

XFactor Plus

Your daily dose of health.

Give your body what it really needs to stay healthier and feel better—from head to toe.



NUTRITION

THE PROBLEM WITH YOUR CURRENT MULTIVITAMIN

We live in an age of medical breakthroughs, but it seems that we are not getting any healthier. Fast food sales have increased 2000% since 1981. Only 10% of Americans eat the daily recommendation of fruits and vegetables, and produce is not as nutritious as it should be. We are overfed and undernourished—XFactor Plus can help.^{1,2}

Over ½ of Americans take a multi every day, but there are SO many multi's to choose from. How do you know which ones truly work? How do you know that your multi is giving your body the nutrients it needs? The truth is that many multivitamin formulas on the market today use cheap forms that are not bioavailable—meaning they can't be used by the body. Many multi's also contain binders, lubricants, and coatings, adding to the absorption issue and putting unwanted substances into your body.⁶

It's time for a multivitamin that gives your body the nutrients it really needs.

HOW XFACTOR PLUS WORKS

Plexus XFactor Plus™ takes multi to the next level. Our scientists searched high and low to find premium forms of the best ingredients, to help you stay healthier and feel better—from head to toe.*

XFactor Plus gives you a complete multivitamin for overall health and wellness, with at least 100% daily value of 19

essential vitamins and minerals, including a high-potency B vitamin complex. It also features over 50 naturally occurring trace minerals; these trace minerals are sustainably sourced from all-natural, marine-based material, which are derived from the clean waters off the Irish coast. But that isn't all that sets XFactor Plus apart. XFactor Plus is formulated with the most bioactive and bioavailable forms of key nutrients, many of which are often neglected by competitors in the market.*

Among these nutrients is methylated folate (5-MTHF). Although other supplements contain standard forms of folate or folic acid, these common forms must go through a complicated metabolic process before your body can use them. Methylated folate bypasses this process, giving you an already active form of folate that your body can utilize and benefit from. Methylated vitamin B12 is also included, which, unlike other forms of B12, is tissue-ready and easily processed by the liver, so your body can use it right away. XFactor Plus also contains vitamins K1 and K2. K2 is particularly difficult to find in foods or other supplements, but as the most bioavailable form of vitamin K, it is crucial to your health, playing a critical role in cardiovascular and bone health.*

XFactor Plus also uses several minerals in their most bioavailable forms. Many of these minerals, such as molybdenum and boron, are chelated. Chelated minerals have complex structures that allow the minerals to travel freely in the digestion process into the small intestine, where they can be effectively absorbed into the bloodstream. This maximizes the benefit that these minerals give to you and your health.*

HELPS REDUCE MENOPAUSE SYMPTOMS*



XFactor Plus includes clinically demonstrated levels of grape seed extract which has been shown to help reduce some of the physical symptoms of menopause:

- ✓ Reduces hot flashes*
- ✓ Reduces feelings of anxiety*
- ✓ Helps with those who have difficulty sleeping*

XFactor Plus features our Microbiome Activating Complex. This revolutionary formula delivers up to 400 milligrams of powerful polyphenols, like apple and grape seed extract, that work to protect your gut microbiome and help it thrive. Grape seed extract acts as a powerful antioxidant and offers excellent cardiovascular support. Grape seed extract has also been shown in a clinical study to help with symptoms of menopause by helping reduce hot flashes, and feelings of anxiety, and helps with those who have difficulty sleeping.^{0*}

The Microbiome Activating Complex in XFactor Plus has been tested in an independent, highly advanced in vitro study that simulates the human gastrointestinal tract. Preliminary findings indicate:

- Reduced production of undesirable compounds in the gut^{0*}
- Reduced ammonium levels in the gut by 18%^{0*}
- Increased beneficial *lactobacillus* by 15x^{0*}
- Increased beneficial *Akkermansia* microbe by 9x^{0*}
- Increased beneficial *bifidobacterium* by 2x^{0*}

All this, without binders, gluten, common allergens, or GMOs.

Leave your old multi behind. Get your daily dose of health, every day, with XFactor Plus.

