



## XS™ Energy + Focus



### 60 tablets (Full-sized bottle)

Item #: 101593

Formerly Nutrilite® Rhodiola, XS™ Energy + Focus is now part of XS™ Sports Nutrition, the line of products for people who are active and adventurous. XS™ Energy + Focus helps maximize physical endurance and mental focus during exercise.\* It also supports the body's stress response to shorten recovery.\*

\*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.

### SUMMARY

#### Description

XS™ Energy + Focus gives you increased energy from a natural source to support mental and physical performance during exercise.\* Its primary ingredient, arctic herb rhodiola rosea, has been studied for its ability to enhance performance and reduce stress.

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#### Benefits

- Helps maximize physical endurance and mental focus during exercise.\* Get quick energy during workouts or whenever you need a fast, effective stamina boost.
- Promote a more vigorous workout. XS™ Energy + Focus has natural caffeine from green tea extract. Combined with rhodiola rosea, it can help promote more vigorous workouts.
- Supports the body's stress response to shorten recovery.\* Research suggests rhodiola rosea helps decrease recovery time by improving your body's stress response system.

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#### Advisories

Children under 12 years of age, pregnant women or nursing mothers, or anyone with a medical condition should consult with a physician before using this product.

## Frequently Asked Questions

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### **How is this product different from Nutrilite® Rhodiola I used to take?**

The formula is exactly the same. It made sense to place this product in the XS™ Sports Nutrition category so we simply rebranded the product and gave the product a new name.

### **Does this product contain caffeine?**

Yes. This product contains 75 mg of caffeine per tablet, which is about the amount found in a cup of coffee. A daily dose of two tablets provides 150 mg of caffeine.

### **Where is the caffeine in XS™ Energy + Focus obtained?**

The caffeine in XS™ Energy + Focus is obtained from green tea extract.

### **What potential beneficial effects does caffeine have in the body?**

Caffeine helps maximize both physical endurance and mental focus.

### **Why was 150 mg/day (provided by two tablets) of caffeine chosen for this product?**

The level of caffeine in this product was chosen to promote physical and mental focus during workouts without the side effects that are associated with consuming higher levels of caffeine.

### **Which, if any, of the ingredients in XS™ Energy + Focus are grown or produced at Nutrilite organic farms?**

The Acerola Concentrate is produced from acerola cherries grown on the Nutrilite farm in Brazil. The Spinach Dehydrate is grown and processed at the Nutrilite Rancho El Petacal farm in Jalisco, Mexico. None of the other primary ingredients are grown or produced at Nutrilite farms at this time.

### **Why were the Acerola Concentrate and Spinach Dehydrate chosen for this product?**

The Nutrilite® Acerola Concentrate and Spinach Dehydrate were chosen because they provide unique plant materials and additional phytonutrients. The Acerola Concentrate is a source of the antioxidant vitamin C. Spinach is a source of glutathione, which acts as an antioxidant in our bodies.

### **Where did rhodiola originate and where is it currently obtained?**

Rhodiola rosea is an herb found in the arctic mountains of Europe and Asia.

### **What potential beneficial effects does rhodiola have in the body?**

Rhodiola rosea has been used for hundreds of years to promote both physical and mental stamina. More recently, Russian studies have shown that rhodiola rosea enhances performance and helps improve the body's stress response system.

### **What part(s) of the plant are used?**

The rhodiola rosea extract in this product is derived from the root of the plant.

### **Is this a standardized extract? If so, what marker compound is used to guide standardization?**

The rhodiola rosea extract used in this formula is standardized to contain a consistent level of rosavins.

### **What are the key compounds in rhodiola?**

Rosavin, rosin, rosarin, salidroside, and tyrosol are thought to be the primary compounds in rhodiola rosea.

### **Why was 200 mg/day (provided by two tablets) of rhodiola chosen for this product?**

This level was chosen because it is the same level used in published clinical studies demonstrating a positive effect of rhodiola rosea on human performance.

### **What is the acidity (pH) level of this product?**

The pH of this product is 4.4, considered slightly acidic though still less acidic than the stomach.

### **What is the shelf life of this product? Do the ingredient amounts stated on the label remain stable during this time period?**

The shelf life of this product is 18 months. The amounts of the ingredients stated on the label will remain stable during this time period if stored in a dry area away from extreme heat.

### **What is the purpose of combining these ingredients together?**

Rhodiola rosea and natural caffeine from green tea extract are combined together in this supplement to help promote more vigorous workouts.

### **What is the rationale/potential benefit for using this supplement as recommended?**

XS™ Energy + Focus is designed to help maximize both physical and mental performance during exercise. It can help provide the endurance and stamina you need to power your way through intense workouts – or hectic days.

