

XM+ FAQ

What is XM+?

XM+® is a drink mix that combines the abundant nutrition of moringa (*Moringa oleifera*) with naturally sourced caffeine and botanical ingredients to deliver energy that is fast-acting and long-lasting in a convenient single-serving packet.*

What are the key ingredients in XM+?

Moringa is blended with naturally sourced caffeine, green tea, American ginseng, and other botanical ingredients, helping to boost metabolism and increase metabolic energy.*

How is XM+ sweetened?

XM+ is naturally sweetened with a blend of pure cane sugar and stevia extract, providing 4 grams of added sugar per serving. It has a light, fruity taste with natural mango and pineapple flavors.

What is the best way to use XM+?

Start your day with XM+, or reach for a packet anytime you need a boost of energy.*

Add one packet of XM+ to 8 fluid ounces of cold water, and blend or shake well. Adjust the amount of water to taste.

We recommend limiting consumption of XM+ to two servings per day.

How much caffeine is in XM+?

One serving of XM+ provides 155 milligrams of naturally sourced caffeine. For comparison, a typical 12-ounce mug of coffee contains about 150 milligrams of caffeine.

How much caffeine is considered a moderate amount?

When used responsibly and in moderate amounts, caffeine is a safe and natural way to increase wakefulness, alleviate fatigue, and improve concentration and focus. However, like most things, caffeine can become a concern when used in excessive amounts.

For healthy adults, the U.S. Dietary Guidelines Advisory Committee suggests that consuming up to 400 milligrams of caffeine a day can be part of a healthy diet (1). This is the amount of caffeine that is present in about four to five cups of coffee.

Keep in mind that some individuals are more sensitive to caffeine than others and might feel unwanted effects after as little as one cup of coffee. For most people, the effects of caffeine in the body last for around three to five hours, so it's a good idea to limit caffeine in the late afternoon and evening to ensure you can enjoy a restful night's sleep.

Can I drink XM+ on a Cleanse Day?

Yes! XM+ can be added to any Cleanse Day with a value of 2 Cleanse Credits per serving when using the Cleanse Day Tracker.

Who can use XM+?

XM+ is recommended for adults ages 18 and older. As a general guideline, pregnant or nursing women should consult with a healthcare provider regarding dietary supplement use.

XM+ contains plant-based ingredients that are gluten-free, kosher, and suitable for vegetarian and vegan diets.

References

Dietary Guidelines Advisory Committee. Scientific Report of the 2015 Dietary Guidelines Advisory Committee. Washington (DC): USDA and US Department of Health and Human Services (2015).



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.