XFACTOR PLUS PRIMARY BENEFITS

- Supports strong bones*
- Supports healthy nerve and muscle function*
- Helps maintain a healthy heart*
- Supports healthy immune function*

- Helps support healthy blood pressure levels already in the normal range*
- Promotes healthy skin, hair, and nails*
- Protects against free radical damage*
- Boosts energy levels and metabolism*
- Promotes mental clarity and concentration*
- Improves mood*
- Helps reduce some of the physical symptoms of menopause, like hot flashes*
- Supports healthy thyroid*
- Supports eye health and night vision*
- Enhances normal cognitive function*

XFACTOR PLUS ADVANTAGE

- Delivers the most bioactive and bioavailable forms of key ingredients for superior absorption
- Contains 100% or more of the daily value of 19 vitamins and minerals
- Contains a high potency, complete B vitamin complex
- Features polyphenols to help protect your gut microbiome^{0*}
- More than 50 naturally occurring trace minerals
- Free of binders that slow absorption
- Non-GMO
- 100% Vegetarian
- Gluten free

WHO SHOULD USE THIS PRODUCT?

XFactor Plus is recommended for both men and women interested in improving their overall health and wellness by filling their “nutrient gap” with a high quality, highly bioavailable, complete multivitamin that also provided additional benefits to your gut.^{0*}

DID YOU KNOW?

- Over 90% of the population has inadequate intakes of vitamin D and vitamin E. Vitamin D plays an important function in promoting bone density and vitamin E is essential in promoting cardiovascular health. ^{*3,4}
- B vitamins are essential to your health, affecting everything from your metabolism, to your nervous system, to your energy level, to your mood.
- Approximately 40% of the U.S. population carries the gene mutation that prevents them from being able to convert folate into its active, usable (or methylated) form 5-MTHF. Folate is essential for cell replication and growth assisting in the normal utilization of amino acids and proteins, as well as supporting formation of building block of DNA and RNA. ^{*5}

*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.

⁰The results of an in vitro human gut simulator study suggest that the polyphenol blend in XFactor Plus may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.

- Vitamin D3, found in XFactor Plus, is the naturally occurring form of vitamin D in the body, and is therefore more bioavailable than the more commonly used vitamin D2.

FREQUENTLY ASKED QUESTIONS

What is XFactor Plus?

XFactor Plus is so much more than your ordinary multivitamin. XFactor Plus delivers the highest quality ingredients in their most bioactive and bioavailable forms that provide 100% recommended daily allowance of 19 nutrients and more than 50 naturally occurring trace minerals, and it contains a scientifically validated Microbiome Activating Complex which helps protect your gut by reducing the production of undesirable compounds.^{◊*}

I already eat healthy, so why should I take XFactor Plus?

Although many of us eat healthy everyday more than 1/3 of us do not get enough essential nutrients through diet alone and could benefit from supplementation for better health. For example, did you know that you would need to eat 40 large bananas alone to get the same amount of Vitamin B6 as in XFactor Plus. XFactor Plus delivers the highest quality ingredients in their most bioactive and bioavailable forms that provide 100% recommended daily allowance of 19 nutrients and more than 50 naturally occurring trace minerals.

What's the advantage of bioactive & bioavailable ingredients?

A bioactive ingredient is simply a substance that has a more beneficial effect on health, while a more bioavailable ingredient can be absorbed and utilized more by the body. XFactor Plus uses these higher bioactive ingredients and that's why XFactor Plus delivers exceptional health benefits.

What does the Microbiome Activating Logo mean?

The Microbiome Activating logo means a Plexus[®] product has gone through a preliminary, independent and scientifically validated in vitro human gut simulation study that measures the effect a product has on the gastrointestinal tract – including the activation of good gut microbes.^{◊*}

Can you tell me about the new study that was done on XFactor Plus?

We wanted to see what XFactor Plus can really do, so we put it through rigorous, testing procedures. In a highly advanced, preliminary in vitro study created to mimic the human gastrointestinal system, XFactor Plus' powerful Microbiome Activating Complex was tested, which produced astounding

