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|  **XS Energy : Drink To Your Health**  **How drinking XS Energy daily can impact your health…** **Each can of XS Energy contain:** http://bizwire.net/amwayexpobiz/files/2012/12/XS-cans-energy-drinks.jpg**http://www.billimoriaglobal.net/images/logo_xs.gifTaurine** : An antioxidant needed for digestion of fats and control of cholesterol levels. It helps lower blood pressure, rejuvenate the immune system, maintain heart health by strengthening heart muscle, stabilize heart rhythm, prevent blood clots, improve cardiac and respiratory function, and protect the brain.**L-Glutamine** : Is an essential amino acid during periods of stress that enhances intestinal absorption of nutrients. It is a primary energy source to maintain immune response, help muscle recovery after endurance and other sports, and helps muscle growth in weightlifting, bodybuilding.**Astragalus** : A root that strengthens the immune system, which can become weakened during times of stress & fatigue. It is used in the healing of wounds and injuries, as a tonic that can improve the functioning of the lungs, adrenal glands and the gastrointestinal tract.**Proprietary Adaptogenic Herbal Blend** : The herb blend used in XS Energy Drinks aid the body in managing stress. Speed of recovery increases after workouts using specific herbs found in XS Energy Drinks, very similar to the blend used by Russian Olympic Athletes to : Maintain sexual energy, Reduce physical, mental and emotional stress naturally, Improve restful sleep, Reduce free-radical damage, Slow the aging process, Increase vitality, energy, endurance and mental alertness, Promote and support healthy immune system function, Optimize metabolism, Support the digestive system and heart health.**Triple Ginseng Blend** : American Ginseng (Panax Quinquefolium), Siberian Ginseng (Eleutherococcus senticosus), and Korean/Asian Ginseng (Panax Ginseng) are probably the most potent natural substances that work through the adrenal glands to produce adjustments in the body to both combat and resist stress. All 3 are related, but each has unique properties that improve concentration, physical stamina, work capacity and immune function. It also increases endurance, improves memory, anti-inflammatory,  antioxidant and anticancer effects, improves conditions associated with diabetes, lowers risk of cancer, improves blood pressure, blood sugar levels, and cholesterol. XS is the only energy drink to contain all three types of Ginseng.**B Vitamins** : B3 helps convert calories from protein, fat and carbohydrates into energy. B5 is essential for the production of both Coenzyme A, and the cellular antioxidant glutathione. B6 helps brain function and the body convert protein to energy; works with Folic Acid and B12 to reduce levels of homocysteine in the blood. B9 is important for the production and maintenance of new cells, especially during both pregnancy and infancy. B12 works with folic acid to produce healthy red blood cells. Vegetarians may benefit from taking vitamin B12. Vitamin B12 provided in XS Energy drinks are not obtained from animal products.**Vitamin C (Ascorbic Acid)** : Vitamin C is a great antioxidant and helps protect the body against pollutants. It helps reduce cholesterol levels, high blood pressure and prevents arteriosclerosis. It prevents degenerative diseases such as - cataracts, certain cancers and cardiovascular diseases. It promotes calcium absorption. It assists in the prevention of blood clotting and bruising, and strengthening the walls of the capillaries. It is needed for healthy gums.**Echinacea Purpurea :** A flowering herb that stimulates the immune system, which can become weakened during times of stress & fatigue. **Schisandra** : A berry that increases energy level & improves concentration, coordination, & endurance. It also protects the liver and improves liver function. **Reishi** : A mushroom used to prevent fatigue & reduce stress. It is also a potent immune system enhancer with significant anti-tumor effects. It is non-toxic and can be taken daily without producing any side effects. Eliminates cholesterol build-up and promotes blood circulation. Long term use has significant curative effect on diabetes.**Freeform Plant Based Proteins** : Freeform Amino Acids are absorbed into the blood stream and available to the tissues within 20 minutes, requiring no digestion, and are, therefore, available immediately after exercise when blood flow remains high and muscles are receptive to nutrients. They convert fats to energy at the mitochondria, the cell's energy source. With many caloric reduction diets, they provide not only fat burning benefits, but also a low calorie, low food volume source of protein with specific benefits to the muscles, liver and immune system critical to optimal health. |

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**Ace-K** is a non-caloric, non-cariogenic (does not promote tooth decay), non-nutritive sweetener that delivers powerful, great-tasting sweetness (approximately 200 times as sweet as sucrose). Preferred because its sweet taste is perceived quickly, does not linger, and does not persist longer than the taste of the product, it provides excellent sugar-like taste.

The Mayo Clinic and the American Diabetes Association approve the use of Ace-K for diabetics because the artificial sweetener is calorie-free and no studies have proved negative effects on diabetes.

Source: http://www.billimoriaglobal.net/xs\_healthy2.htm

**Frequently Asked Questions about XS Energy:**

**Who is the target population for XS drink?**

People who need energy but don't want the calories and carbohydrates of traditional energy drinks or sodas.

**Does this drink have addictive qualities/properties?**

Only in as much as caffeine use can be construed to be addictive.

**What is the role of XS Energy Drink in the typical diet?**

As an additional source of energy throughout the day and as a nice treat. XS Energy Drink is also a good addition to any weight management program as it helps reduce appetite (a natural benefit of caffeine).

**What, if any, are the long-term side effects of regular consumption of XS Energy Drink?**

Caffeine may result in increased concentration and co-ordination. New studies are showing a lower incidence of dementia and Alzheimer's in people who have moderate to high caffeine use on a daily, long-term basis.

