



The PULSE!

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September is WORLD ALZHEIMER'S Month

Let's talk about one of the greatest health concerns associated with aging: **cognitive decline**. Alzheimer's disease is a complex condition, and there is no single supplement, food, or lifestyle change proven to prevent or cure it. But research continues to show that **lifestyle and nutrition play a major role when it comes to maintaining brain health**.

Regular physical activity, a nutritious diet, adequate sleep, mental stimulation, and management of cardiovascular risk factors are all important pieces of a brain-health strategy.

NIH research has found associations between healthier lifestyles and better cognitive functioning, while poor dietary habits put you at a higher risk for a multitude of diseases – including those that affect the brain, like Alzheimer's and Dementia.

And now researchers are taking a much closer look at something that may seem surprising:

Your gut. Scientists are uncovering an increasingly interesting connection between the gut microbiome and the brain. The Alzheimer's Association's ongoing POINTER-Microbiome research is examining how changes in gut microorganisms relate to brain health.

Even more recently, NIH-funded researchers found that changes in gut bacteria weakened communication between the gut and brain and were associated with poorer performance on memory tasks. That's another reason to make gut health part of your overall wellness strategy.

Xiome365™ has 25 organic superfood nutrients to provide you with prebiotic nutrition designed to nourish beneficial bacteria in your digestive system, while **Probiotix™** provides 12 highly researched strains of beneficial probiotic microorganisms to help support a healthy and balanced microbiome.

And for 'clinical level' brain nutrition for cognitive function, **RevitalMind™** is specifically formulated to provide targeted nutrients designed to support memory, focus, mental clarity, and healthy brain function. If you're over 40 years old, this formula could make a significant positive difference in your mental performance with just 1-2 capsules per day.

Don't wait until you notice the symptoms of mental decline. Take care of your brain. Take care of your gut. Take care of your body. The choices you make today can help support the healthy, active future you want to enjoy tomorrow.



Scan QR code to learn more
Beyond the brain:
The gut microbiome and
Alzheimer's disease

*The statements in this publication have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease.

Healthy Aging: Add Life to Your Years



September is Healthy Aging Month

Getting older is inevitable. **How we age is influenced by the choices we make along the way.**

Healthy aging isn't simply about avoiding disease. It's about maintaining the energy, strength, mobility, mental sharpness, and independence that allow us to continue enjoying the people and activities we love. The good news is that it's never too late to make positive changes. Regular physical activity, nutritious & wholesome food, quality sleep, social connection, and hydration all contribute to healthier aging.

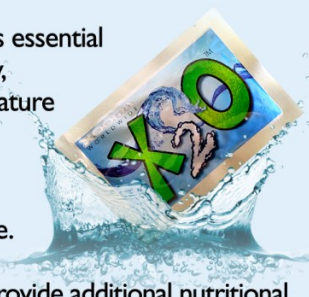
And don't underestimate the importance of giving your body the nutritional building blocks it needs. As we get older, maintaining adequate intake of essential vitamins, minerals, and other key nutrients becomes increasingly important.

That's why **LifeSource™** makes such a valuable foundation for your daily wellness program.

Its comprehensive multivitamin/multimineral formula provides a broad spectrum of essential nutrients to help support energy production, immune function, metabolism, bone health, and overall vitality. Plus, with the addition of an organic fruits, veggies, & greens blend, along with 7 organic mushroom extracts and a clinically researched polyphenol blend, this could be the most important daily anti-aging supplement you put in your body.



And don't forget **hydration!** Water is essential for virtually every function in the body, including circulation, digestion, temperature regulation, and physical and mental performance. Sadly, most people are chronically dehydrated because our signal for 'thirst' gets weaker as we age. **X2O™** adds vital electrolytes and trace minerals to your daily water to provide additional nutritional support for wellness and improved cellular hydration.



Want to look and feel younger? Healthy aging isn't about trying to turn back the clock. It's about making sure your body has the **nutrition, hydration, movement, and daily support it needs to keep moving forward.** Are LifeSource and X2O part of your daily routine? If not, place an order this month and discover the difference they can make for you.



BIG SAVINGS on FocusUP individual packs

Need more energy, mental clarity and concentration to get through your busy day? How many other people do you know who want the same thing?

FocusUP™ is Xooma's #2 selling product for a reason. It's designed to improve **focus, concentration, memory, mood and mental performance** while providing long-lasting energy without the sugar and unwanted crash associated with many conventional energy drinks and shots. Put simply, IT WORKS! And this month we're making it easier and more affordable than ever to have FocusUP with you wherever you go – *literally*.

An order of our convenient **3-capsule individual serving packs** comes with a total of 12 servings—or **36 capsules**—in a portable package that's perfect for travel, work, the gym, school, or keeping in your purse, briefcase or car. Even better, they're an easy and affordable way to **share FocusUP with someone new**. Give a friend, coworker or family member a serving and let them experience it for themselves! *Or sell these packs to others and make a nice profit.* Your choice.

Retail Price: \$39.99 (36 capsules)
September Member Special:
JUST \$14.99! That's OVER 62% OFF!
Only \$1.25 per serving.
Limit 3 (12-packs) per Member ID.



This is simply too good to pass up. So, take advantage of this special savings opportunity by placing your order today.

HOW TO CHOOSE WHAT'S RIGHT FOR YOU

DELIVERING REAL
WORLD VALUE

AND MEANINGFUL
RESULTS

LISTEN NOW

THEY pay you once. WE pay you every month!

Think about how many companies already reward you for referring a friend. **Your credit card company** might give you points or a one-time statement credit. **Your bank** might give you a cash bonus for referring someone. Your favorite **shopping app** might give you a coupon or account credit. And your **phone company or streaming TV provider** might give you a one-time bill reduction.



The message is always the same: *"Thanks for sending us a new customer!"*

But what if that referral reward didn't stop after the first transaction? That's where Xooma gets interesting.

With Xooma's **Rapid Rewards Plan**, you can earn ongoing rewards when the people you personally sponsor continue to meet the program's monthly requirements. **The plan is incredibly simple:**

You + 4 people = \$100+



You purchase or sell at least \$100 of Xooma products each month.



Help just **4 other people** do the same.



When those four people meet the monthly qualification, you can earn **at least \$100 in monthly rewards**. *Not once. Not just for their first order. Nope...* Xooma's plan is designed to send you this reward you **every month**. In essence, that makes your monthly personal product order (of \$100) FREE.

What happens when your 4 teach their 4? Your original 4 Team Members each help 4 more people get started. Suddenly, a small group of **20 people** is participating – each making that small monthly commitment to improve and protect their health. And based on Xooma's Prosperity Plan examples, that level can generate approximately **\$450–\$500 per month**.*



When those 4 people each refer 4 others and duplicate the same simple process, your monthly income can grow to \$500 per month or more.

Think about that. You didn't need to find 100 customers. You didn't need to become a professional salesperson. You started with **4 people**. Then you helped those 4 people do exactly what you did. And that's why the real opportunity isn't simply referring people.

It's **teaching people to duplicate a simple process**.

The next time your credit card company sends you an email saying, "Refer a friend and get 10,000 points!", ask yourself: **"What if I could build a referral income that didn't end with one referral?"** That's the excitement behind Xooma's Rapid Rewards opportunity. Just 4 people can be the start of a significant increase in your monthly income. So... who are YOUR 4?

*Results may vary. See Xooma's official Prosperity Plan Overview for details.