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% DV		Amount Per Serving	% DV
Vitamin A (as beta carotene and retinyl palmitate)	5,000 IU	100%	Zinc (as zinc citrate)	15 mg	100%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	60 mg	100%	Selenium (as L-selenomethionine)	105 mcg	150%
Vitamin D3 (as cholecalciferol)	1,000 IU	250%	Copper (as copper citrate)	2 mg	100%
Vitamin E (as d-alpha tocopherol)	30 IU	100%	Manganese (as manganese citrate)	2 mg	100%
Vitamin K (as phytonadione [K1] and menaquinone-7 [K2])	80 mcg	100%	Chromium (as chromium polynicotinate)	120 mcg	100%
Thiamin (as thiamine mononitrate)	15 mg	1,000%	Molybdenum (as molybdenum glycinate)	75 mcg	100%
Riboflavin (as riboflavin 5-phosphate sodium)	17 mg	1,000%	Boron (as boron glycinate)	500 mcg	**
Niacin (as niacinamide)	20 mg	100%	Vanadium (as vanadyl sulfate)	10 mcg	**
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal 5-phosphate)	20 mg	1,000%	Proprietary Blend (400 mg of polyphenols)	503 mg	**
Folate (L-methylfolate, calcium)	400 mcg	100%	Grape seed (<i>Vitis vinifera</i>) extract (85% polyphenols), apple (<i>Malus pumila</i>) fruit extract (80% polyphenols), cranberry (<i>Vaccinium macrocarpon</i> Ait.) fruit powder, aloe vera (<i>Aloe barbadensis</i>) (inner leaf file) extract, blackcurrant (<i>Ribes nigrum</i> L.) fruit extract (35% anthocyanins), resveratrol (<i>Polygonum cuspidatum</i> Sieb.) extract, sodium copper chlorophyllin		
Vitamin B12 (as methylcobalamin)	420 mcg	7,000%			
Biotin (D-biotin)	300 mcg	100%			
Pantothenic Acid (as D-calcium pantothenate)	10 mg	100%			
Calcium (as calcium citrate)	25 mg	3%			
Magnesium (as magnesium hydroxide)	50 mg	13%			

Other Ingredients: Hypromellose (vegetarian capsule), microcrystalline cellulose, silica, sunflower oil

results. Below are the research findings:

- Reduced production of undesirable compounds in the gut^{◊*}
- Reduced ammonium levels in the gut by 18%^{◊*}
- Increased beneficial *Lactobacillus* by 15x^{◊*}
- Increased beneficial *Akkermansia* microbe by 9x^{◊*}
- Increased beneficial *Bifidobacterium* by 2x^{◊*}

Why is there 5-MTHF instead of Folic Acid?

Up to 39% of the population cannot utilize absorbed Folic Acid. XFactor Plus is formulated with the most bioactive form that everyone can utilize.

Why isn't there any Iron in this formula?

Men and women over 50 typically do not require supplemental iron, so we have not included it in XFactor Plus.

Many multivitamins are in tablet forms, so why does XFactor Plus come in a capsule?

Tablets take longer for the body to dissolve into an absorbable form than a capsule which means that the high potency formula in XFactor Plus will go to work sooner. Additionally, many tablets have binding agents that do not provide health benefits. XFactor Plus[™] does not use those binding agents for our capsule.

How many capsules should I take?

XFactor Plus was formulated to deliver claimed levels in two capsules. Because it delivers 100% daily value of many vitamins and minerals it is not recommended to exceed two capsules.

When is the best time to take XFactor Plus?

XFactor Plus can be taken at anytime of the day, but is best absorbed with food. For those with sensitive stomachs, you can take one supplement with a meal in the morning and one with a meal later in the day.

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◊The results of an in vitro human gut simulator study suggest that the polyphenol blend in XFactor Plus may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.

Why should I take XFactor Plus with food?

When you eat food it causes your stomach to change pH and boosts your body's ability to digest and absorb most nutrients. So if you take XFactor Plus just prior to eating not only does food boost your body's ability to digest and absorb most nutrients, a full stomach will also help reduce any potential of an upset stomach with our highly potent formula. For those with more sensitive stomachs, you may find it best to divide the dose into two and take one capsule in the morning and one in the evening prior to eating meals.

May I break up the capsule because I don't like to swallow pills, tablets or capsules?

Absolutely, however the high potency of XFactor Plus has not been formulated for taste and by breaking up the capsule you may not like the flavor.

Is XFactor Plus Gluten Free?

Yes.

Is XFactor Plus Non-GMO?

Yes.

Is XFactor Plus 100% Vegetarian?

Yes. It is 100% Vegetarian.

Is XFactor Plus Allergen Free?

XFactor Plus does not contain common allergens (dairy, egg, peanut, soy, shellfish, tree nut, yeast or wheat).

