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The PULSE!

150 Research Drive, Hampton, VA 23666 1-888-865-6687 www.xooma.com cs@xooma.com



DON'T IGNORE THAT GUT FEELING

Our gut is one of the most important aspects of our health. If our gut is generally healthy, so are we. If our gut is not healthy, then neither are we. It really is that simple.

It's where over 70% of our immune system is. It's more connected to our nerves and brain than any other part of our body, affecting our mental clarity and alertness, and our mood. It affects our hormones. It can cause or prevent cravings for sugar and junk food.

It helps us to burn body fat *or prevents it*. It helps us to build lean muscle *or prevents it*.

It's our first and best defense against harmful bacteria, viruses, fungi, parasites and toxins coming in through food and water. It affects our skin health. It helps us to relax and get deep refreshing sleep *or prevents it*. It affects our energy levels, helping to raise them or keep them low. It also affects our cardiovascular system.

An unhealthy gut can even cause our immune system to mistakenly target our own cells and attack them. In fact, the health of our gut could be used as a measuring stick for our longevity.



If we want the healthiest body we can have, with high energy levels, an easy time maintaining our shape & size, healthier skin, a calmer mood, hormonal balance, lean muscle, and good sleep — then we need to make our 'gut health' a top priority.



THE 4 GUT HEALTH ESSENTIALS

X2O Proper daily hydration and trace minerals supports digestion, absorption and cellular function.



ASSIMILATOR Just one capsule with each meal helps you get more nutrients and better digestion- even from less-than-perfect foods.



XIOME365 Delicious prebiotic beverage powder with 25 organic nutrients to feed the good bacteria in your gut.



PROBIOTIX 12-strain, 30 billion CFU formula to help maintain a healthy balance of gut friendly probiotics.



PROTECT YOUR BRAIN – PROTECT YOUR FUTURE

Today, more than 6 million Americans are living with Alzheimer's — and that number is expected to rise dramatically in the years ahead. What makes this especially alarming is that cognitive decline often begins silently, years before noticeable symptoms appear. Memory loss, poor focus, mental fatigue, and brain fog are not simply "normal aging" — they can be warning signs that the brain is under stress.

The good news? Research continues to show that lifestyle and nutrition choices can play a major role in supporting long-term brain health and helping reduce the risk of mental decline.

June is Alzheimer's & Brain Awareness Month

Take care of your brain today – it's the command center of your future!

Together, these products help provide the nutritional support your brain needs to stay sharper, more focused, and more resilient as you age.

FOCUS UP: Clean energy and proven nootropics to improve focus, memory, mood, and mental clarity (*without the crash*)

REVITALMIND: Clinical-level brain nutrition to support memory, concentration, mental sharpness, and healthy brain aging.

OMEGA 3/75: Ultra-pure, wild-caught omega-3s that support brain cell structure, circulation, and healthy inflammatory balance.



Men are far less likely than women to regularly visit a doctor or address health concerns early — which is one reason why preventable health problems continue to affect millions of men every year.

Low energy, stubborn weight gain, poor focus, reduced stamina, hormone imbalance, and prostate issues are increasingly common as men age. But many of these challenges are connected to **one key issue**: declining hormonal and metabolic health.

One of the biggest concerns for aging men is a gradual decline in **testosterone production**. Testosterone plays a critical role in energy & motivation, muscle maintenance, mental focus, metabolism, strength & endurance, and healthy aging.

Testosterone production relies on key micronutrients and macronutrients that support Leydig cells in the testes and hormone regulation. The most important ones include:

- **Vitamin D** (critical for testosterone synthesis)
- **Zinc** (direct catalyst for testosterone production)
- **Magnesium** (plays a vital role in hormone synthesis)
- **Healthy fats** (help create steroid hormones like testosterone)

BUILDING BLOCKS FOR MEN'S HEALTH

In addition to a healthy diet, men can also find these critical nutrients in 2 powerful Xooma products – **LifeSource™** and **Omega 3/75™**. Adding these 2 popular supplements to your daily routine can help provide the building blocks for healthy testosterone levels in men as they age.



Estrogen dominance can cause fatigue, weight gain, mood changes and more. **Life's Harmony™** is a progesterone cream can help support a healthier hormonal balance for MEN, too.



As men age, prostate enlargement and rising PSA levels become increasingly common. **Ellagic Acid™** has helped many men report positive improvements in **prostate health** and reductions in PSA levels.

Can it really be THIS simple?

(Spoiler Alert: YES!)



What if improving your health could also help improve your finances? At Xooma, we've created one of the simplest and most rewarding ways to earn extra income by sharing products people already want and use every day. Here's how easy it can be:



Step 1: Personally use or sell just **\$100 per month** in Xooma products.



Step 2: Personally refer just **4 other people** who also use or sell \$100 per month in products.

That's it.

When you do, Xooma pays you at least **\$100 per month** through our Prosperity Plan — enough to potentially cover the cost of your own monthly products.

And here's the exciting part...This is **not a one-time bonus**.

As long as those product purchases continue month after month, the commissions continue month after month too. Even better, 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***.

No inventory. No complicated sales system. Just sharing products that help people feel better and live healthier lives. Think about it — almost everyone knows at least 4 people who:

- ☒ Want more energy
- ☒ Want better health
- ☒ Want to lose weight
- ☒ Or could use extra income

Sometimes the biggest opportunities really are the simplest ones. (Maybe that's why Xooma has just entered its 22nd year in business). Not only do our products deliver real results, but the opportunity to earn financial rewards here is just as REAL.



Scan QR code to view Xooma's Prosperity Plan

*Income Disclaimer: As with any business, your results may vary and will be based on your individual efforts to build and grow a Xooma business.

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.