

XALO® Ageless FAQ

What is XALO Ageless?

XALO Ageless is a premier anti-aging product based on the wholesome benefits of mangosteen, shilajit and low-molecular lychee polyphenols. Using a holistic approach to address aging at the cellular level, XALO Ageless optimizes cellular energy to rejuvenate your body and reduce the signs of aging.*

What are the key ingredients in XALO Ageless?

XALO Ageless contains unique blends of mangosteen, L-Leucine, low-molecular-weight lychee polyphenols, shilajit, GABA, tribulus terrestris, grape seed and grape-skin extracts, and aloe vera.

When do I take XALO Ageless?

Growth and recovery happens during sleep. For best results, XALO Ageless should be taken 1-2 hours before bedtime.

Can I take XALO Ageless with XANGO® Juice?

Absolutely! XALO Ageless was formulated to complement and synergistically work with XANGO Juice. XANGO Juice provides potent antioxidant support to combat the free radicals that are created during the recovery and repair that your body undergoes daily.*

Can children take XALO Ageless?

No. XALO Ageless is formulated and recommended for adults (18+) only.

Can I take XALO Ageless if I am pregnant or a nursing mother?

No. Although the ingredients in XALO Ageless are safe, it is not intended for use during pregnancy or by nursing mothers.

Are there any stimulants in XALO Ageless?

No. XALO Ageless is stimulant-free.

What are some of the benefits of using XALO Ageless?

XALO Ageless promotes healthy aging by improving your quality of life as you age. XALO Ageless works at the cellular level, improving energy production, rejuvenating your tissues and reducing the signs of aging.*

Why is conserving lean muscle mass important as you age?

After the age of 30, you start to lose lean muscle mass at a rate of 1–2% per year, a progressive condition known as sarcopenia (age-related muscle loss). Loss of muscle mass and strength results in a decline in functional capacity. Aging populations show a blunted response of muscle protein synthesis to food intake, which means they cannot absorb sufficient L-Leucine from common protein sources like meat, dairy and nuts.

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

Why is L-Leucine important for aging process?

L-Leucine is an essential branched-chain amino acid (eBCAA) that is utilized extensively within the muscles. Amino acids are the building blocks of proteins, which are crucial to muscle synthesis. L-Leucine is the rate controlling amino acid for repair of muscles after exercise. Supplementing with L-Leucine improves muscle protein synthesis in aging muscles.

What is cellular aging?

Cellular aging occurs when free radicals damage mitochondrial DNA. This causes mitochondrial dysfunction with lowered ATP production, cellular energy depletion and cellular expiration.

What are mitochondria?

Mitochondria are the powerhouses of all cells. They produce roughly 90% of the cell's energy needs, in the form of adenosine triphosphate (ATP). Mitochondria are present in every cell in our bodies.

Why is Shilajit important?

Shilajit has been used for 3,000 years in Ayurvedic practice, because of its numerous health benefits. It is most commonly known as a rejuvenator and an adaptogen. Shilajit has significant benefits at the mitochondrial level in reducing mitochondrial oxidative stress and improving mitochondrial function.

What does low-molecular-weight lychee polyphenol do?

Low-molecular-weight lychee polyphenol is a unique ingredient with multiple benefits. Not only is it a strong antioxidant, it also improves circulation, thus supporting cardiovascular health. Moreover, lychee polyphenol enhances energy production and aids in weight management by reducing visceral fat. Low-molecular weight means that this can be absorbed more easily by the body.*

Why is GABA in the product?

GABA is a non-essential amino acid, which regulates and stabilizes neuron-firing in the brain. A neuron is an electrically excitable cell that chemically transmits information up and down the spinal cord and throughout the body. As you age, the amount of GABA that fires in your brain is reduced. Studies have shown that supplementation of GABA calms and soothes your mind, helping your mind relax—improving cognitive health and focus.*

Why are grape seed and grape skin extract added to XALO Ageless?

There is strong evidence that grape-seed and grape-skin extracts are beneficial for cardiovascular health.* Moreover, grape-seed and grape-skin extracts are potent antioxidants.

Why is mangosteen added to the formula?

Mangosteen provides potent antioxidants to combat free radicals produced during the recovery and repair period in your body. Mangosteen supports digestive function, supports the immune system, maintains intestinal health, fights minor muscle pain after exercise, neutralizes free radicals and supports cartilage and joint function.*

Why is aloe vera extract added to the formula?

Aloe vera extract has been used for centuries. It has been shown to improve digestive health and support healthy digestive function.*

What can I expect when taking XALO Ageless?

Within the first few hours, you may notice a warmth throughout your body and improved focus. In 4–6 weeks, you'll notice improved muscle tone, improved cognitive function, improved immune health and sustained energy. Within 2–3 months, you'll notice an improvement on your skin and appearance. Additionally, you'll notice improvements in endurance and weight management.*

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Is XALO Ageless gluten-free?

Yes. XALO Ageless is gluten-free.

Do I need to take XALO Ageless with food?

No. You do not need to take XALO Ageless with food.

Where can I learn more about XALO Ageless?

You can learn more about XALO Ageless by visiting [xango.com/XALO Ageless](https://xango.com/XALO-Ageless)

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