Does XFactor Plus contain aloe?

Yes, XFactor Plus contains aloe from the inner leaf of the plant.

Does XFactor Plus contain black currant?

Yes, XFactor Plus contains black currant from New Zealand.

What is the difference between XFactor and XFactor Plus?

XFactor Plus is a highly potent formula with 23 nutrients compared to 10 nutrients with XFactor. XFactor Plus also contains 650% more bioactive forms of key nutrients than XFactor. XFactor Plus has trace minerals and added polyphenols for gut health benefits, but XFactor does not contain those. XFactor Plus still contains aloe and black currant.*

What colors the capsule green?

The XFactor Plus capsule contains natural chlorophyll which provides the green color.

What is the age recommendation?

XFactor Plus is for adults over 18.

Is XFactor Plus safe to consume while pregnant or nursing?

If pregnant or nursing, please consult your physician prior to use.

Can I use this product with my medication?

Since some vitamins or polyphenol supplements may reduce the absorption of certain drugs into the body or interact with the metabolism of certain drugs, you should consult your physician or pharmacist about any possible interactions when you receive a new prescription for a medication. It is also recommended taking the medication and vitamins at different times of day, so one does not interfere with the efficacy of the other.

Can I take XFactor Plus with other Plexus® products?

Absolutely! XFactor Plus is the perfect complement to other Plexus products. The general guidelines below are for anyone who wants to simplify their supplement routine. These are just suggestions, and ultimately as everyone's body is unique, you should do what works best for your body and lifestyle.

3X DAILY GUIDELINES		
AM OR WITH MEAL	30-60 MIN. BEFORE MEAL	BEFORE BED
XFactor Plus	Slim	ProBio 5
VitalBiome™		Bio Cleanse**
[Accelerator+ or Boost]		MegaX**
[Nerve]**		[Ease]
** May be taken AM, before meal, or before bed		

Can I take XFactor Plus while taking blood-thinning medications?

XFactor Plus contains vitamins and polyphenols that may impact the blood clotting process. These include vitamin K and grape seed extract. If you are currently on blood-thinning or other medication, consult with your physician prior to taking any supplement.*

Why does my urine turn yellow when taking XFactor Plus?

B-Vitamins, especially B2 (riboflavin), are the primary reasons for seeing yellow urine after taking a high quality, complete multivitamin. When you see yellow urine after taking your XFactor Plus, this means that your body is fully absorbing the nutrients your body NEEDS, while excreting the EXCESS. When taking a multivitamin and you don't see any yellow urine, this means that your body may not be absorbing enough vitamins. The potency of the new XFactor Plus provides even more bioavailable vitamins and minerals than the original XFactor, ensuring that your vitamins are being fully absorbed.

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INGREDIENT GLOSSARY

XFACTOR PLUS INGREDIENTS

Vitamin A (as beta carotene and retinyl palmitate)

Vitamin A is a fat-soluble vitamin that plays an important role in skeletal development, healthy vision, immune function and healthy skin. Xfactor Plus utilizes two sources of vitamin A: retinyl palmitate—a bioavailable form that is more easily absorbed by the body, and beta-carotene—a carotenoid that is converted in the body to retinyl. By using these two sources your body quickly absorbs retinyl palmitate and only converts the amount of beta-carotene needed to ensure your body gets optimal levels of vitamin A.*

Thiamine as Vitamin B1 (as thiamine mononitrate)

Thiamine is an essential water-soluble vitamin. Every cell of the body requires vitamin B1 to form adenosine triphosphate (ATP), which is what your body uses for energy, the metabolism of carbohydrates, proteins and fats and normal muscle function, including the heart muscle. Thiamin is also required for a healthy nervous system and assists in the production of the neurotransmitter acetylcholine and gamma-aminobutyric acid (GABA) and needed for good brain function. Thiamine mononitrate is used in XFactor Plus because of its bio-identical benefits.*

Riboflavin as Vitamin B2 (as riboflavin 5-phosphate sodium)

Riboflavin is a water-soluble vitamin that is an important cofactor for the formation of other B-Vitamins. Riboflavin helps in the release of energy from foods. It supports both the nervous system and normal growth. Riboflavin is in the free form, and must be converted to its active form – riboflavin 5-phosphate – to be utilized by the body. Riboflavin-5-phosphate sodium is considered the most bioactive form of vitamin B2 and is included in XFactor Plus.*

