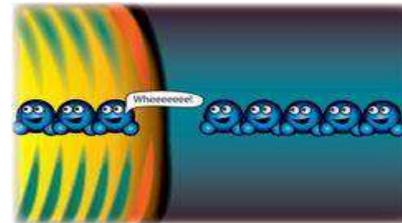
**Complete  
wetting**

**By adding X<sub>2</sub>O to your water, it will lower the surface tension and make it wetter.**

When the surface tension of water molecules are lowered, the water can be absorbed directly into the cells of the body more efficiently, improving hydration, nutrient uptake and toxin removal.



Non-structured water molecules penetrate the cell wall less efficiently.



Water treated with X<sub>2</sub>O may penetrate the cell wall in a stream-lined fashion with little to no resistance.

**X<sub>2</sub>O ... Hydration at the cellular level**

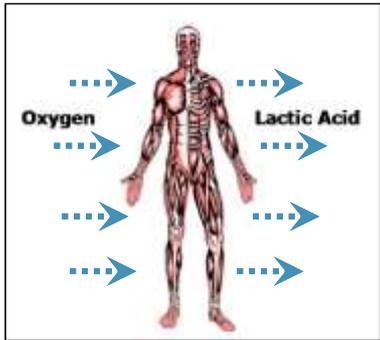


# Alkalinity / pH - in sport & exercise



## X<sub>2</sub>O out-performs popular sports drinks & beverages.

- When we exercise, our muscles consume oxygen - this process produces lactic acid waste
- Popular sports drinks are very acidic & use artificial ingredients which may increase the accumulation of lactic acid waste
- X<sub>2</sub>O is alkaline which may help to neutralise the build up of acid wastes
- X<sub>2</sub>O supports hydrating your body at the cellular level & replaces important electrolytes lost during exercise



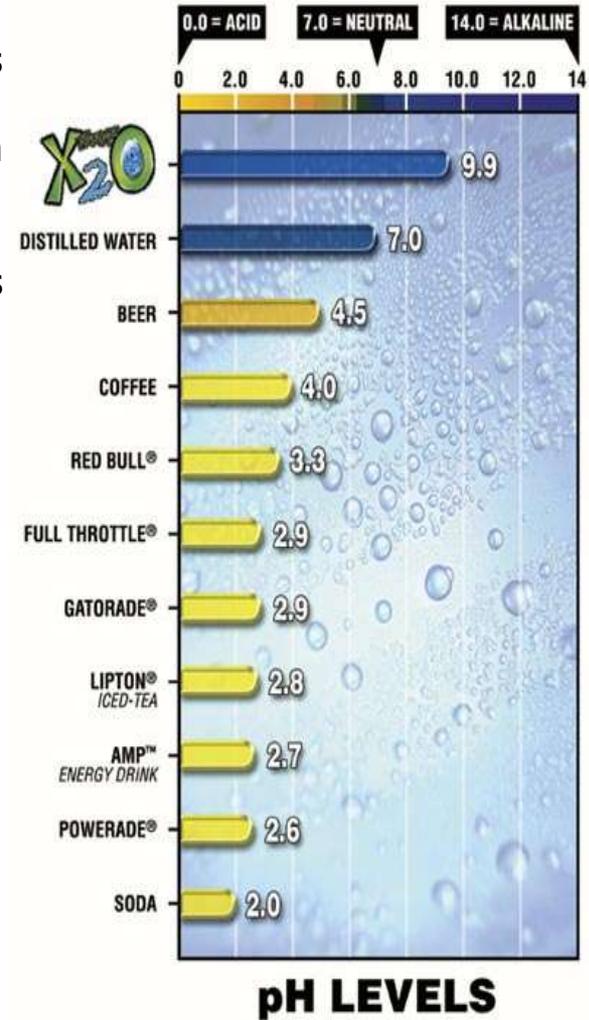
### Reduced levels of lactic acid are associated with:

- ✓ Enhanced endurance
- ✓ Improved recovery time
- ✓ Less fatigue, stiffness & soreness

**Alkalinity = Oxygen = Energy**

### Whether you:

- Are an athlete looking for peak performance
- Participate in any sports, martial arts, yoga
- Work out at the gym or go cycling, jogging or walking
- Are concerned about your children's beverage choices
- Or just looking to enjoy better or optimal health



**X<sub>2</sub>O ... is the right choice for everyone!**

# X<sub>2</sub>O can work in minutes



These live blood-slide photos demonstrate the difference that hydration & X<sub>2</sub>O made in these blood samples.

