MERIDIUM**XN™** Frequently Asked Questions

1) How does MeridiumXN work?

MeridiumXN is comprised of a proprietary formula of bioavailable Xanthohumol to enhance its therapeutic effectiveness in reducing metabolic stress. A strong body of research supports the benefits of Xanthohumol in reducing metabolic stress.

The mechanism of action of MeridiumXN is not completely understood but is believed to work in multiple ways. Xanthohumol is a potent antioxidant with multiple biological activities that promote metabolic balance.

2) What ingredients are in MeridiumXN?

MeridiumXN is comprised of a proprietary formula of bioavailable Xanthohumol to enhance its therapeutic effectiveness in reducing metabolic stress and promoting metabolic balance.

3) What is unique about MeridiumXN's formulation?

MeridiumXN is comprised of a proprietary formula of bioavailable Xanthohumol augmented with humulon to enhance its therapeutic effectiveness in reducing metabolic stress and promoting metabolic balance. MeridiumXN's proprietary formula provides Xanthohumol in a bioavailable form that allows absorption and delivery to target organs.

4) Can I get Xanthohumol through the foods I eat?

Xanthohumol is derived from hop, which is used to add bitterness and flavor to beer. Therefore, beer is the primary dietary source of these compounds. However, the average content in beer is likely too low to achieve health-promoting benefits. Furthermore, the health benefits of moderate alcohol consumption must be balanced with the health risks associated with alcohol abuse.

Xanthohumol supplements are available but may not necessarily be in a form that is readily absorbed from the gastrointestinal tract. Consequently, swallowing a pill or capsule does not ensure that its contents are delivered to target organs. Special formulation is often required. Furthermore, no currently available Xanthohumol supplements are augmented with other compounds to improve effectiveness.

MeridiumXN is comprised of a proprietary formula of bioavailable Xanthohumol to enhance its therapeutic effectiveness in reducing metabolic stress and promoting metabolic balance. MeridiumXN's proprietary formula provides Xanthohumol in a bioavailable form that allows absorption and delivery to target organs.

5) What is Metabolic Balance?

Metabolic stress is caused by chronic metabolic imbalances or the inability to appropriately regulate any of the vast number of biochemical reactions in the cells, tissues, and organs of our bodies. We all naturally experience peaks and valleys as various metabolic processes are turned on and off. However, over time, we may lose the ability to completely recover from these fluctuations. This can potentially contribute to chronic metabolic disorders.

You have probably heard of many of the common markers physicians use to evaluate the health of specific systems in our bodies but perhaps did not know they are also markers of metabolic stress. These markers include:

- Decreased energy
- Non-restful sleep
- Decreased retinal and ocular health
- Increased free-radical damage
- Rising cholesterol levels

Imbalances in particular systems can manifest as changes in related markers. For example, an imbalance in our natural ability to regulate glucose production with glucose disposal manifests as elevated blood glucose and a reduced ability to respond to insulin.

You may not be familiar with another important marker of metabolic stress—isoprostanes. Isoprostanes measure oxidative stress, which results from an imbalance in free radical production and antioxidant protection. Unlike markers that assess the health of specific systems (eg, cholesterol), isoprostanes are a more general marker of overall health. High isoprostane levels, which reflect increased oxidative stress, are associated with poor health.

6) What are the consequences of metabolic stress?

If not controlled, metabolic stress can potentially contribute to chronic metabolic disorders. Metabolic stress may manifest as any of the following:

- Decreased energy
- Non-restful sleep
- Decreased retinal and ocular health
- Increased free-radical damage
- Rising cholesterol levels

Metabolic stress may also manifest as increased isoprostane levels. Isoprostanes measure oxidative stress, which results from an imbalance in free radical production and antioxidant protection. Unlike markers that assess the health of specific systems (eg, cholesterol), isoprostanes are a more general marker of overall health. High isoprostane levels, which reflect increased oxidative stress, are associated with poor health.

7) How do I know if I have metabolic stress?

We all naturally experience peaks and valleys as various metabolic processes are turned on and off. So, it is not surprising that for many of us, one or more of these processes become imbalanced. You probably know many people who take medications to help lower cholesterol levels or blood sugar, for example. Although there are many possible contributing factors to these problems, metabolic stress is likely one of them.

- Other markers of metabolic stress include:
- Decreased HDL ["good"] cholesterol
- Increased triglycerides
- Reduced responsiveness to the actions of insulin, an important hormone that regulates blood sugar
- Increased C-reactive protein, a measure of inflammation
- Increased cortisol, a stress hormone

Isoprostanes, another important marker of metabolic stress, measure oxidative stress. Oxidative stress results from an imbalance in free radical production and antioxidant protection. Unlike markers that assess the health of specific systems (eg, cholesterol), isoprostanes are a general marker of overall health. High isoprostane levels, which reflect increased oxidative stress, are associated with poor health.

