xyngular®

feel better

The Xyngular Energy Kit is designed to increase your energy levels, enhance your physical activity, speed your recovery, boost your mood, and aid in relaxation. Through the unique combination of products, dietary choices, activity suggestions, and support, the Xyngular Energy Kit helps you drastically improve the way you feel in your daily life.*

*Always consult a physician before starting any diet or exercise program. Individual results from using Xyngular products may vary depending on diet and exercise. Product results may not reflect the results of all consumers of Xyngular products. Xyngular products are not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the Food and Drug Administration.

A More Energized You Today!

Have you struggled with low energy levels? Do you feel stressed and anxious? You are not alone. Millions of people worldwide feel exactly the same way. Xyngular has the answer, and with the Xyngular Energy Kit you can begin to feel better today!

The Xyngular Energy Kit was developed to restore healthy energy levels through the unique combination of Xyngular's amazing products.

What you can expect with the Xyngular Energy Kit:

SHORT TERM	LONG TERM
Increased Energy*	Improved Natural Energy Levels*
Improved Mood*	Improved Sleep*
Decreases in stress and anxiety levels*	Improved Mental Health*
Improved Physical and Mental Performance*	With more energy, get more done*
Improved Hydration*	Feel Better!*

Feel Better

More Energy • Enhanced Mood • More Active

Xyngular Energy Kit

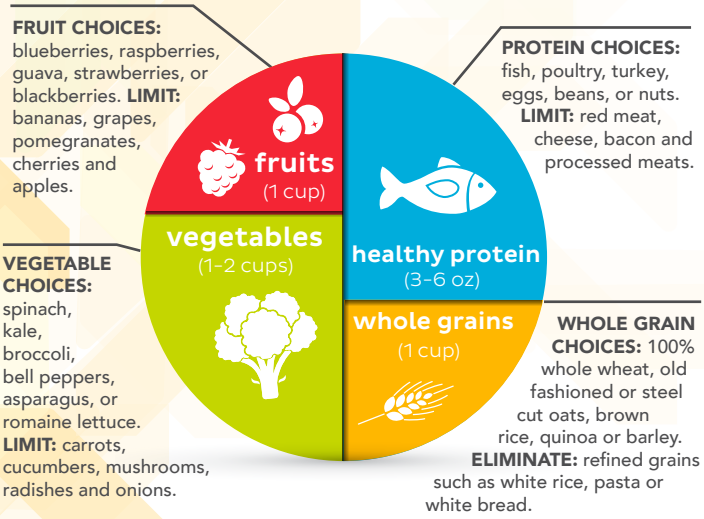
Xyng	1-2 capsules	=	Energy	Mood
Spryng	1 scoop	=	Activity	Recovery
Xypstix	1 scoop	=	Anti-oxidant	Recovery
Xr2	1-2 tablets	=	Suppress Stress	Supports Calming

#xyngularenergy

energy

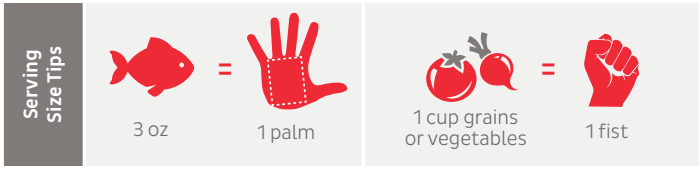
Food

Xyngular Healthy Plate



Use healthy oils (olive, coconut, canola) for cooking and on salads.

Drink water, tea, coffee, Spryng, or Xypstix. Limit dairy, juice, soda, and sports drinks.



Following the Xyngular Healthy Plate will help you maintain your health no matter which Xyngular products or kits you choose to use!

Exercise

Exercise is an immediate and powerful way to boost your energy levels. Exercise elevates endorphins and improves sleep quality, giving you more energy throughout the day. Here are 3 quick ways to recharge your energy levels with exercise!

1. Play a sport for 15-20 minutes.
2. Jump rope for 15 minutes.
3. Climb Stairs for 15 minutes.

Support

The Xyngular Way of Health means you never have to do it alone. As a member of the Xyngular family you will have support every step of the way. From Member teams, to the corporate office, personal support is never far.

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