



PRECIS™-Targeted Nutrition

Wellness Tailored Just for You!

Precis™ fine-tunes your individual wellness. By complementing the core nutrition of XANGO 3SIXTY5® with Active Defense Complex™, the Precis product lineup supplies exactly what your body needs in the proper amounts to address individual health challenges. It's a nutritional solution that's simple, direct and smart, giving you a unique approach to whole-body wellness.

It's time to take a more Precis approach. Precis is a series of specialized supplements designed to address your individual health concerns. We all have unique bodies with different genetics and health needs, so getting exactly what your body needs in the proper amounts is difficult in a mass-market world that overcharges for quantities of nutrients your body can never absorb. Precis was developed to deliver the perfect amount of each nutrient in a way that allows your body to actually use it. Precis adopts our philosophy here at XANGO, that nutrition should be *simple, direct and smart*.

How Precis Works

Unlike catch-all supplements that supply the same nutrients to everyone, Precis' comprehensive product lineup allows you to build on the core nutrition of XANGO 3SIXTY5 and customize your nutritional intake according to your unique needs. Each product - Precis™ Men's Health, Precis™ Bone Health and Precis™ Omega 3 - is carefully formulated with clinical doses of key active ingredients so you experience real results.





Precis™ Men's Health

Nutritional support for men doesn't have to be complicated. Precis Men's Health is an essential supplement for men concerned about maintaining and protecting their prostate health. It provides a simple, straightforward approach with a supplement that delivers just the right amount of vitamins, minerals and antioxidants to support prostate function and promote a healthy urinary flow.

Keeping Your Prostate Healthy

Prostate health generally isn't in the front of men's minds, but it should be—particularly if you're a man nearing your 40s. It's during this transitional time that the prostate slowly begins to grow and, if left unchecked, this growth can lead to an enlarged prostate, urinary challenges and sexual dysfunction. In fact, it's estimated that 1 in 4 men in the United States suffer from prostate conditions that negatively affect their quality of life.

Precis Men's Health helps support a healthy prostate with focused nutrition that delivers quick and measureable results. Its active ingredients help:

- Support healthy prostate function*
- Promote healthy urinary flow*
- Promote men's health with protective antioxidant support *

Key Active Ingredients

- Saw palmetto extract
 - Supports urinary function
- Pumpkin seed
 - Promotes overall prostate health
- African pygeum
 - Supports urinary function
- Lycopene
 - Provides rich antioxidant support
 - Supports healthy prostate function
- Zinc
 - It has been shown that saw palmetto works best in combination with zinc
- Folate
 - Supports sexual function and provides cellular support

Suggested Pricing

- Precis Men's Health: \$30 for 30 day supply

Dosage

- Recommended Use: Take 2 capsules daily

**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.*



Precis™ Bone Health

Strong, resilient bones frame healthy bodies. Precis Bone Health promotes true inner strength with essential calcium and chelated minerals for superior absorption and improved bone strength. Building and maintaining peak bone density now is essential to avoiding problems later in life.

Keeping Your Bones Healthy

As you age, your bones naturally lose some of their density. This loss happens over time as our bones undergo constant remodeling — a process in which bone is slowly broken down and rebuilt with the calcium found in your body. Bone mass decreases when there is an insufficient amount of calcium and other key minerals, a condition known as osteoporosis.

Bone loss is greater in women due to a smaller amount of the hormones vital to healthy bone remodeling. Less bone mass means more brittle bones, leading to fractures and breaks. According to the National Osteoporosis Foundation, an estimated 10 million Americans over the age of 50 have Osteoporosis — most of them women.

Precis Bone Health helps:

- Rebuild mineral matrix in bones*
- Strengthen bones*
- Provide adequate calcium, which, as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis*

Key Active Ingredients

- Calcium
 - Essential in the development and maintenance of healthy bones and teeth
- Magnesium
 - Supports strong bone formation
- Boron AAC
 - Helps preserve essential stores of calcium and magnesium in the body

Suggested Pricing

- Precis Bone Health: \$30 for 30 day supply

Dosage

- Recommended Use: Take 4 tablets daily

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Precis™ Omega 3

Make every day a heart-healthy day. Precis Omega 3 delivers a well-defined solution with the right amount EPA and DHA to promote cardiovascular and cognitive health. Though these fatty acids are essential for healthy heart and brain functions, our bodies can't produce them on their own, so finding a rich source is imperative. Precis Omega 3 is sourced from cold-water fish and processed under the highest quality standards to ensure the oils are free from potential toxins.

Omega 3s and Your Health

Unfortunately, due to our modern diet, which falls short of the recommended amount of fatty fish, the majority of Americans are omega 3–deficient. Omega 3s are vital because they make up a large proportion of brain and heart tissue and play a critical role in blood lipids.

Show Your Heart Some Love

Supplement with Precis Omega 3 and fill in the gaps caused by modern dietary deficiencies. With 1,800 mgs of high-quality, natural marine lipid oils, you're on your way to heart and brain health that can only come from the right mix of essential fatty acids.

Precis Omega 3 helps:

- Support cardiovascular health by increasing HDL (“good” cholesterol)*
- Reduce serum triglycerides*
- Support brain health and cognitive function*

Key Ingredients

- DHA/EPA
 - Play an active role in cardiovascular health, brain function and development, mood and behavior. Studies show that fish oil (a combination of DHA and EPA) help lower triglycerides.

Pricing

- Precis Omega 3 \$30/30 (30 day supply)

Dosage

- Recommended Use: Take 3 gel caps daily

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