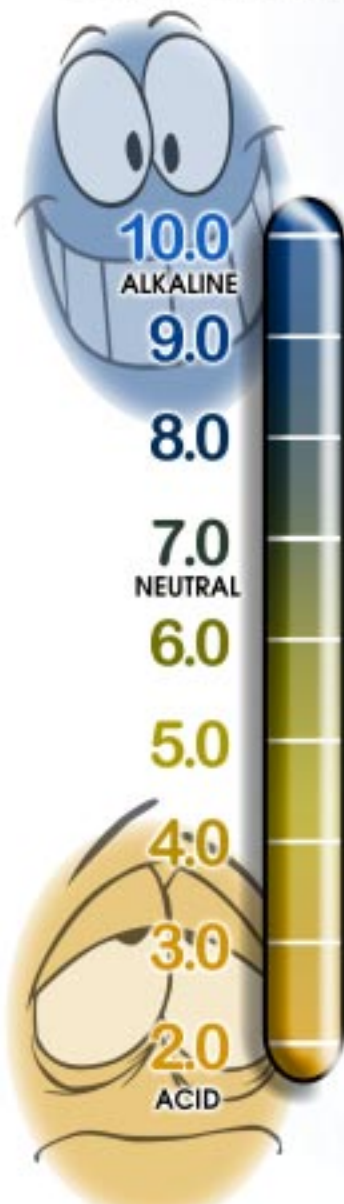


Understanding Your Body's pH Level could

Save Your Life!



- Xtreme X20 (9.9)
- Distilled Water (7.0)
- Beer (4.5)
- Coffee (4.0)
- Orange Juice (3.7)
- Apple Juice (3.4)
- Red Bull® (3.3)
- Gatorade® (2.9)
- Lipton® Iced Tea (2.8)
- Cranberry Juice (2.6)
- Powerade® (2.6)
- Soda (2.0)

Here's the TRUTH about Popular Beverages Consumed Every Day!

Three Reasons Why Every BODY Needs X20

Hydration: Did you know?

- Dehydration is a primary reason for daytime fatigue and can slow down your metabolism as much as 3%.
- Just a 1% - 2% drop in body water can impair your mental focus, concentration, and physical performance.
- Beverages that contain caffeine such as colas, coffee, or tea actually stimulate fluid loss and promote dehydration.

Electrolytes: Did you know?

- Exercise and prolonged physical activity cause you to lose vital electrolytes, which are critical for nerve impulses and muscle contractions.
- Quickly replenishing lost electrolytes is essential for peak physical performance.
- Major electrolytes (minerals) needed by your body are calcium, magnesium, sodium, potassium, and chloride, which can all be found in Xtreme X20

pH Balance: Did you know?

- Disease and illness thrive in an acidic environment but can't survive in an alkaline environment.
- "Alkalinity" equals oxygen and oxygen equals good health.
- A one-point drop on the pH scale means "10 times more acidity." That means drinking a beverage with a pH reading of "2" is 100,000 times more acidic than a beverage with a pH reading of "7" (such as water).

STAY *Your Health is at* **STAKE!**

**Before you drink another cola or soda,
read the following article, it may
Save Your Life!**

Scientists have found that healthy people have body fluids that are slightly alkaline, 7.1 to 7.5 pH. Scientists and doctors have also found that over 150 degenerative disease are linked to acidity, including cancer, diabetes, arthritis, heart disease, gall and kidney stones, and many more. All diseases thrive in an acidic, oxygen poor environment.

Keep in mind that a drop in every point on the pH scale is 10 times more acid (i.e. from 7 to 6 is 10 times, from 7 to 5 is 100 times etc..) From 7 to 2 is 100,000 times more acidic! And sodas are in the acidic range of 2 pH.

Almost everything we do, including our life styles and our diets, push us into the acidic range: proteins, carbohydrates and fats are all digested down to acids. Even metabolic functions and exercise create some acids (Lactic acid). Body fluids then range between 4.5 and 7.5 pH (your blood must maintain an alkaline range of 7.35 to 7.45 pH).

Will Cola & Sodas Kill?

Over the long term the effects of sodas are devastating to the body. Acidity, sugars and artificial sweeteners can shorten your life. In fact, it takes 32 glasses of alkaline water at a pH of 9 to neutralize the acid from one 12 oz. cola or soda. When you drink sodas, the body will use up reserves of its own stored alkaline buffers, which are mainly calcium from the bones and DNA to raise the body's alkalinity levels, especially to maintain proper blood alkaline pH levels. Acidic blood levels can cause death!

Most degenerative diseases we call "Old-Age Diseases": like memory loss, osteoporosis, arthritis, diabetes, hypertension and many more are actually life style diseases caused by acidosis, the lack of nutrients (minerals and vitamins), poor diet, and improper digestion.

Xooma's Xtreme X2O transforms your water into a powerful alkaline beverage, which in turn assists the body in developing and maintaining a proper pH balance. An acidic environment in the body almost invites illness and poor health. However, a properly balanced alkaline body promotes health by eliminating toxins, bad bacteria and helping with the assimilation of vitamins, minerals and other nutrients.

**Is Your Body Being
Pushed To The
Xtreme?**



**Take This
Simple Test**

pH Saliva Test Color Guide

