

Transforming Your Water with Xtreme X20, It's as Easy as 1-2-3!

- Step 1:** Drop an X20 sachet in 18-24 ounces (750mL) of purified or bottled water.
- Step 2:** Shake for 10-15 seconds.
- Step 3:** Allow a few minutes for X20 to transform your water, then ENJOY!



What is Xtreme X20?

Xtreme X20 is an all-natural, organic mineral complex derived from a pristine ocean source found near the Okinawan Islands. Harvested in its natural form, we use a patented processing method to ensure the highest level of purity and safety before packaging this powerful product into individual, ready-to-use "sachets."

Hydrate, Mineralize, & Revitalize by simply adding Xtreme X20 to your water!

Hydrate: X20 sachets actually make water "wetter" by lowering the surface tension of the water molecules. This dramatically improves your body's hydration at the cellular level.

Mineralize: Every sachet of X20 contains calcium, magnesium, and over 70 naturally occurring trace minerals. These essential minerals & electrolytes become ionic in water allowing them to be absorbed quickly and easily by your body.

Revitalize: Alkalinity = good health. X20 transforms your water into a powerful alkaline beverage while creating numerous beneficial antioxidants at the same time. This helps to slow the aging process and fight against the physical stress caused by today's fast-paced lifestyles.

"You can trace every sickness, every disease and every ailment to a mineral deficiency."

- Dr. Linus Pauling
(Two-time Nobel Prize winner)



XOONA
WORLDWIDE

Xtreme X20...



**For More Information or to Order
Please contact:**

Boyd or Debra Gerber
801 849-0213 (ask for John)
<http://www.zenez.com/B/x20/index.html>
<http://www.xoomaworldwide.com/zenezx20>
* note 0 above is a zero

©2006 All rights reserved, Xooma Worldwide
150 Research Drive • Hampton, VA 23666

**TRANSFORM
YOUR WATER**

**Hydrate
Mineralize
Revitalize**

Is Your Body Running on Empty? *Did you know?*

Hydration:	Electrolytes:	pH Balance:
Dehydration is a primary reason for daytime fatigue and can slow down your metabolism as much as 3%.	Exercise and prolonged physical activity cause you to lose vital electrolytes, which are critical for nerve impulses and muscle contractions.	Disease and illness thrive in an acidic environment but can't survive in an alkaline environment.
Just a 1% - 2% drop in body water can impair your mental focus, concentration, and physical performance.	Quickly replenishing lost electrolytes is essential for peak physical performance.	"Alkalinity" equals oxygen and oxygen equals good health.
Beverages that contain caffeine such as colas, coffee, or tea actually stimulate fluid loss and promote dehydration.	Major electrolytes (minerals) needed by your body are calcium, magnesium, sodium, potassium, and chloride, which can all be found in Xtreme X2O.	To maintain healthy pH balance, your body must have an abundant supply of ionic minerals - especially calcium.
		STRESS is one of the most significant causes of acidic conditions in your body.

WHY Drinking Water is SO Critical to Your Good Health

Your body is designed to be approx. 70% water. The most critical fluid in your body, *your blood*, is mostly water. Your muscles, skin, and vital organs all contain and need large amounts of water for optimal health. Water also transports oxygen to your cells, delivers nutrients, removes waste, and provides energy to the body.

Signs of Dehydration

Your body loses approx. 2.5 liters of water every day just through normal bodily functions. You lose water through urination, respiration, and perspiration. If you are physically active or athletic, you lose even more water. Although "thirst" is an obvious sign of dehydration, the TRUTH is your body is in need of water long before you feel thirsty. Symptoms of mild dehydration include chronic pains in joints and muscles, lower back pain, headaches, and constipation. A strong odor to your urine, along with a yellow or amber color indicates that you are not getting enough water.

"SUPERCHARGE" Your Water

Today, with the overwhelming evidence of all the known contaminants found in standard "tap water," purified and bottled water is more popular than ever. And while purified water is definitely a much healthier choice – it's still *plain* water. Why drink just *plain* water when you can "supercharge" your water? **Just one sachet of Xtreme X2O** adds vital minerals and electrolytes to your water while it helps hydrate you at the cellular level and provide a boost of alkalinity to your body. In fact, Xtreme X2O is powerful enough to transform standard tap water into a healthier, more pure form of water beverage.

(Visit our website to see how Xtreme X2O *neutralizes* the chlorine typically found in tap water)

Is Your Body ACIDIC?

Some of the symptoms associated with acidic conditions in the body include weight control problems, insomnia, water retention, arthritis, migraine headaches, constipation, colds, flu, stomach ulcers, acid reflux and even cancer. Many health experts agree that an overly acidic body greatly diminishes the effectiveness of your immune system and usually leads to disease.

Acidic conditions in the body are caused by: junk food, proteins, carbohydrates, fats, sodas, coffee, sports drinks, alcohol, environmental toxins, and stress. Considering this long list of items that can lead to acidic challenges in our body, it becomes very clear why it is so important to drink an **alkaline** beverage like Xtreme X2O every day.

"The cells of a healthy body are alkaline while the cells of a diseased body are acidic."

- Dr. Arthur Guyton
(author of "Textbook of Medical Physiology")

Measuring Acid/ Alkaline Balance:

Scientists can determine if a liquid is alkaline or acidic by simply testing the "pH" of that liquid. The pH scale range is from 0-14 with 7 being "neutral." Readings below 7 are acidic and readings above 7 are alkaline. A one-point decrease on the pH scale represents that a liquid is **10 times more acidic**. For example, a drop from 7.0 (neutral) to 2.0 (soda) means that liquid is 100,000 times more acidic to your body!

WHY pH Balance is Critical to Your Health

In order for the body to maintain optimal health, it needs to manage a very narrow pH range (slightly alkaline) - especially in the blood. In fact, the body will go to almost any length necessary to maintain your blood pH at 7.34 – 7.45 because anything outside that pH range could result in *death*.

The process of restoring pH balance in your body always includes proper diet and nutrition. This means eating alkalizing foods (vegetables, low sugar fruits, etc.) and getting proper nutritional supplementation. However, the foundation of healthy pH balance is in drinking plenty of **alkaline water**. And the **easiest way** to "supercharge" the alkalinity of your water is by adding an Xtreme X2O sachet every day!

