

Frequently Asked Questions About Xtreme X2O

How many Xtreme X2O sachets are there in each individual foil pouch?

Each foil pouch contains six Xtreme X2O sachets.

How many foil pouches should I receive with a 30-sachet supply of X2O?

Since each foil pouch contains six sachets, you'll receive a total of 5 foil pouches in every 30-sachet order.

Are there any "side effects" associated with using X2O?

It depends. Based on your level of health, you may notice some detoxification symptoms such as loose bowels, temporary skin blemishes or mild headache. This is simply your body's way of flushing out toxins and replenishing itself with the healthy nutrients it needs and longs for. "Detoxification symptoms" are typically short term if they appear at all. Positive "side effects" may include better sleep, more energy, and improved joint mobility and weight loss.

How many X2O sachets should I use per day?

It depends on your health goals. If you're looking for optimal health benefits, we suggest using three sachets per day – one sachet in a bottle of purified water in the morning and another sachet in late afternoon and one in the early evening. "Minimum usage" is defined as one sachet per day, and many people report great results using two sachets per day. (NOTE: For best results, do not combine a used sachet with a fresh sachet in the same bottle of water.)

What type of beverage is best to use with Xtreme X2O?

For best results, we recommend using one X2O sachet in 18-24 ounce bottle of purified water (distilled, reverse osmosis, etc.).

What type of material is used to make the Xtreme X2O water bottle?

Our bottles are made with "non-leaching," G.E. Lexan brand resin.

GE Lexan Benefits:

1. FDA approved for safety
2. Durable & impact resistant & cleaning
3. Dishwasher safe
4. Microwave safe
5. Designed for easy filling
6. Does not retain odor or taste

Can pets benefit from using X2O?

Many people have reported fantastic results with their pet while using X2O. We recommend that you consult your pet's healthcare specialist if you are concerned about adding X2O to your pet's water. However, no negative accounts have been reported. For safety reasons, please do not leave the X2O sachet floating in your pet's water dish. Mix the X2O sachet with your pet's water ahead of time.

Do regular over-the-counter calcium tablets/capsules have the same positive effects as X2O?

No. Conventional over-the-counter tablets/capsules must first enter your stomach, then small intestines in order to be digested properly. Depending on the quality and manufacturing process common calcium tablets/capsules may not break down effectively in your body. On the contrary X2O becomes ionic when added to water. As an ionic solution, it is absorbed in your cells quickly, hydrating your body while delivering vital nutrients.

Do I tear open the X2O sachet or just float it in water?

Your X2O sachets are designed to float in your bottle or glass just like a tea bag. The vital minerals and nutrients in X2O will flow out of the sachet and transform your water (or other non-carbonated beverage) within 5-10 minutes.

Can I use X2O if I'm taking medication?

We recommend that you consult your trusted health practitioner if you are concerned about possible interactions with medication. However, we have had no reports of any interactions. In fact, some people have reported improved results with their medication while using X2O.

Is there an age restriction for using X2O?

No. We've received positive testimonials from people of all ages and all walks of life. These testimonials include parents of young children as well as seniors.