

XanGo Juice Dietary Supplement FAQ

What is XanGo Juice?

XanGo Juice is the original mangosteen dietary supplement that captures the refreshing, sweet, tangy flavor and natural color of the **mangosteen fruit**. XanGo Juice's proprietary, puree formula uses the whole mangosteen fruit, from its dark, reddish purple nutrient-dense rind to the white fleshy pulp – through which all of the mangosteen health benefits are delivered as nature intended.

What are xanthones?

While most people know about the antioxidant benefits of vitamins C and E, far fewer are aware of the incredibly potent antioxidant power of xanthones. **Xanthones** are powerful **phytonutrients**, naturally occurring nutrients found in plants, that have won high praise from numerous scientists and researchers. Major medical institutions around the world continue to study xanthones for their potential to support long-term health.

Why the name XanGo?

XanGo derives its name from two words: XAN from xanthones and GO from mangosteen.

Why hasn't a mangosteen dietary supplement been brought to market before XanGo Juice?

Many researchers around the world have wondered this same thing. The mangosteen and its xanthone-rich pericarp, or rind, have been used traditionally for thousands of years, and xanthones have been the subject of extensive positive scientific research. But until Joe Morton and the other founders of XanGo took the steps necessary to bring this fruit and its benefits to the world, no one else saw the vision. XanGo is the original, a true category creator.

Is XanGo Juice approved by the FDA?

As a dietary supplement, XanGo Juice is a food. While foods do not need FDA approval prior to introduction into the market, XanGo Juice is subject to existing food and dietary supplement laws, such as the Dietary Supplement Health and Education Act, dietary supplement good manufacturing practices, and adverse event reporting requirements. As is required by law, XanGo has established the safety and purity of all its ingredients through independent laboratory testing prior to launching XanGo Juice.

Where does the mangosteen fruit come from?

Native to Southeast Asia and the national fruit of Thailand, the mangosteen is a delicate fruit that only grows under perfect conditions. Enthusiasts of the mangosteen have attempted to grow it elsewhere, but have experienced limited success in Australia and small pockets of South America and the Caribbean.

Is the harvesting of the mangosteen fruit environmentally friendly?

Fortunately, the mangosteen has its own natural defense against pests that includes a yellow latex that it excretes to smother any predators. Because of this, no pesticides are used on the crop that XanGo cultivates for its products. Likewise, XanGo chooses not to use other chemical treatments during the harvest.

What are the ingredients in XanGo Juice?

Rich in xanthones, the mangosteen pericarp helps to provide the nutrient power found in XanGo Juice while the pulp adds incredible flavor. XanGo Juice is made from a puree of the whole fruit that includes the rind, pulp and seeds. A few additional natural fruit juices are blended, according to a proprietary formula, to round off the flavor of the mangosteen rind and create XanGo Juice's unique taste.

Is the amount of xanthones per bottle standardized?

XanGo Juice is a natural blend of the whole mangosteen fruit with no extracts. Because XanGo delivers whole fruit benefits, there are some slight variations from batch to batch due to the natural variations in the fruit.

Why does it seem that some bottles have more pericarp than others?

The pericarp, or rind, of the mangosteen is rich in natural xanthones. Even when pureed, the pericarp elements remain a solid suspended in liquid. Every bottle contains the same XanGo formula, but because settling occurs, some bottles will seem to contain more solids. Simply shake vigorously before serving.

How much mangosteen is in XanGo Juice?

The amount of mangosteen in XanGo Juice is part of our proprietary formula. However, it is the number one ingredient in XanGo Juice. The mangosteen fruit itself contains 39 known xanthones and the majority of those are in the pericarp of the fruit. At this point in time, we are the only company to use the entire mangosteen fruit, including the nutrient-rich rind known as the pericarp, in a beverage.

What is the recommended intake of XanGo Juice?

While our label says 1–3 ounces daily, studies show 1–3 ounces taken 2–3 times daily proves optimal for best benefits. However, many people choose to vary from this amount, tailoring consumption to their personal preferences.

Should I continue taking vitamins and minerals if I drink XanGo Juice regularly?

Absolutely. As part of our XanGo product offering, **XanGo 3SIXTY5™** multivitamin mineral supplement works synergistically with your daily consumption of XanGo Juice to offer complete daily nutrition.

Is it safe to take XanGo Juice with medications?

