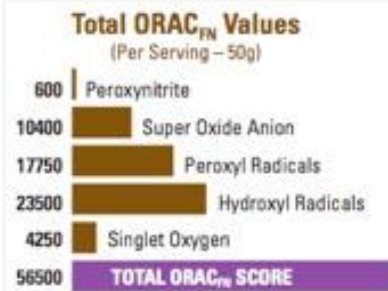


# ABOUT X HIGH ANTIOXIDANT PROTEIN MEAL



Visit [www.mx1corp.com/thewholestory](http://www.mx1corp.com/thewholestory) for more information on the new Total ORAC<sub>FN</sub> testing standard.

† Based on standard Total ORAC<sub>FN</sub> and Flavonoid testing of selected production samples. Values may vary.

## Total Flavonoids

Recent studies on cacao have concluded that best results were obtained by consuming a daily minimum of 600 to 900mg of Total Flavonoids, plant-based antioxidants that help the body's cells resist damage by free radicals.

The X-ProteinMeal™ has an astounding 1,128mg of Total Flavonoids per meal.

## Distributed by:

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[www.mx1corp.com](http://www.mx1corp.com)

## Supplement Facts

Serving Size 50g  
 Servings Per Container 28

### Amount Per Serving

Calories 190      Calories from Fat 25

**%Daily Value\***

**Total Fat** 3g      4%

Saturated Fat 1.5g      7%

Trans Fat 0g

**Cholesterol** 12mg      4%

**Sodium** 407mg      17%

**Total Carbohydrate** 20g\*\*      6%

Dietary Fiber 8g      32%

Sugars <0.5g

**Protein** 21g      41%

Vitamin A 50%      •      Vitamin C 50%

Calcium 50%      •      Iron 83%

Potassium 10%      •      Magnesium 50%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9      Carbohydrate 4  
 Protein 4

**What's in Just One X-ProteinMeal™ Shake?**  
 1 Shake has the antioxidant content of about

6 artichokes  
 54 cups of carrots  
 16 oranges  
 100 cups of spinach

## How do you make the shake?

To make a full serving of the shake blend 2 scoops of the powder with 8oz of water and ice (optional).

## How many servings come in one bag?

In one bag of the shake there is enough servings for 2 shakes a day for 14 days or one shake a day for 28 days.

## What is the cost of the shake?

The shake costs \$125US per bag and is \$20US to ship for Canadian residence, \$10US residence (plus applicable taxes).

<http://www.healthydarkchocolate4u.com/>

Email: [deanne@healthydarkchocolate4u.com](mailto:deanne@healthydarkchocolate4u.com)



***A Daily Step by Step Plan to a New Healthier and More Beautiful you!***



- 1. Take weight and waist measurements same time every week in the same clothing**  
*It is suggested to do this every Monday morning, after restroom use, naked.*
- 2. Consume 100,000 in Orac per day**  
*The shake has an orac value of 50,000*
- 3. Consume 60 grams of protein per day and spread it out over the entire day**  
*There are 21 grams of protein in each shake and your portion sizes of meat (eg: chicken) should be the size of your palm, your fist or a deck of cards.*
- 4. Make sure to get 7-8 hours of sleep per day**  
*If you get less sleep your body releases cortosol, which increases fat.*
- 5. Get in 10,000 steps per day**  
*Use a pedometer to keep track of your daily steps. You are building towards 10,000 if you have not exercised daily before. You will find that many of these steps come from your daily routine.*
- 6. Calorie consumption per day is 1200 for women and 1500 for men**  
*There are 190 calories in the shake. You can have unlimited green veggies and do not have to count the calories from these, however you must count calories for root veggies. No diet soda!*
- 7. Water Intake**  
*Take your goal weight and a 1/2 ounce per pound of that is the amount of water you should consume (e.g. Goal weight of 160 pounds equals 80 ounces of water or 10, 8 oz. glasses per day). The more water you drink the more weight you will lose. New Habit! Start each day with two glasses of cool water and fresh lemon. This helps with Orac, hydration and detoxifying the body.*
- 8. Keep a Journal of your food and water intake and your feelings**  
*Also write your beginning weight and waist measurements and keep weekly records.*
- 9. Increase fiber intake**  
*Each shake has 8 grams of fiber.*
- 10. Eat at least 3 pieces of chocolate per day**  
*You can have more if you want to lose weight faster but you must count in the caloric intake. You need the ORAC value from the chocolate as well if you do not have shake yet.*
- 11. You can use the Xe Energy Drink but you must count in your calories**

<http://www.healthydarkchocolate4u.com/>

