

## XanGo 3SIXTY5™ Nutrient Spotlight Vol. 4

This is the fourth in a series of eight messages which provide education about nutrients in XanGo 3SIXTY5 Whole Food Nutrition. This education will help increase your knowledge and sales of XanGo 3SIXTY5. Make sure to get your daily serving of XanGo® Juice and XanGo 3SIXTY5 to enjoy the full benefits of whole food nutrition—and look forward to additional education about XanGo 3SIXTY5 in the coming weeks!

### Nutrition Spotlight:

#### Selenium

- Selenium is a trace mineral that is essential to good health. It supports important enzymatic actions and protects cells from damage caused by free radicals. It also supports thyroid function and plays a key role in immune system health. \*

#### Copper

- Copper is a critical component for a number of essential enzymes supporting the growth, development, and maintenance of bone, connective tissue, brain, heart and many other body organs. It also stimulates energy production and immune function while supporting the body's antioxidant functions. \*

#### Manganese

- Manganese is an essential trace mineral that supports healthy bone, skin, and cartilage. It also assists glucose tolerance and helps activate superoxide dismutase (SOD), an important antioxidant enzyme.\*

#### Chromium

- Chromium is known to assist in glucose metabolism and normal body functions. Chromium has been shown in numerous studies to support energy, increase muscle mass and promote healthy weight management when combined with exercise.\*

#### Molybdenum

- Molybdenum is an essential trace mineral that functions as a cofactor for several enzymes, and also affect protein synthesis, metabolism and growth.\*

#### Boron

- Boron supports strong bones and teeth by regulating calcium, magnesium and phosphorus in the body. Boron also affects memory and brain function, and because of its involvement in so many processes in the body, boron deficiency can manifest itself in a variety of health issues.\*

#### Vanadium

- Vanadium is an essential trace mineral that supports cellular metabolism, healthy bones and teeth, reproductive health and growth. It also supports cardiovascular functions by helping the body maintain health cholesterol levels.\*

### Nutrition Spotlight

#### Essential Trace Minerals

Essential trace (or micro) minerals are the types of minerals that are necessary in minute amounts for healthy body functions, for example: boron, chromium, molybdenum, selenium, and vanadium. Although the amounts are small, these minerals have been studied to support various body functions like cardiovascular health, brain and neurological health, structural health (healthy bones and muscles), healthy growth and metabolism.\*

#### XanGo 3SIXTY5 Tools

Have you seen the XanGo 3SIXTY5 testimonial video online? Go to XanGo TV and hear personal experiences and business testimonials online!

<http://www.xango.tv/index.php?videoID=785>

[Click here](#) for volumes 1, 2, and 3 of the XanGo 3SIXTY5 Nutrient Spotlight.

#### Your XanGo Team

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

