



XSTM SPORTS NUTRITION PRODUCT GUIDE



David Vanderveen
Laguna Beach, USA

THE ADVENTURER

I don't live a 9 to 5.

I'm not looking for adventure, I live it.

I don't want a medal, my reward is the experience.

I like clean fuel that helps me do my best and enjoy even more.

I'm not looking for something to carry me on my journey,

but I do look for things that perform as well as my gear.

XS™ SPORTS NUTRITION HAS THE QUALITY AND RESULTS WHENEVER I NEED THEM.



HYDRATE QUENCH YOUR THIRST AND IMPROVE YOUR BODY'S HYDRATION



ENERGIZE

GIVE YOUR BODY AN IMMEDIATE BOOST AND LONG-LASTING ENERGY



RECHARGE

RECOVER FASTER FROM WORKOUTS WHILE BUILDING LEAN MUSCLE MASS*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Whenever the wind's blowing,
WE'RE GOING!



Just like you have to check your lines before hitting the water, our bodies need to be prepped, too. Hydration is a totally vital part of getting ready for any adventure, so I add **XS™ Sports Twist Tubes** to my water. It's got the extras I need and nothing I don't.

XS™ SPORTS TWIST TUBES

Helps hydrate my body before, during, and after any adventure. Packed with a unique blend called B-Lenium.

11-0389 Lemon Lime
 11-0390 Fruit Punch
 20 Tubes \$23.55
 P563B1800Y2000

B-LENIUM IS A COMBO OF B VITAMINS AND SELENIUM THAT HELPS FIGHT UNWANTED FREE RADICALS



HYDRATE



Marc Hoeksema PRO
 Pere Marquette Beach, USA

ENERGIZE



Blasting trails is what gets us OUT OF BED ON THE WEEKENDS.

This morning was perfect for hitting the trails. We piled into my SUV and headed into the mountains. It takes a huge amount of focus and energy to challenge these single track trails. It's definitely not easy, and I know I need to prepare for it. The Energize products from XS™ Sports Nutrition are great fuel before, and during my adventure.

XS™ INTENSE PRE-WORKOUT BOOST

Jump-starts your workout with increased energy and sharper focus. Created with beta-alanine, an energy blend, and rhodiola rosea. XS™ Intense Pre-Workout Boost hydrates while harnessing your power for maximum performance.

Tub:
11-0372 Citrus Burst
30 servings **\$55.35**
P1323B4235Y4705

Stick Pack:
11-0371 Citrus Burst
12 servings **\$36.65**
P876B2805Y3116





XS™ SMOOTHIE CHARGE

Gives your smoothies a natural caffeine energy boost with zero calories. Made with 100mg of caffeine and 3 brilliant greens – chlorella, ginseng, and green tea extract.

11-0373 Green Blast
12 stick packs **\$23.00**
P550B1759Y1954



XS™ ENERGY + FOCUS DIETARY SUPPLEMENT

A great Nutrilite™ product for years but now with a new look. Improves exercise performance and maximizes mental focus.

10-7846 30 tablets
(Three 10-tablet blister packs) **\$22.80**
P566B1778Y1482

10-1593 60 tablets
(Full-sized bottle) **\$45.65**
P1131B3560Y2967



XS™ ENERGY BAR

Sustain energy and fuel your muscle recovery and performance. Made with 11–12g of protein and simple, non-GMO ingredients.

11-0378 Chocolate Chip
11-0379 Peanut Butter Crunch
12 bars **\$40.00**
P903B2889Y3399

-  PROVIDES SUSTAINED FUEL TO KEEP ME MOVING
-  GREAT CARB-TO-PROTEIN RATIO



The way up to 4,200 feet is awesome.
**GETTING DOWN IS
 HALF THE BATTLE.**

After a hike like that I need to recharge and recover. That means giving my muscles the protein and other stuff they need to repair – with XS™ Sports Nutrition Recharge products. They're a great source of key elements I need to make sure I'm ready for the next climb.

RECHARGE



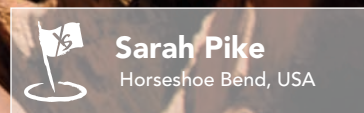
XS™ POST-WORKOUT RECOVERY

Helps support muscle recovery and joint health after a hard climb.* Created with a blend of acerola cherry, tart cherry, and Nutrilite™ approved turmeric and glucosamine.

11-0374 Cherry Lemonade
 20 servings \$63.00
 P1506B4820Y5356



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XS™ PROTEIN POWDER – TUBS & POUCHES

Helps build lean muscle with 23g of rapid-release whey and slow-release casein proteins. This product packs a strong punch with 10g of essential amino acids and 2.3g of leucine.*

11-0375 Chocolate Milkshake **11-0377** Chocolate Milkshake
11-0376 Vanilla Dream 12 individual serving pouches **\$47.75**
 18-19 servings **\$66.00** P1078B3450Y4059
 P1490B4768Y5609

+ *LEUCINE TRIGGERS MUSCLE GROWTH. OUR BODIES CAN'T MAKE IT, YOU GET IT FROM FOOD OR SUPPLEMENTS.*



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XS™ RTD SPORTS PROTEIN SHAKE

Helps build and maintain lean muscle mass with 25g of protein.

11-0369 Rich Chocolate
11-0370 Vanilla Crème
 12 shakes **\$54.80**
 P1310B4192Y4658

- +** *PROTEIN COMES FROM WHEY AND CASEIN.*
- +** *SUPER EASY TO DIGEST.*



XS™ SPORTS PROTEIN BAR

Helps repair and build lean muscle mass between and after workouts. Powered by 20g of muscle-building whey and casein proteins.

11-0385 Chocolate Peanut Butter
11-0386 Chocolate Berry Blast
 12 bars **\$40.40**
 P912B2919Y3434



Every day is an adventure with challenges and rewards. It's MY adventure. I've got the freedom to choose my path, and I've got the drive to get there. I grow my Amway business and get amped when others join my journey. Sharing the XS™ Sports Nutrition bundle is how I help others get positive energy for an active life.



SHARE YOUR ADVENTURE USING THE HASHTAG

#DESTINATIONXS

NEW! XS™ SPORTS NUTRITION BUNDLE

XS GREAT FOR INDIVIDUAL SAMPLING



The XS™ Sports Nutrition bundle is a solid range of products from the Hydrate, Energize, and Recharge categories. Includes an exclusive XS™ stainless steel, insulated water bottle and XS™ 2 in 1 shaker cup.

20-CT XS™ SPORTS TWIST TUBES
(10 Lemon Lime and 10 Fruit Punch)

12-CT XS™ INTENSE PRE-WORKOUT BOOST
Stick packs (Citrus Burst)

12-CT XS™ SMOOTHIE CHARGE
Stick packs (Green Blast)

10-CT XS™ ENERGY BAR
(5 Chocolate Chip and 5 Peanut Butter Crunch)

11-0460 \$230.00
P6000B12500Y19500

12-CT XS™ SPORTS PROTEIN POWDER
Single-serving pouches (Chocolate Milkshake)

10-CT XS™ SPORTS PROTEIN BAR
(5 Chocolate Peanut Butter and 5 Chocolate Berry Blast)

1-CT XS™ STAINLESS STEEL INSULATED WATER BOTTLE

1-CT XS™ 2 IN 1 SHAKER CUP

Exclusively from **Amway™**