



FREQUENTLY ASKED QUESTIONS

WHAT IS XANGO FAVAO FIBER™?

XANGO FAVAO Fiber combines insoluble and soluble fibers with prebiotics and probiotics to promote a healthy digestive system.* This product provides healthy bacteria to support your digestive flora and improve nutrient absorption. The combination of fiber helps you feel full, aiding in healthy weight loss, while maintaining cholesterol and blood-glucose levels already within normal range.*



WHAT ARE THE KEY INGREDIENTS IN XANGO FAVAO FIBER?

XANGO FAVAO Fiber contains a unique proprietary blend of psyllium husk, oat fiber, inulin, oat bran, mangosteen, lactobacillus acidophilus, lactobacillus rhamnosus, bifidobacterium bifidum, and bifidobacterium longum. This combination of ingredients works synergistically to support a healthy digestive system.*

WHY SHOULD I TAKE XANGO FAVAO FIBER?

Fiber is important in the diet because it has an influence on the digestion process, from start to finish: Fiber slows down the eating process and helps contribute to a feeling of being full, which, in turn, can help prevent overeating. Fiber makes food more satisfying, because the contents of the stomach are bulkier and stay there longer. Fiber slows digestion and absorption so that glucose (sugar) in food enters the bloodstream more slowly, which keeps blood sugar on a more even level. Fiber is broken down in the colon (the main part of the large intestine) by bacteria (a process called fermentation), and the simple organic acids produced by this breakdown helps to nourish the lining of the colon. These acids also provide fuel for the rest of the body, especially the liver, and may have an important role in metabolism. XANGO FAVAO Fiber combines insoluble, soluble, prebiotics and probiotics to aid the in entire digestion process.

HOW MUCH FIBER IS IN XANGO FAVAO FIBER?

A serving of XANGO FAVAO Fiber contains 5 g of dietary fiber, 3 g of soluble fiber and 2 g of insoluble fiber.

WHAT'S THE DIFFERENCE BETWEEN SOLUBLE AND INSOLUBLE FIBER?

Soluble fiber dissolves in water to form a gel-like consistency. It can help maintain blood-cholesterol and glucose levels already within normal ranges.* Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium. Insoluble fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit for regular bowel movements. Whole-wheat flour, wheat bran, nuts and many vegetables are good sources of insoluble fiber.

HOW MUCH FIBER SHOULD I BE CONSUMING?

The National Academy of Sciences' Institute of Medicine recommends men under 50 should consume 38 g of fiber daily, while men over 50 should consumer 30 g. Women under 50 should consume 25 g of fiber daily, while women over 50 should consume 21 g.

WHAT ARE PREBIOTICS?

Prebiotics are indigestible carbohydrates that act as food for probiotics.

HOW DO I TAKE XANGO FAVAO FIBER?

Once daily in the morning, mix 1 scoop with 6 oz. of water and add desired amount of XANGO® Juice (1-3 oz. recommended). Shake or stir well and drink immediately.

CAN I TAKE XANGO FAVAO FIBER WITH XANGO® JUICE?

Yes, XANGO FAVAO Fiber is designed to be taken in conjunction with XANGO Juice.

CAN CHILDREN TAKE XANGO FAVAO FIBER?

Yes. According to the American Academy of Pediatrics, in their Guide to Your Child's Nutrition, "a person's daily intake of fiber should equal his or her age plus 5 grams (thus, for a 7-year-old, 7 + 5 = 12 grams a day) up to a maximum of 35 grams a day." A serving of XANGO FAVAO Fiber provides 5 g of fiber (3 g soluble and 2 g insoluble).

CAN I TAKE XANGO FAVAO FIBER IF I AM PREGNANT OR NURSING?

Yes. The ingredients in XANGO FAVAO Fiber are safe to consume while pregnant or nursing. In fact, the American Pregnancy Association recommends pregnant women to consume diets high in fiber to support regular bowel movements.

HOW LONG SHOULD I TAKE XANGO FAVAO FIBER?

You can take the XANGO FAVAO Fiber on a daily basis.

ARE THERE ANY ARTIFICIAL SWEETENERS OR FLAVORS IN XANGO FAVAO FIBER?

No. The sweeteners and flavors in XANGO FAVAO Fiber are all-natural.

IS THIS PRODUCT ALL-NATURAL?

Yes, XANGO FAVAO Fiber uses all-natural ingredients.

IS THIS PRODUCT GMO-FREE?

Yes, XANGO FAVAO Fiber is GMO-free

IS THIS PRODUCT PESTICIDE-FREE?

Yes, XANGO FAVAO Fiber is pesticide-free.

DO I NEED TO TAKE WITH FOOD?

No. You do not need to take XANGO FAVAO Fiber with food.

WHERE CAN I LEARN MORE ABOUT XANGO FAVAO FIBER?

You can learn more about XANGO and other XANGO products at xango.com.

*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.