**How can I tell if this product is working for me?**

Based on a review of the scientific literature to date, a positive effect on exercise performance is anticipated within one hour of consuming the workout supplement.

**Is this product recommended for children? If so, what is the recommended serving?**

It is not recommended for children under 12 years of age without consultation with their physician.

**Is this product recommended for pregnant/nursing women?**

Consumption is not recommended by pregnant/nursing women without consulting with their physician.

**Are there any other physical states/conditions for which use of this product is contraindicated?**

Consumption of this product is not recommended for anyone with generalized anxiety disorder and/or sensitivity to caffeine.

**Are there any interactions between this product and certain medications?**

Certain medications used for colds/flu, pain, allergy/asthma, weight loss, depression, attention deficit hyperactivity disorder (ADHD), as well as medications containing amphetamines may interact with the caffeine in this product. Using caffeine with these medications may increase their effect on the central nervous system and could result in irritability/nervousness, trouble sleeping, heart arrhythmia, and/or seizure. Please consult with a physician for further advice.

**Are there any known foods/compounds that may inhibit or potentiate the absorption/utilization of this product?**

It is recommended that dietary sources of caffeine be limited on days when caffeine supplements are consumed. It is also recommended that iron supplements not be consumed at the same time as supplements containing caffeine.

**What are the possible side effects of taking this supplement?**

While the level of caffeine supplied by XS™ Energy + Focus is not associated with any significant adverse effects, consumption of this supplement may result in irritability/nervousness, gastrointestinal discomfort, and/or trouble sleeping in those who are sensitive to caffeine.

**When should this product be taken? With meals? On an empty stomach? Can this product be taken with other dietary supplements? How many tablets are recommended to be taken at one time?**

It is recommended that 1–2 tablets of XS™ Energy + Focus be consumed 15–30 minutes before physical activity. It is also recommended that this supplement be taken with food.

**Does this product contain yeast? If so, why? What is the source?**

No. This product does not contain yeast.

**What simple sugars does this product contain? Why are they added?**

This product contains dextrose. Dextrose adds bulk to the tablet and assists in the disintegration upon ingestion.

**What complex carbohydrate does this product contain? Why are they added?**

This product contains microcrystalline cellulose and hydroxypropyl methylcellulose. Cellulose is the pulp from fibrous plant materials and is used to increase the bulk of the tablet. The total amount of complex carbohydrate in this product is very small\* and nutritionally insignificant. \*Each tablet contains 500 mg of complex carbohydrate.

**Does this product contain lactose or other milk derivatives?**

No. This product does not contain lactose or other milk derivatives.

**Does this product contain corn derivatives?**

Yes. This product contains dextrose and cornstarch. Dextrose is used to increase the bulk of the tablet and assist in disintegration after ingestion. Cornstarch is used as a processing aid.

**Does this product contain any animal ingredients? If yes, what are they?**

No. This product does not contain any animal ingredients.

## More Information

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**Use Instructions:** Take 1 or 2 tablets before physical activity. Do not exceed 2 tablets per day.



# ENERGIZE

**XS™ ENERGY + FOCUS  
DIETARY SUPPLEMENT**

**BOOSTS ENERGY**



**Bottle 10-1593**

**Blister Pack 10-7846**

**Botella 10-1593**

**Paquete Tipo Blister 10-7846**

### Supplement Facts

Serving Size 1 Tablet

|   | Amount Per Tablet | % Daily Value* |
|---|-------------------|----------------|
| Vitamin C (from ascorbic acid and Acerola Concentrate)        | 30mg              | 50%            |
| Rhodiola rosea (root)   | 100mg             | †              |
| Caffeine (from Green Tea Extract) (leaves)                    | 75mg              | †              |
| Spinach dehydrate (leaves)                                    | 50mg              | †              |
| Acerola Concentrate Proprietary Blend                         | 50mg              | †              |
| Acerola Cherry Extract (fruit), maltodextrin, silicon dioxide |                   |                |

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** DEXTROSE, MICROCRYSTALLINE CELLULOSE, CROSPROVIDONE, MALTODEXTRIN, SILICON DIOXIDE, HYDROXYPROPYL METHYLCELLULOSE, STEARIC ACID, GLYCERIN, MAGNESIUM STEARATE, CARNAUBA WAX.

**SUGGESTED USE:** Take 1 or 2 tablets before physical activity. Do not exceed 2 tablets per day.

**WARNING:** Children under 12 years of age, pregnant women or nursing mothers, or anyone with a medical condition should consult with a physician before using this product. **KEEP OUT OF REACH OF CHILDREN.** Keep bottle tightly closed. Store in a cool, dry place.

