

Basic Product Guidelines

- Shake well before pouring (you'll notice the mangosteen puree settles in the bottom of the bottle and needs shaking!)
- Most people prefer XanGo chilled
- Drink XanGo before a meal or with food, as some xanthones are fat soluble and are metabolized more completely when combined with good fats in your food.
- Drink plenty of water every day. This breaks down food in to smaller particles and helps assimilation into the cells. Also, drinking water will help flush toxins that may be loosened by mangosteen juice. Remember, caffeinated drinks actually dehydrate the body, so increase water intake accordingly. Most healthcare professionals recommend adults drink a min. of 2 quarts of plain water daily.
- Some people may experience immediate results, while it may take some time for others (as much as 30-90 days). Others may not have noticeable experiences, but will enjoy taking a preventative approach with their health.
- The half life (length of time the mangosteen juice works in the body) is short, about 4-8 hours. Taking several servings throughout the day is recommended.
- Basic Serving Guidelines
 - ✓ Severe health challenge: 2-3 ounces 3-5 times a day
 - ✓ Minimal health concerns: 2 ounces 2-3 times a day
 - ✓ Preventative: 1-2 ounces 2-3 times a day
 - ✓ Kids (ages 6-12): ½ adult dosage
 - ✓ Kids (under 6): ¼ adult dosage
 - ✓ Infants (once fruit is introduced in diet): 1 tablespoon a day
- Pregnant and lactating women may drink mangosteen juice
- Experiment. Every body is unique
- The information in the document is not intended to give medical advice or to substitute for professionally prescribed health treatment. Consult your physician on any questions or concerns about taking natural products.