**Should those with high blood pressure consume this drink?**

I think the issue is hypertension - - anyone who is caffeine sensitive or has been told by a doctor to not use caffeine, should not use this drink, or take advantage of The Caffeine Free versions of Cranberry Grape Blast and Tropical Blast.

**Is XS safe for diabetics?**

XS drinks are exactly what diabetics have been looking for. With zero sugar, diabetics can safely enjoy great taste with great benefits and the extra boost of energy they need.

**Should those with hypoglycemia use this drink?**

There is no real sugar in the drink. Anyone with a medical condition should always consult with his or her physician. Many diabetics enjoy XS Energy Drink after they have discussed the use with their doctor.

**Is XS Energy Drink safe to drink daily?**

Yes. If you consume soft drinks or coffee daily, then XS shouldn't be much different.

**Will the energy effects be decreased if taken daily?**

No. In fact, we find that people respond positively to long-term use, particularly with regard to the herbs. Ginseng and other herbs require at least six to eight weeks of use for a significant bioactive result.

**Is it possible to overdose on B vitamins?**

No. B vitamins are part of the group called "water soluble" vitamins. Excessive amounts of "water soluble" vitamins are merely excreted through the urine.

"Fat soluble" vitamins can be retained in the body and cause overdose damage. The four vitamins considered to be" fat soluble" are: A, D, E and K.

**Has the water used in XS Energy Drink been filtered?**

Yes, the water has been both purified and filtered prior to being carbonated.

**How much sugar is in an XS Energy Drink?**

There is less than 1/2 calorie of sugar in XS Energy Drinks.  This qualifies for the government-approved statement "No Sugar".  The 8 calories in XS are from amino acids and are protein calories that aid your body's natural metabolic process.

**Are XS Energy Drinks safe for children and pregnant mothers?**

XS Energy Drinks are generally as safe as a cola drink or cup of tea or coffee. In fact, due to the lack of sugar, XS is recommended by many health professionals as a much better 'treat' for most children than sodas or even juices. Due to the herb content and Vitamin-B complex, drinking XS Energy Drinks will offer many of the same benefits as drinking Green Tea - very beneficial for managing stress and as an antioxidant.

If a parent or guardian does not allow their child to drink soft drinks or coffee then they may want to dilute or take advantage of The Caffeine Free versions of Cranberry Grape Blast and Tropical Blast.

Pregnant women are encouraged not to use any drink containing herbs. There are many unknowns about herbs and their long-term effects on a developing fetus. Until more is known about herbs, many health professionals recommend staying away from them while pregnant to be on the safe side.

Source: http://www.billimoriaglobal.net/xs\_drinks\_general\_faq.htm

**General Questions:**

**Why is it important to not have sugar or carbohydrate calories in any drink?**

Calories from sugar and carbohydrates may increase fat deposits. Simple carbohydrates are also called high glycemic (high sugar) foods. High-glycemic foods cause your body to pump insulin to digest the sugar, which sends a message to your body to store calories as fat. Low glycemic foods do not pump insulin to the same degree and aid in your body's natural metabolism of fat, using your body's fat resources as fuel. Many experts fear that the epidemic incidence of Diabetes in North America today may be significantly contributed to by high-glycemic diets. The 8 calories in XS are from amino acids and are protein calories that aid your body's natural metabolic process.

**Doesn't caffeine make you jittery?**

Everyone's body reacts differently to different foods. In most cases, it is not caffeine that makes people "jittery". It is usually the "sugar high" that makes people "jittery". When they "crash" after a sugar high, some people think the solution is another "sugar high" that starts another up-down up-down cycle that can be very unhealthy both short term and long term. Caffeine is a great way to enhance performance as well as open the blood vessels so that vitamins and amino acids can quickly enter the bloodstream and give you a boost without the sugar highs and crashes.

**Are there any other benefits to caffeine?**

Caffeine is credited with increasing the substance, serotonin, in the neural connections (synapses) in the brain. This increase in serotonin is credited with increasing concentration and focus. It is also credited with elevating one's mood.

Ritalin is a commonly used drug with ADD and ADHD patients. A major component of Ritalin is caffeine. That caffeine is credited with calming down these patients and increasing the amount of time they can focus on the topic at hand.

**What are Adaptogenic Herbs?**

The herb blend used in XS Energy Drinks aid the body in managing stress. When your body stresses it pumps cortisol. Cortisol in the blood stream sends a message to your body that you need foods high in fat and sugar, also known as 'comfort foods.' Studies show that some herbs suppress the production of Cortisol and decrease the cravings some people have for 'comfort foods'. Also, athletes will find that the speed of their recovery time increases after workouts using specific herbs, such as the blend found in XS Energy Drinks. The blend of herbs in XS Energy Drinks is very similar to the blend used by Russian Olympic Athletes to overcome stress from their workouts and radically reduce recovery times.

**Adaptogenic herb formula help:**

* Reduce physical, mental, and emotional stress naturally
* Slow the aging process and reduce free-radical damage
* Increase vitality, energy, and endurance
* Enhance your mental alertness.
* Enhance your work and athletic performance
* Improve restful sleep
* Support all major organs within your body
* Support your immune system and promote healthy immune system function
* Improve resistance and recovery
* Enhance your defense system capabilities
* Support your digestive system and optimize your metabolism
* Promote heart and circulatory health
* Maintain sexual energy

Source: http://www.billimoriaglobal.net/xs\_drink\_faq1.htm