

# XMam

*XMam utilizes the amazing health benefits of Moringa and other natural ingredients to provide a boost of energy and appetite suppression that's fast-acting and long-lasting. Use XMam to kick-start your journey toward an active lifestyle and finally achieve your weight management goals.*

Exercise has many functions, including building and maintaining healthy bones and muscles, reducing the risk of chronic illnesses, improving mood and outlook, and increasing cognitive performance at work and school. It also optimizes long-term metabolism and metabolic rate, two components that are critical for weight loss and management.

Unfortunately, less than 20 percent of adults engage in the recommended daily amount of physical activity needed to maintain a healthy lifestyle. Many of us have a hard time making exercise a part of our lives because of busy schedules, lack of motivation, and other obstacles; even when we do exercise, we may not be getting the results we want.

Zija's XMam capsules were designed using the following natural ingredients that increase our desire to be active while improving our performance during physical activity; in essence, you can get more out of your workouts and really make them count:

## Rhodiola rosea

This plant has been shown to significantly increase exercise endurance and desire, providing the ability to build good workout habits.

## Citrus aurantium

This extract, derived from the bitter orange citrus tree, has been shown to help individuals push themselves harder while exercising, allowing them to achieve enhanced benefits during and after activity.

## Green Coffee Bean

The chlorogenic acid found naturally in green coffee beans helps regulate blood glucose levels, allowing individuals to more effectively target fat while exercising instead of utilizing stored glycogen levels in the liver.

## XMam Suggested Use

Adults take one (1) capsule, preferably before exercise, on an empty stomach. Consuming late in the day may impair sleep. Do not take more than two (2) caps per day.

## SUPPLEMENT FACTS

Serving Size: 1 Capsule  
Servings Per Container: 30

Amount Per Serving	% Daily Value
<b>Proprietary Blend</b>	495mg *
Green Coffee Bean (Coffea Arabica), Natural Caffeine, Rhodiola Rosea, Citrus Aurantium, Moringa oleifera Blend (Leaf Powder, Seed Cake, Fruit Powder), BioPerine®	
<b>Natural Caffeine</b>	130mg *
<small>Percent Daily Value is based on a 2,000 calorie diet *Daily Value not established</small>	

**INGREDIENTS:** Proprietary Blend, Silica, Stearic Acid, Gelatin Capsule.

**WARNING:** Do not consume more than 2 capsules per day. Not intended for use by persons 17 years or younger without the supervision of a health professional and parent / guardian. Not for use by persons who are pregnant or nursing, caffeine-sensitive, suffer from heart disease, high blood pressure, difficulty urinating, psychiatric condition, depression, recurrent headaches, a medical condition or are taking MAO inhibitor or ADHD drugs. Do not consume with alcohol, cold medicine / drugs containing Pseudoephedrine, Ephedrine, PPA or other caffeine-containing products. Consumption contrary to warning may cause adverse health effects. If unpleasant effects occur, discontinue use.

 GLUTEN-FREE

## XMAM PRODUCT USE GUIDE

-  CONTAINS MORINGA
-  PROVIDES ENERGY
-  AIDS IN WEIGHT MANAGEMENT
-  COMES IN CAPSULE FORM
-  TAKE DURING THE DAY