Niacin as Vitamin B3, (as niacinamide)

Niacin is a water-soluble vitamin that is necessary for many aspects of health and growth. Niacin is required for cell respiration and helps release the energy in carbohydrates, fats, and proteins. It supports proper circulation, healthy skin, nervous system, and digestion. Nicotinamide found in XFactor Plus is a non-flushing form of vitamin B3.*

Pantothenic acid as Vitamin B5 (as d-calcium pantothenate)

Panthenic acid is a water-soluble vitamin that is a precursor

in the synthesis of coenzyme A, which is essential to many biochemical reactions that sustain life and play a role in the breakdown of fats and carbohydrates for energy. d-Calcium pantothenate is included in XFactor Plus because as a salt it allows for better absorption than pantothenic acid in the digestive tract.*

Vitamin B6; also referred to as Pyridoxine (as pyridoxal 5-phosphate and pyridoxal hydrochloric acid)

Vitamin B6 is necessary for the transformation and utilization of amino acids for many functions in the body, including energy production and neurotransmitter synthesis. Vitamin B6 is also involved in the production of hemoglobin, and is a vital component in the formation of the myelin sheath that surrounds nerve cells. It has been recommended as a nutrient to enhance mental function, specifically mood, and it supports normal nerve conduction. Vitamin B6, when taken with folic acid, has been shown to promote optimal cardiovascular health.

Pyridoxine must first be converted to pyridoxal 5-phosphate to be utilized by the body, a process that takes place in the liver. Individuals with compromised liver function have difficulty making this conversion and consequently may be at risk of a vitamin B6 deficiency. Pyridoxal 5-Phosphate is the most bioactive form of vitamin B6 and used in XFactor Plus.*

Biotin also referred to as Vitamin B7 (as d-biotin)

Biotin is an essential water-soluble B vitamin that assists in metabolism of fatty acids and utilization of B vitamins. It is important in energy producing steps during metabolism in the cells of the body. Biotin also helps strengthen hair and nails. d-Biotin is the naturally occurring and biologically active form of Biotin; among 8 different isomers, only d-biotin has vitamin activity. XFactor Plus utilizes d-biotin.*

Vitamin B12 (as Methylcobalamin)

Vitamin B12 is a water-soluble B vitamin. Vitamin B12 is essential for metabolism of fats and carbohydrates and the synthesis of proteins. It is also essential to the formation of methyl donors involved in cardiovascular function, red blood cell formation, mood and nerve function. Vitamin B12 works closely with folate to help make red blood cells and to help iron work better in the body. Vitamin B12 can only be found in animal products, with small amounts derived from fermented soy products such as miso and tempeh, and peanuts. It is essential that vegetarians consume a vitamin B12 supplement to

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maintain optimal health. Vitamin B12, when ingested, is stored in the liver and other tissues for later use. Most vitamin B12 supplements contain cyanocobalamin, however the liver must first “detoxify” the cyanide molecule to form methylcobalamin from the cyanocobalamin. Methylcobalamin found in XFactor Plus is already in the bioactive, tissue-ready form. Methylcobalamin is the most bioavailable form that is used most efficiently by the body.*

Folate as Vitamin B9 (as L-methylfolate, calcium, 5-MTHF)

Folate is an essential water-soluble B vitamin. Folate is essential for cell replication and growth assisting in the normal utilization of amino acids and proteins, as well as supporting formation of building blocks of DNA and RNA, which is necessary for all body functions. Folate plays a key role by boosting the benefits of B12 supplementation. These two B vitamins join forces and work together in maintaining normal red blood cells. This works toward supporting a healthy cardiovascular and nervous system. Because deficiencies of folate have been linked to low-birth-weight infants and neural tube defects, folate requirements double during pregnancy. The Centers for Disease Control and Prevention recommends folate supplementation for all women of childbearing age because the biggest need is during the first trimester, when a woman may not even be aware she is pregnant. Folic acid must be converted to its active forms to be used by the body. Furthermore, up to 40-percent of the U.S. population may have a genetic enzyme defect that makes it difficult for them to convert folic acid into active 5-MTHF. XFactor Plus uses the most bioactive form of folate L-methylfolate (5-MTHF).*

