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## **Zija's® Family of Brands Recommendations**

*By Russ Bianchi, Zija® Formulator*

I am often asked why Zija® International provides so much technical support to its distributors. My answer is simple, “We truly care about everyone’s health, and to those whom you equally share these wonderful and nutritious Moringa products with.”

This ‘share’ concept is not ours; it is our Founder’s, Mr. Ken Brailsford. With that thought in mind, this one word truly is the basis for our slogan: “**DRINK LIFE IN**”<sup>(SM)</sup>.

There is not any other single source of truly absorbable complete nutrition available from just one plant, (that IS provided in all Zija® products by Moringa oleifera).

Due to the many questions, e-mails, and phone calls that we receive, I felt that it would be prudent to distribute to new distributors, our thoughts about how we should use and consume the Zija® product line.

In this briefing, I am providing very specific recommendations and considerations regarding the intake of the Zija® Smart Drink, the Zija® Smart Mix, the Zija® XM3–Extreme Moringa Drink, the Zija® XM3–Extreme Moringa Caps, and the Zija® Miracle Tea:

### **1. The Zija® Smart Drink Beverage (Can):**

Zija's® Smart Drink is overflowing with cell-ready nutrients, antioxidants, and vital proteins. It is a refreshing and nourishing beverage for everyday use. This beverage is 100% natural and contains over 90 verifiable nutrients in each serving. It is overflowing with vitamins, antioxidants, minerals, omega oils, and vital proteins. Just grab a chilled can of Zija®, shake and Drink Life In <sup>(SM)</sup> to the fullest!

For the best efficacious potential, this drink should be consumed first thing in the morning on an empty stomach, or at least 2 hours after a meal and 15 minutes before any meal or beverage other than water. Zija® was designed to be fully absorbable by the body when taken on an empty stomach, and any other foods or beverages consumed before it or with it, will reduce its bioavailability.

Remember that most average people are potentially, and to some extent, dehydrated. Therefore, it is very important to make sure that you are consuming plenty of water per day.

The minimum Zija's® Smart Drink recommendation for overall nutrient intake is one can per day. If you are a large person, usually in excess of 250 pounds, then you may want to consider consuming an additional can or two in the afternoon.

## **2. The Zija® Smart Mix Beverage (Powder):**

Zija's® Smart Drink is overflowing with cell-ready nutrients, antioxidants, and vital proteins. It is a refreshing and nourishing beverage for everyday use. This beverage is 100% natural and contains over 90 verifiable nutrients in each serving. It is overflowing with vitamins, antioxidants, minerals, omega oils, and vital proteins.

Zija's® Smart Mix is a convenient, easy-to-open packet that allows you to instantly mix up Zija® anywhere! Simply add the Zija® Smart Mix packet in 8 to 12 ounces of cold water. The

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Smart Mix gives you balance and variety as nature intended it. Drink Life In (SM) with the Smart Mix! It is also very convenient for traveling.

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We recommend mixing the powder with 8-12 ounces of water. However, for even more fluid intake, another suggestion would be to mix the powder in 20 ounces of water the night before and to place it in the refrigerator. This will allow the powder mix to infuse into the water and potentially allow it to have an even greater impact upon the cellular absorption.

## **3. The Zija® XM3 Extreme Moringa Drink:**

Zija's® XM3 delivers real, all-natural metabolic benefits with none of the harmful neurostimulants, artificial ingredients, flavors, preservatives, stabilizers, and sweeteners, of the so-called “energy drink” brands. In an energy beverage industry teeming with unsubstantiated claims and an overabundance of hype, many energy drinks simply offer “false” energy and can actually be harmful. XM3, on the other hand, works! Its energy enhancement, appetite suppression, and nutrition all result from safe and all-natural ingredients. XM3 is a highly potent and naturally occurring Moringa-based beverage, containing dozens of essential nutrients from the remarkable Moringa Oleifera plant.

- The recommended serving amount for the average 150 pound person is; **2 ounces.**
- The recommended serving amount for the 200-300 pound person is; **3 ounces.**
- The recommended serving amount for the 300 plus pound person is; **3-4 ounces.**
- Drink 1 to 3 ounces in the morning and more as desired throughout the day.
- ***However, do not consume more than 8 ounces per day.***

- Consuming XM3 after 5 pm is not recommended so as to not disrupt sleep patterns.
- XM3 is not suitable for people under the age of 18, or those sensitive to caffeine or other stimulants.
- You may mix 1-3 ounces with either the Zija® Smart Drink or the Zija® Smart Mix.

