



Did You Know?

AMWAY PRODUCT FACTS



XS™ ENERGISE RHODIOLA

FACT

1

Can counteract the adverse effects brought about by physical, chemical or biological stressors.

Rhodiola Rosea is derived from a natural plant. Being an adaptogenic herb means that it has the ability to support the body's natural capacity to adapt to the adverse effects brought about by physical, chemical or biological stressors.¹

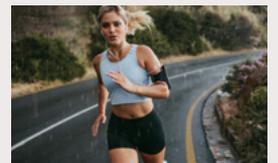


FACT

2

Support to help increase mental and physical performance.

Stress causes mental and physical fatigue that can impair our cognitive function and physical performance. Rhodiola can help increase mental alertness and support energy levels during times of stress and high physical activity.²⁻³



FACT

3

Helps to improve endurance and assist in delaying fatigue.

When taken prior to exercise, the combination of Rhodiola Rosea extract and plant-derived caffeine can help to improve your physical performance by improving endurance and assist in delaying fatigue.⁴



Scan the QR code to find out more about XS Energise Rhodiola from our Naturopath Sarah Bramley.



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Features & Benefits

- Contains Rhodiola Rosea, a herb known for its ability to enhance performance and combat stress.
- Contains antioxidants from green tea, spinach and vitamin C to protect against harmful free radicals.
- Each tablet contains 75mg of caffeine derived from natural sources such as green tea.
- Maintains healthy energy levels during exercise.
- Helps to support mental and physical stamina to maximise your exercise program or power through a hectic day.
- Helps you maintain peak effort while providing beneficial phytonutrients.



“Support your everyday physical activity”

Are you looking to get more out of your next workout? Do you or one of your clients experience times of stress or fatigue? XS Energise Rhodiola might just be the product you have been looking for.

Rhodiola is known as an adaptogenic herb which means that it has the ability to support the body's natural capacity to adapt to the adverse effects brought about by physical, chemical or biological stressors.

By combining Rhodiola with caffeine (from plant sources) and vitamin C as well as plant concentrates spinach and acerola cherry, XS Energise Rhodiola helps you maintain peak effort while providing beneficial phytonutrients.

Take before your workout or at the start of a busy day to help you get the most out of your physical and mental performance.

Get the energy boost you are looking for with XS Energise Rhodiola.

Sarah Bramley
Amway Naturopath

XS™ Sports Nutrition offers a more natural approach to sports nutrition, with a product range free from artificial sweeteners, flavours and colours. We embrace the importance of being physically active and providing your body with the essential nutrients during the different stages of your workout, to help you obtain maximum performance benefits.

ENERGISE

The energise range is all about preparing and energising your body for the activity ahead to support sustained energy and increased endurance to help avoid the post workout low.



For more information, visit amway.com.au / amway.co.nz