

5 PILLARS OF TOTAL HEALTH

SUPERFOODS

WEIGHT



www.xndo.net

**DIGESTIVE
HEALTH**

ANTI AGING

BODY BALANCE

About Xndo

Xndo started in 2006 when founder Lars Brittsjo put together a team of doctors, food scientists, food technologists, dietitians and nutritionists to develop a range of products and programmes to tackle health risks – among them, obesity inflammation, oxidation and glycation.

Today Xndo has a broad range of specially formulated food-based health products, meal nutrition plans, drinks, snacks, supplements and tonics work in an integrated way to sustain overall wellness. Together, these form the components of our 5 Pillars of Total Health.

OUR VISION

We aim to help you achieve total health with natural, benefit-dense meal solutions and products that address the three major risks to good health: inflammation, oxidation and glycation (IOG)

OUR MISSION

We reduce IOG through our Five Pillars of Total Health that help you to:

- Avoid Carbohydrates
- Chase Protein
- Enjoy (good) Fat
- Indulge in Fibre

OUR PROMISE

We promote total good health through reducing:

Inflammation, a risk factor for major diseases. Oxidation, which damages cells and accelerates ageing. Glycation that distorts the structure of the blood cells, triggers inflammation and an abnormal immune response.

OUR APPROACH

We use natural food-based solutions that are protein dominant, high in good fat and fibre and have no or are low in carbohydrates. Our benefit-dense functional foods tackle IOG risks to sustain total health.



Renew your Youth

Unlock your body's own regenerative power and combat signs of age. Embrace inner health to feel and look good inside and outside, naturally.

- Support skin and overall health
- Address skin imperfections

Why Anti Aging Matters ?

A PERSONS BODY AGE AND ACTUAL AGE MAY DIFFER . ANTI AGING IS TO ASSIST THE PERSON TO REACH A BODY AGE THAT IS YOUNGER THAN THE ACTUAL AGE. PRODUCTS THAT COMBAT THE AGEING PROCESS STIMULATING A YOUNGER LOOKING APPEARANCE IMPACTING ONES HEALTH MARKERS TO BE EQUIVALENT TO A YOUNGER PERSON.


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SkiiN REJUVENATE
 Promotes collagen production

SkiiN COLLAGEN
 Supplies collagen to skin

SkiiN AGE
 Controls AGE (Advanced Glycation End Products)

At Xndo, we believe in empowering you with knowledge to make better choices and providing convenient and effective solutions so you can achieve total health.

SUPERFOODS

support health, vitality and vigour with benefit-dense functional foods that combat oxidative stress, reduce inflammation and tackle glycation to boost immunity, and support metabolism.

WEIGHT MANAGEMENT

achieve and maintain ideal weight without hunger with a Replace, Boost, Block, and Detox programme.

DIGESTIVE HEALTH

for a healthful and helpful gut microflora for improved regularity, better nutrition absorption and enhanced immunity.

BODY BALANCE

boost energy, vitality and wellness to support healthy pH, fat to muscle ratio and metabolism.

ANTI-AGEING

unlocks your body's own regenerative power to achieve youth and vitality inside and outside.



5 PILLARS OF TOTAL HEALTH

- SUPERFOODS
- WEIGHT
- DIGESTIVE HEALTH
- BODY BALANCE
- ANTI AGING

Xndo strives to help you achieve total health easily, conveniently and naturally. Our Five Pillars of Total Health is an integrated programme of specially formulated meals, drinks, supplements and tonics that are balanced, benefit-dense and bio-available. They work holistically to sustain overall wellness and address key risks to health.

THREATS TO HEALTH

Chronic diseases such as heart disease, arthritis, high cholesterol, elevated blood pressure and cancer are caused by a mix of factors. Some, like genetics, we cannot control. However, many factors are. At Xndo, we put the power of choice in your hands with our meal nutrition and food products that tackle three important risk factors: Inflammation, Oxidation and Glycation (IOG).

PILLARS 4

BODY BALANCE

Restore inner balance

Boost energy, vitality and wellness with our line of food solutions and drinks that supports healthy Ph, fat to muscle ratio and metabolism.

- Achieve holistic wellness
- Boost energy and vitality

Why Body Balance Matters ?

IT IS ESSENTIAL FOR THE BODY TO REDUCE **THE OXIDATIVE STRESS, INFLAMMATION, GLYCATION** BY HAVING A BALANCED ENVIRONMENT REFLECTED IN AREAS SUCH AS BALANCED PH, BLOOD SUGAR, MUSCLE TO FAT RATIO AND METABOLIC BALANCE.

BODY BALANCE'S RANGE WILL ALSO HELP TO ATTAIN THE BODY'S **EQUILIBRIUM**. WHEN THE PRODUCT IS USED IN SYNERGY IT WILL **BOOST BRAIN FUNCTION, REDUCE MUSCLE LOSS AND STIMULATE MUSCLE REPAIR**.