Vitamin C (as ascorbic acid and ascorbyl palmitate)

Vitamin C is an essential water-soluble vitamin that helps with a range of functions in the body, including a healthy immune system, promoting cardiovascular health, and providing an antioxidant defense. It is also needed to make collagen, a substance that strengthens many parts of the body, such as muscles and blood vessels. Ascorbyl palmitate is a fat-soluble form of vitamin C, which is better absorbed than ascorbic acid, the water-soluble form. It is an amphipathic molecule, meaning one end is water-soluble and the other end is fat-soluble. This dual solubility allows it to be incorporated into cell membranes. When incorporated into the cell membranes ascorbyl palmitate has been found to protect them from oxidative damage and to protect a-tocopherol (a fat-soluble antioxidant) from oxidation by free radicals.*

Vitamin D3 (as cholecalciferol)

Vitamin D is a fat-soluble vitamin that aids in the absorption of calcium and helps maintain normal blood levels of calcium and phosphorus. Vitamin D works with calcium to promote bone

density. Vitamin D also contributes to the digestive system, bone and the immune system function. There are several forms of vitamin D but the form primarily utilized by the human body is cholecalciferol (vitamin D3) which is the bioavailable form used in XFactor Plus.

Vitamin E (as d-alpha tocopherol)

Vitamin E is an essential fat-soluble vitamin that is a powerful immune-boosting antioxidant, and is known to promote cardiovascular health. In turn, vitamin E protects cell membranes from free radical damage and helps in the maintenance of good health. The natural-derived form of vitamin E, known as d-alpha tocopherol, is derived from non-GMO sunflower oil and used in XFactor Plus. This form is the most bioactive and is better absorbed and retained in the body.*

Vitamin K – (as phytonadione [K1] and menaquinone-7 [K2])

Vitamin K is an essential fat-soluble vitamin and is important for proper bone growth. Vitamin K is also essential to bone and cardiovascular system health. There are several forms of vitamin K – vitamin K1 is present in green leafy vegetables; Vitamin K2 is a more bioavailable form of vitamin K, important for both bone and heart health and often missing from western diets. Plexus XFactor Plus™ utilizes both vitamins K1 and K2. Vitamin K2 is naturally derived and comes directly from the fermentation of *Bacillus subtilus natto*.*

Calcium (as calcium citrate)

Calcium is an essential mineral that is necessary for the development maintenance of strong bones and teeth. Calcium citrate is a highly absorbable form of calcium and found in XFactor Plus.*

Magnesium (as magnesium hydroxide): From – Aquamin Mg

Magnesium is an essential mineral and is present in all cells in the body. Magnesium is involved in over 300 enzymatic processes, and is required for release of energy. XFactor Plus utilizes magnesium from a natural marine source that also contains over 50 trace minerals.*

Zinc (as zinc citrate)

Zinc is an essential trace mineral that is involved in over 300 different enzyme reactions, and is essential for growth, immune system function, testosterone metabolism, and many other functions in the body. Zinc helps support normal healing and the immune function. Zinc has been found to play a role in digestion, energy production, growth, collagen synthesis, bone strength, and cognitive function. Thus, XFactor Plus utilizes Zinc citrate which is highly bioavailable.*

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Selenium (as l-selenomethionine)

Selenium is an essential trace mineral and a constituent of the antioxidant enzyme glutathione peroxidase, which is necessary for neutralizing free radicals. Selenium supports healthy heart, eye, liver, thyroid and immune function. XFactor Plus uses L-selenomethionine, which is a highly bioavailable form of selenium derived from selenium chelated to the amino acid methionine.*

Copper (as copper citrate)

Copper is an essential trace mineral for bone, connective tissue, cardiovascular, metabolic, neurological and skin health. Copper activates enzymes important to energy metabolism and assists in the formation of hemoglobin and red blood cells. XFactor Plus uses Copper citrate, a highly bioavailable form of copper. It also helps form collagen, a key part of bones and connective tissue.*

Manganese (as manganese citrate)

Manganese is an essential trace mineral that helps activate and synthesize important enzymes that involve skeletal, bone and connective tissue health and cellular integrity, energy production and immune function. XFactor Plus uses Manganese citrate, a highly bioavailable form of manganese.*

Chromium (as chromium polynicotinate)