There are no known contraindications with XanGo Juice and medications. However, XanGo Juice is a dietary supplement and if you are consuming any medications or have a known medical condition it is best to consult with your health care provider or pharmacist before consuming XanGo Juice.

Is XanGo Juice safe for everyone?

Yes. XanGo Juice is made from the whole-fruit puree of the mangosteen fruit. The whole mangosteen fruit (*Garcinia mangostana*) contains nature's highest concentration of beneficial xanthones as well as high amounts of beneficial natural plant compounds called phytonutrients. Responsible for the pigmentation in botanicals, phytonutrients contain high amounts of antioxidants that support good health. XanGo Juice meets



the highest safety and manufacturing standards and has been tested to be safe for anyone ages 2 to 90 years old. Independent testing by Consumer Labs has also verified XanGo Juice as free from banned substances and suitable for all level of athletes. The amount of XanGo Juice consumed may vary for the body size of a person, and you should always check with a trusted physician before beginning any new dietary program.

How safe is the production of XanGo Juice?

We have a strategic production partnership with an ISO 9001-certified food-and-beverage-industry giant. Before you consume XanGo Juice it goes through more than 220 quality tests to ensure it meets the highest standards of cleanliness and quality in the world.

Is XanGo Juice pasteurized or heat processed?

Yes. Government regulations require either pasteurization for the safety of consumers or a warning label of possible microbial contamination in products that are not pasteurized. Extensive research reveals that these processes do not affect the xanthone content or efficacy in XanGo Juice, largely because the mangosteen is one of a select number of fruits that retains its nutritional value under heat.

Are there any preservatives in XanGo Juice?

Sodium benzoate is added to ensure the safety of XanGo. Sodium benzoate carries the GRAS (Generally Recognized As Safe) designation by the FDA. It is used as an antimicrobial agent in very small amounts, and is added as part of the world-recognized Good Manufacturing Practice (GMP) in food and beverage processing.

Is XanGo Juice organic?

XanGo Juice is not certified organic; however, mangosteen used in XanGo Juice is pesticide-free. Also, XanGo Juice is unique as it uses a puree of the whole mangosteen fruit rather than a concentrate of the "queen of fruits."

What is the shelf life of XanGo Juice?

While XanGo Juice boasts a shelf life of two years in an unopened bottle, it is always preferable to check the "Best by" date on the bottom of each bottle. Once opened, the bottle should be refrigerated and consumed within 30 days.

What kinds of sugars are used in XanGo Juice?

There are no added sugars in XanGo Juice, only naturally occurring fructose.

Does XanGo Juice contain potassium?

The fruits used in formulating XanGo Juice contain potassium as a natural component. Our analysis shows potassium levels at 210mg/100g. This is about 140mg per 2-oz. serving.

Does XanGo Juice contain MSG?

No. XanGo Juice is free of MSG.

Does XanGo Juice contain gluten?

No. XanGo Juice is naturally gluten free.

Does XanGo Juice contain vitamin K?

No. XanGo Juice does not contain vitamin K.

Does XanGo Juice contain any sulfur?

No. XanGo Juice does not contain any sulfur.

Does XanGo Juice contain any silicates?

No. XanGo Juice does not contain any silicates.

Is XanGo Juice Kosher?

No. XanGo Juice is not Kosher.

Is XanGo Juice Halal certified?

Yes. XanGo Juice is Halal Certified

Information about Bioflavonoids in XanGo Juice

What are Bioflavonoids?

Bioflavonoids, also known simply as flavonoids, are found throughout the mangosteen. Flavonoids are compounds responsible for the coloring in fruits, vegetables and herbs. They are also responsible for major health benefits and antioxidant properties. Catechins and Proanthocyanidins are two exciting bioflavonoids and happen to be found in significant amounts in the whole mangosteen fruit.

What are Catechins?

Catechins are flavonoid phytochemical compounds. Due to their potent antioxidant capabilities, catechins—often referred to as "tea flavonoids"—are being studied by scientists worldwide. In experimental models, catechins show a wide range of beneficial effects, including the maintenance of healthy cells and cardiovascular systems.

What are Proanthocyanidins?

Proanthocyanidins are antioxidant flavonoids that help in the stabilization of collagen and elastin—two critical proteins in the connective tissues that support organs, joints, blood vessels and muscle. Proanthocyanidins have been shown to support vascular health.