DIGESTIVE HEALTH

Gut health equals good health

Xndo's all-natural food solutions and supplements nurture healthful and helpful gut microflora for improved regularity, better nutrition absorption and enhanced immunity.

- Sustain digestive health and nurture good bacteria
- Promote regularity
- Reduce bloating

Why Digestive Health Matters?



DIGESTIVE HEALTH IS A DIRECTLY LINKED TO THE FOOD YOU EAT AND HEALTHY BODY FUNCTIONS. A HEALTHY DIGESTIVE SYSTEM IS ESSENTIAL IN ORDER TO REDUCE **INFLAMMATION**, **IMPROVING IMMUNE DEFENCE**, **MANAGING WEIGHT**, ASSURING PROPER ABSORPTION OF NUTRIENTS AND QUALITY OF SKIN.



INFLAMMATION

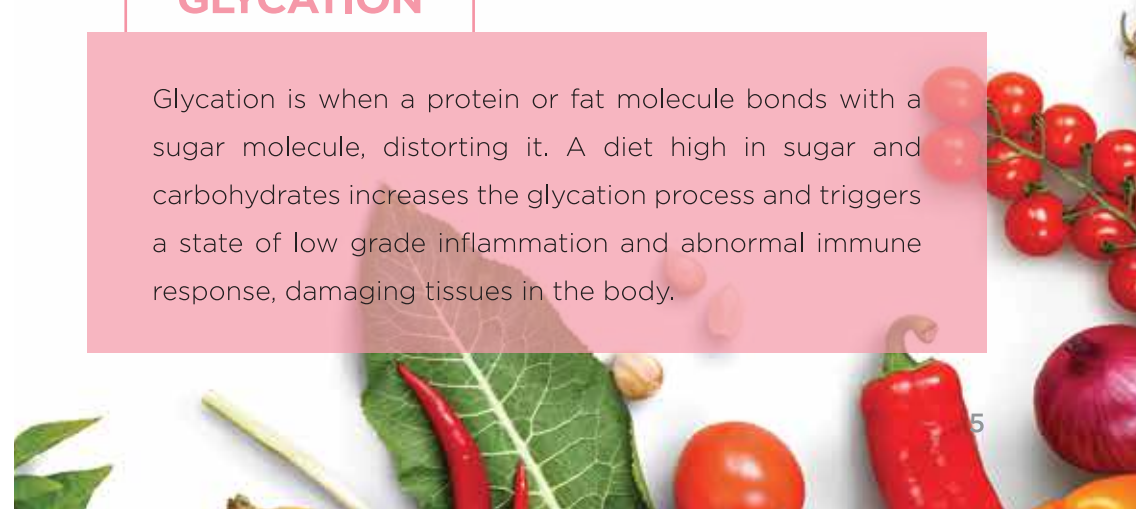
Some inflammation is normal and part of the body's protective response. However a poor diet high in sugar, carbohydrates, artificial food additives and trans-fat causes chronic low grade ('silent') inflammation and increases the risk of a host of diseases such as Alzheimer's, cancer, and heart disease.

OXIDATION

Oxidation occurs naturally to kill bacteria. However, excess oxidative stress from the environmental, lifestyle and diet releases large amounts of free radicals. These subject cells to continuous damage that causes ageing, cancer, hardening of the arteries, increases inflammation and more.

GLYCATION

Glycation is when a protein or fat molecule bonds with a sugar molecule, distorting it. A diet high in sugar and carbohydrates increases the glycation process and triggers a state of low grade inflammation and abnormal immune response, damaging tissues in the body.



PILLARS 1

SUPERFOODS

Supercharge your life

Support health, vitality and vigour with our range of benefit-dense functional foods. They combat oxidative stress, reduce inflammation and tackle glycation to boost immunity, and support metabolism. This functional food range is developed to be high in beneficial antioxidants and naturally-sourced beneficial compounds. Our meal nutrition line is protein dominant and high in good fat and fibre and have no-carbohydrate, or are low-carbohydrate (NCLC). Research indicates that diets of this nature reduce the risk of IOG and supports good health.



The range includes complete ready-to-eat meals, shakes, snacks, coffees and teas, as well as enzyme and apple vinegar tonics.

PILLARS 2

WEIGHT MANAGEMENT

Eat well, lose weight

My 4 Simple Steps is an effective and integrated programme to Replace, Boost, Block, and Detox to help you to achieve and maintain ideal weight without hunger and deprivation.



REPLACE

Replace one regular meal a day with specially developed Xndo meals/shakes that are low-calorie, high nutrition, protein-prominent, low carbohydrate and high-fibre.

BOOST

Prevent metabolism slow-down (an inherent part of calorie restriction) and improve satiety with proprietary formulations of drinks and snacks.

BLOCK

Minimise the absorption of carbohydrate and fat with Xndo drinks and supplements to reduce overall calorie intake.

DETOX

Enhance meal nutrition programme by recalibrating gut health to boost regularity and absorption.