Chromium is a trace mineral essential for health and wellbeing, involved in the metabolism of carbohydrates, lipids, and proteins. Chromium is involved in the metabolism of glucose, helping to facilitate glucose transport into cells. XFactor Plus utilizes Chromium polynicotinate which is more bioavailable and efficacious than chromium chloride. Chromium is also found in Plexus Slim® and Plexus Block™ and may be safely taken daily at levels up to 1,000 mcg.*

Molybdenum (as molybdenum glycinate)

Molybdenum is an essential trace mineral that assists enzymes in breaking down fats and carbohydrates. Molybdenum also is a cofactor in three important enzymatic reactions that contribute in the breaking down of toxins that build up within the liver. XFactor Plus utilizes Molybdenum glycinate which is a highly absorbable form of molybdenum.*

Boron (as boron glycinate)

Boron is a trace mineral that promotes healthy nutrient and hormone utilization. Boron, along with other minerals, plays an important role in healthy bones and joints. XFactor Plus utilizes Boron glycinate which is a highly absorbable form of boron.*

Vanadium (as vanadyl sulfate)

Vanadium is a trace mineral needed by the body in small

quantities. The primary role of vanadium is the formation and maintenance of teeth and bones. It is also involved in the production of hormones, and in normal growth. XFactor Plus utilizes vanadyl sulfate because it is a more bioactive form.*

Grape seed (*Vitis vinifera*) extract (Standardized to 85% polyphenols)

Grape seed extract is derived from red grape seeds, and it contains a vast array of health-giving ingredients, such as polyphenols (which come mainly in the form of proanthocyanidins). Grape seed extract offers excellent cardiovascular and circulatory system support, and helps maintain blood pressure and lipid levels, already in the normal range. Further, a recent well-designed multi-center clinical study found that grape seed extract significantly improved the quality of life, uncomfortable symptoms of menopause, such as hot flashes, difficulty with sleep, nervousness, and tiredness, while increasing muscle mass in menopausal women aged 40 to 60 years after 8 week supplementation. Grape seed acts as a powerful antioxidant which helps protect the body against free radical damage and promote skin health.*

Apple (*Malus pumila*) fruit extract (Standardized to 60% polyphenols)

Apple contains a wide variety of polyphenols and is included in the proprietary polyphenol blend in XFactor Plus for its overall health and Microbiome activating benefits.*

Cranberry (*Vaccinium macrocarpon Aiton*) fruit powder

Cranberry is a fruit high in antioxidants, partly from substances called proanthocyanidins, which give cranberries their vibrant color.*

Aloe Vera (*Aloe barbadensis*) (inner leaf fillet) extract

Aloe Vera contains various carbohydrate polymers, notably polysaccharides, along with a variety of amino acids, fatty acids, minerals and enzymes.*

Blackcurrant (*Ribes nigrum L.*) fruit extract (35% anthocyanins)

Blackcurrant is considered a “superfruit”, a rich source of anthocyanins, phenolic compounds belonging to the flavonoid family, and is known for its antioxidant properties.*

Resveratrol (*Polygonum cuspidatum Sieb.*) extract

Resveratrol is a polyphenolic compound primarily found in red wine and grapes and is known to be an antioxidant. *Polygonum cuspidatum* is an herb that is considered one of the richest known sources of resveratrol.*

Sodium copper chlorophyllin

This is used in XFactor Plus to make our vegetarian capsule

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green. Sodium copper chlorophyllin is a mixture of water-soluble sodium copper salts derived from chlorophyll, which is the pigment that gives plants and algae their green color.

Hypromellose (vegetarian capsule)

The vegetarian capsule shell used in XFactor Plus is made from hypromellose, derived from pine trees. This capsule shell is non-GMO, vegan, kosher and halal.

Microcrystalline cellulose

Cellulose is the structural component of the primary cell wall of green plants, a fine powder used as a filler that the body can break down to absorb at the cellular level.

Silica

Silica is added to the powder mixture to ease the flow of the material through the manufacturing equipment, and to remove moisture and prevent the powder from clumping.

Sunflower oil

Sunflower oil is extracted from the seeds of the sunflower. This is used as a natural lubricant/excipient to help prevent sticking to metal contact surfaces during encapsulation.

SOURCES

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ADDITIONAL CLINICAL STUDY REFERENCES

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*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.