## Before drinking X<sub>2</sub>O



*"This microscope photo shows my live blood under a phase contrast microscope (initially identified as a dark-field microscope) just seconds after it was sampled from my finger."*

## 30 minutes after drinking X<sub>2</sub>O



*"Immediately after drawing the first sample, I drank my first one quart (950mls) of X<sub>2</sub>O treated water with two sachets. This photo is of a sample drawn half an hour after I drank the X<sub>2</sub>O treated water"*

*"Human studies of red blood cells and surrounding fluids using Darkfield microscopy before and after X<sub>2</sub>O water consumption have revealed a significant and even dramatic improvement in the health of those red blood cells and fluids. This new health status, works to deliver more oxygen to the body's trillions of cells and in the process help to maintain peak energy efficiency and overall health". Brad King.*

Disclaimer: X<sub>2</sub>O is a water enhancement/purification product. It is not intended as a therapeutic product, to diagnose, prevent, treat, heal or cure any health related condition or disease. No health claims are expressed or implied for X<sub>2</sub>O. The above anecdotal testimony should not be used to draw any possible conclusions (only health professionals may be able to comment). Any individual testimony or views expressed reflect a personal experience only. They have not been evaluated medically & are not intended to suggest, generalise, imply or guarantee results for others (humans or animals) as there are many factors peculiar to each individual that may affect an outcome. Please consult your doctor &/or qualified health care practitioner for any medical condition, illness or disease, or any matter relating to your health & well-being to discuss your personal situation. February 2008

# Weight management / fat loss



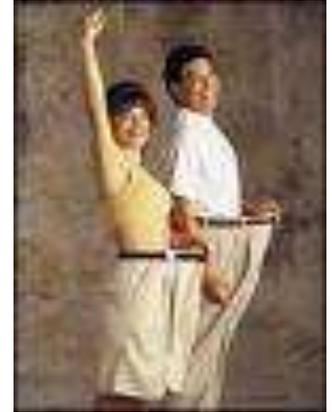
People with weight problems are usually dehydrated & can have acidic bodies. An imbalanced body can cause:

- Cravings for Sugar
- Poor Metabolism
- Poor Digestion

Did you know that proper cellular hydration and an alkaline body are critical factors for losing excess body fat and keeping it off?

Every weight loss program suggests you drink plenty of water as it helps your body eliminate toxins that accumulate in your cells.

X<sub>2</sub>O is the perfect detox product in preparation for any weight loss program.



By drinking X<sub>2</sub>O regularly throughout the day:

- your body hydrates properly, avoiding false hunger pangs
- sugar cravings may reduce or even disappear
- the essential minerals are absorbed to assist digestion
- boosts alkalinity to neutralize acidic wastes, assisting to release fat
- provides energy to assist with exercise, so important in weight loss

Hydrate with X<sub>2</sub>O to maintain your perfect weight.

**Don't just count calories – Drink plenty of water +**



# Essential for everyone, everyday.



Just as you clean your teeth everyday to help prevent tooth decay, use X<sub>2</sub>O daily as your foundation for health and wellness... particularly if you are:



- ✓ Interested in having more energy, wanting to look and feel better
- ✓ Interested in wellness, vitality, anti-aging, rejuvenation and longevity
- ✓ Taking vitamins, nutritional supplements or special drinks/juices
- ✓ Interested in weight management/fat loss or are on a special diet
- ✓ Involved in sport, fitness or exercise programs
- ✓ Experiencing health challenges, aches, pains and inflammation
- ✓ Experiencing digestive problems, acid reflux, heartburn
- ✓ Feeling stressed, anxious, depressed or not sleeping well
- ✓ Experiencing poor circulation, or skin conditions

**Super-charge your supplements, vitamins & special juices with X<sub>2</sub>O.**

**Athletes and anyone playing sport can use X<sub>2</sub>O as a perfect base to mix their protein shakes.**

**Brad King: "A slightly alkaline body provides many times more energy potential than a slightly acidic body."**

**Drinking X<sub>2</sub>O daily will complement, support and enhance everything you do  
Prevention is the key to health & wellness.**



**The foundation for Health & Wellness  
Hydrates and Alkalizes**

# An Investment in Your Health



More and more people are drinking bottled water but no matter what water you are drinking... tap, rainwater, filtered, reverse osmosis, distilled or bottled, adding an X<sub>2</sub>O power pack transforms your water into a beneficial, fresh, pure, great tasting water.

## The Xooma Bottle

- ✓ No ordinary plastic - top quality 650mL
- ✓ Safe, clear and very tough
- ✓ Made with durable polycarbonate material
- ✓ Will not leach toxins into the water (unlike other plastic bottles)



Contact the person who sent you this information