

# XMpm

*The breakthrough formula in Zija's XMpm caps combines healthy Moringa with other natural ingredients to reduce stress, stabilize your mood, combat evening cravings and prepare your body for restful sleep. With Zija, you're covered both day and night.*

One of the most critical components in weight loss and management is lowering your caloric intake, as well as eating the right types of calories. The average person today consumes about 300–500 more calories than he or she did just 30 years ago.

Unfortunately, most of us consume the bulk of our calories in the evening. Studies have shown that people who follow this pattern of eating later in the day tend to eat more overall, weigh more and have a higher percentage of body fat. One simple way to combat this trend is to limit our late-night caloric binges.

Zija's XMpm was formulated with the following natural botanicals, which help relax the body while providing a natural feeling of satiety—especially when faced with large meals or late-night cravings:

## Atlantic Sea Kelp

Aids in digestion and weight loss while feeding your body vitamins and minerals like iodine, calcium and protein.

## Ashwagandha

This herb, derived from plant roots, helps promote a calm mind and body.

## Gymnema sylvestre

The leaves of this plant decrease sugar cravings that often arise in the evening hours.

## XMpm Suggested Use

Adults take one (1) capsule, 30 to 60 minutes before evening meal.

SKU: 101863  
Weight: 0.76 lbs

Manufactured by Pharmatech for Zija International.

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Zija Corporate  
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## SUPPLEMENT FACTS

Serving Size: 1 Capsule  
Servings Per Container: 30

Amount Per Serving	% Daily Value	
<b>Chromium (Nicotinate)</b>	50µg	100%
<b>Proprietary Blend</b>	430mg	*
Gymnema Sylvestre Extract, SensorilTrim® Ashwagandha (Withania somnifera) Root and Leaf Extract, Atlantic Kelp, Moringa oleifera Blend (Leaf Powder, Seed Cake, Fruit Powder), 5-HTP, Vanadium (Citrate)		

Percent Daily Value is based on a 2,000 calorie diet \*Daily Value not established

**INGREDIENTS:** Proprietary Blend, Silica, Magnesium Stearate, Chromium, Gelatin (Kosher) Capsule.

SensorilTrim® is protected under US Patent 6,713,092 and is a trademark of Natreon, Inc.

 GLUTEN-FREE

## XMPM PRODUCT USE GUIDE



CONTAINS MORINGA



AIDS IN WEIGHT MANAGEMENT



COMES IN CAPSULE FORM



TAKE IN THE EVENING