Many markers of metabolic stress must be measured through blood tests in a healthcare provider's office. Soon, you will be able to measure your isoprostane levels in the privacy of your own home with minimal time, expense, and invasion of privacy. The Wellness Index Test™ introduces a new self-administered therapeutic diagnostic called Theranostics™. By measuring isoprostane in your system, you can find out your body’s level of oxidative stress.

Measurement of isoprostanes should not replace measurement of other important markers but can be used in conjunction with them to assess your overall wellness and therapeutic progress.

8) How do you measure metabolic stress?

Many markers of metabolic stress (eg, cholesterol) must be measured through blood tests in a healthcare provider's office. Although these are important markers to follow, and for many people they should be regularly monitored, they only assess the health of specific systems.

Another important marker of metabolic stress is isoprostanes, which measure oxidative stress. Oxidative stress results from an imbalance in free radical production and antioxidant protection. Isoprostanes are a more general marker of overall health. High isoprostane levels, which reflect increased oxidative stress, are associated with poor health.

Measurement of isoprostanes should not replace measurement of other important markers but can be used in conjunction with them to assess your overall wellness and therapeutic progress.

9) Should I use MeridiumXN even if I feel well?

In healthcare, there is a growing focus on disease prevention, which involves addressing risk factors before they result in complications. Treating high cholesterol and blood pressure to prevent heart attacks are just 2 examples of preventive medicine. If your doctor told you your cholesterol or blood pressure was high, would you wait until you had a heart attack to treat it? Probably not. But, like high cholesterol or blood pressure, metabolic stress can progress silently. So, even if you feel well, you could be experiencing it.

Many people concerned about preserving their health take measures to maintain it. MeridiumXN is one of those measures.

10) What are isoprostanes, and how are they measured?

Isoprostanes are an important marker of metabolic stress. Unlike markers that assess the health of specific systems (eg, cholesterol), isoprostanes are a more general marker of overall health.

Isoprostanes are formed as a result of oxidative stress. High isoprostane levels, which reflect increased oxidative stress, are associated with poor health.

Soon, you will be able to measure your isoprostane levels in the privacy of your own home with minimal time, expense, and invasion of privacy. By measuring isoprostanes in your system, you can find out your body’s level of oxidative stress.

11) What is oxidative stress?

Oxidative stress results from an imbalance in free radical production and antioxidant protection. It can by assessed by measuring isoprostane levels. High isoprostane levels, which reflect increased oxidative stress, are associated with poor health.

Soon, you will be able to measure your isoprostane levels in the privacy of your own home with minimal time, expense, and invasion of privacy. By measuring isoprostanes in your system, you can find out your body's level of oxidative stress.

12) Will MeridiumXN interact with medications that I take?

Drug interaction studies with MeridiumXN have not been conducted. There is potential for interactions with drugs metabolized by the liver, particularly some cholesterol-lowering medications and blood thinners. Talk with your doctor about whether MeridiumXN is right for you.

13) Are there side effects associated with MeridiumXN? Is it safe?

The compounds in MeridiumXN are natural substances commonly ingested in the form of beer. As food additives used during the brewing process, they are designated as Generally Recognized as Safe (GRAS) by the Food and Drug Administration. Based on safety studies conducted in humans to date, there are no serious side effects. Talk with your doctor about whether MeridiumXN is right for you.

14) What should I do if I take too much MeridiumXN?

No cases of overdose with MeridiumXN have been reported. However, this does not preclude the possibility. If you take too much MeridiumXN and experience side effects, contact your doctor.

15) Has MeridiumXN been studied in humans?

Yes. Additional clinical trials are under way and an extensive clinical development program has been planned.

16) What is the longest period of time MeridiumXN has been studied in humans?

One year.

17) Is MeridiumXN appropriate for children?

Because MeridiumXN has not been studied in children, BioNovix recommends that children do not take this product.

18) Does MeridiumXN contain any ingredients that would be of concern for people with special dietary needs?

MeridiumXN contains no gluten, dairy, sugar, salt, corn, soy, yeast, or artificial flavors. It has virtually no calories.

19) What is the recommended dosage of MeridiumXN?

Once daily, mix 1-3ml in 8oz. of cool water or beverage. Stir well. Drink full 8oz.

20) Can I split the dosage?

Yes.

21) With what beverages can I mix MeridiumXN?

You may mix MeridiumXN with any room temperature or cold beverage. Excessive heat destroys the active ingredients in MeridiumXN. MeridiumXN tastes best with nonacidic beverages.

22) What time of day should I take MeridiumXN?

MeridiumXN may be taken at any time during the day/night.

23) How should MeridiumXN be stored?

Once opened, MeridiumXN may be stored at room temperature for up to 30 days. If opened bottles are going to be stored for longer periods of time, they should be refrigerated.

Unopened bottles may be stored at room temperature, away from direct heat, for up to 3 months. If unopened bottles are going to be stored for longer periods of time, they should be refrigerated.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

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