#### **4. The Zija® XM3 Extreme Moringa Caps Weight Balance System:**

Zija's® break-through formulas raise the bar in weight management and nutritional cleansing products. Simply put, when you combine the synergistic effects of Zija's® proprietary blend of Moringa, Vitamins, Minerals, natural Caffeine, and many other natural ingredients – magic happens!

***Please remember that this product is recommended for adults only!***

**First and foremost, it is highly recommended and we feel even required that for the best potential affect, anyone wanting to start on the Zija® XM3 Extreme Moringa Caps, will need to have been on either the Zija® Smart Drink or the Zija® Smart Mix for at least 2-4 weeks prior to starting on this product!**

Also, drinking more water than the usual recommendation and using Zija's® Miracle Tea (a cleansing tea), is also highly recommended with the use of this product! This combination of products creates a system that has a more beneficial result.

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The recommended use of the Zija® XM3 Extreme Moringa Caps is to take one capsule orally mid-morning and/or mid-afternoon, two hours after a meal and/or on an empty stomach, and one and half hours before any meal. However, it is not recommended to take it later in the day, as sleep may be impaired. **Do not take more than two capsules per day.**

We have been asked how many XM3 Caps a person should start with. Our recommendation is that if a person tends to consume most of their food intake from wake-up to 6:00 PM, then they should start by taking one capsule mid-morning. If a person tends to consume the majority of the food intake from Noon to late evening and/or up to bedtime, then they should start by taking one capsule mid-afternoon.

We also do not recommend using any caffeinated drink, or any soda or diet drink, or any type of alcoholic drink, or any juice to take this product! **Please use only water when taking this product!**

We also recommend that while you are on the Zija® XM3 Extreme Moringa Caps, you do not need to be consuming the Zija® XM3 Extreme Moringa Drink.

**Please pay attention to these Warnings:**

- This product is NOT intended for use by persons 17 years or younger without the supervision of a health professional or a parent/guardian.
- This product is NOT for use by any person who may be pregnant, or those intending to become pregnant, or who are nursing, or if they are caffeine sensitive, or if they suffer from high blood pressure, or any type of cardiovascular and/or cardiopulmonary disease, or if they have any difficulty urinating, or if they have any type of psychiatric condition, are dealing with any depression, or if they have recurrent headaches, or have a “medical condition”, or are taking any type of MAO inhibitor or ADHD drugs, without the supervision of a licensed healthcare professional.
- Do not take this product with any type of alcohol, cold medicine/drugs containing Pseudoephedrine, Ephedrine, Phenylpropanolamine (PPA) or other caffeine-containing products.
- Consumption contrary to these warnings may cause adverse health effects.
- If any unpleasant effects occur, discontinue use immediately.

**5. The Zija® Miracle Tea:**

Zija’s® Miracle Tea is a pleasing-tasting blend of traditional eastern and western herbs. This proprietary herbal combination aids in digestive cleansing and acts as a natural gentle laxative, fat metabolizer, diuretic and appetite-suppressor. This premium formula is a mild and versatile product that is both nutritious and delicious!

Zija’s® Miracle Tea is an important addition to the Zija® Weight Balance System. It is used to assist the body in getting rid of the toxins and impurities that build up, and to assist in getting rid of the cellular debris from burning the fat in our bodies.

Here are the recommendations on how to take the Zija® Miracle Tea:

- ***If you are 25 pounds or less overweight***, then steep the tea in 6 ounces of boiling water for 5 minutes, let it cool to drinking temperature and drink just prior to going to sleep at night. **Only drink one serving every 3 days.**

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- ***If you are between 25-35 pounds overweight***, then steep the tea in 6 ounces of boiling water for 5 minutes, let it cool to drinking temperature and drink just prior to going to sleep at night. **Drink one serving every other night.**

- ***If you are over 45 pounds overweight***, then steep the tea in 6 ounces of boiling water for 5 minutes, let it cool to drinking temperature and drink just prior to going to sleep at night. **Drink one serving every evening.**

It is apparent that we all want to attain a healthier vitality in life, and we also want to share this potential vitality with others about our new found product line.

Once we feel the change within us, we become excited and want to share, that, to us, the Zija® products, are pure and pristine nutritional products, that they are robust with all natural energy, and that they help us to balance and optimize our appetite, and that they provide us with many options, plus they give us the ability to attain beauty from within and from without.

Let's make sure to help those who join us in our endeavors to get healthy and to help others who want to get healthy, to be prudent with how we consume these products.

***These statements have not been evaluated by the Food and Drug Administration.  
These products and/or recommendations are not intended to diagnose, treat, p***