



XbyX provides you with 100% effective and high-quality raw materials, products and knowledge.



Specially formulated and developed for women in their middle years, based on numerous scientific findings and publications.



Highest quality raw materials from controlled sources that are free from additives like sugar, binders and fillers.



Quality assurance through regular, independent laboratory tests. Produced in German factories in compliance with HACCP, DIN EN ISO 9001 and GMP certification.



Packaged in light-resistant containers to protect the active ingredients from oxidation, UV radiation and reacting with other ingredients.



Get Started

Fancy more?

- Knowledge Hub and Recipes
- Pro Age Community
- Newsletter
- Answers to frequently asked questions

xbyx.com/start



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XbyX® – Women in Balance
www.xbyx.com



The Midlife Journey - The XX Wonderland

PREmenopause

PERImenopause

POSTmenopause

Early- to mid-forties

Peri what?

It starts earlier than you think — four to ten years before your last period to be exact. This is the so-called perimenopause stage and it signals the beginning of menopause. Most women already start experiencing symptoms in their forties.

Menopause

Average age: 52 years

Goodbye, Aunt Flo!

The menopause marks the day of your last period. For most women, menopause “officially” begins when you haven’t had a period for 12 months in a row.

From Now on, a New Me!

From this point onwards we will spend the rest of our lives in the postmenopausal phase. During this time our oestrogen and progesterone levels will permanently decrease and won’t fluctuate significantly. It’s also time to prioritise self care! This will look different for everyone but in general it’s time to take care of our mental health, keep our hearts healthy, exercise regularly, strengthen our bones, follow a healthy diet and get enough sleep. Prevention is better than cure!

Progesterone

Oestrogen

You are Not Alone!

Two thirds of all women have moderate to severe menopausal symptoms, such as a lack of energy, difficulty sleeping, irritability, anxiety, hot flushes, brain fog, achy joints and vaginal dryness. Don’t worry - you’re not the only one and you’re not going crazy. And we’re here to help!



WOMEN IN BALANCE

STARTER GUIDE

Everything you need to know about our products





Feel comfy
in your skin!

Hello, love! Congratulations on taking charge of your well-being and prioritising yourself. We are chuffed to join you on this important journey!

Maybe you're already experiencing some hormonal changes, menopausal symptoms or age-related aches and pains. Right now you need a lot of TLC. We want to help you take good care of yourself so that you feel cheery, fit and energised — not just today but well into your twilight years, too!

These changes can feel really difficult at first, but you're in good hands. We're dedicated to keeping thousands of women just like you company through this important new journey. Every step of the way we'll share our expert advice, tips and tricks, and a wide range of plant-based products to ease the transition and help you feel fantastic.

Warmest,

Co-founders of XbyX

By the way, our name XbyX is a combination of "XX" which represents the female chromosome and "Step by Step" for gradual improvements to your diet and lifestyle.



Smooth(ie) Moves

Conjure up a wholesome, healthy smoothie or bowl according to our "Simple 7" guideline. Combine:

1. Fruit and vegetables
2. Protein: (e.g. XbyX Daily Energy)
3. Dietary fibre: (e.g. oats, flaxseed)
4. Probiotics: (e.g. yoghurt, kefir)
5. Healthy fats: (e.g. nuts and seeds)
6. Liquids: (e.g. water or plant-based milk)
7. The icing on the cake: XbyX plant extracts

Tickle your taste buds:

- Explore our recipes at [xbyx.com/recipes](https://www.xbyx.com/recipes)
- Vary the amount of **XbyX Daily Energy**
- For something to chew on, add fruits and nuts to your bowl and sprinkle seeds on top

What's your XbyX style?



Shake it Up

To make the perfect muesli, yoghurt, porridge or overnight oats, simply add XbyX Daily Energy and your choice of our other products with some water or plant-based to your shaker. Mix it all together well. Then blend the mixture into your breakfast and top with fruit, nuts and seeds.

Tickle your tastebuds by adding one or more of the following:

- 1-2 teaspoons of raw cocoa
- 1 cup of cold espresso or instant coffee (preferably decaffeinated)
- 1 tablespoon of nut butter
- 50 ml juice
- Coconut water
- Cinnamon, turmeric and any other spice you like



Totally oat-rageous

Blend XbyX Daily Energy and your choice of our other products with a little bit of water or plant-based milk in your shaker to make the perfect muesli, yoghurt, porridge or overnight oats. Then stir in your favourite XbyX product and top with nuts, seeds and fruit.

Tips:

- Use less XbyX Daily Energy (e.g. only 1-2 tablespoons) in your breakfast blend so that you can enjoy another XbyX Daily Energy shake in the afternoon.
- Stir in your favourite XbyX product **after** you've finished making your porridge so that you don't lose any valuable vitamins.



Pure and Simple

Our XbyX Daily Energy shakes are quick and easy to make. Simply add the powder to the liquid in the shaker provided and then shake well. This is the best way to ensure a clump-free mixture. Use water, plant-based milk or your favourite non-alcoholic drink.

Get juicy and add your choice of:

- Fruit tea
- Herbal tea
- A splash of juice
- Fresh OJ and ginger

For the best results we don't recommend mixing our products with high sugar or carbonated drinks.

Any further questions?



Why do some of your products taste so bitter? Some of the ingredients we use like reishi mushrooms, ashwagandha and monk's pepper naturally contain so-called bitters like phenols, flavonoids and isoflavones. We want to harness the natural goodness of these ingredients for the best results. That's why we don't mask the taste with added sugars, flavour enhancers or any other additives. We know it can take some getting used to, but it's worth it for their vast range of natural health benefits.



Why are your products only available in powder form and not capsules? Firstly, we have an additive-free philosophy so we want to avoid tablets and capsules, which often contain unnecessary additives. Secondly, we simply can't squeeze all of the minerals and nutrients in our products into just one capsule — you'd need multiple capsules per day. Finally, our powders can be mixed together easily to meet your needs and preferences.



Do I need to take XbyX products every day? For the best results, you should take our products daily for several weeks. You can also combine all of our products with each other without worrying about overdosing.



How soon will I start to see the benefits? It might take some time to feel the effects of our herbal products. Some people start to notice improvements after just a few days, but for others it might take between three and four weeks of using the product consistently to feel the benefits.



Why do some products contain less powder than others? All of our products are weighed and filled by machine. The difference in how full the containers are is due to the "bulk volume" of the raw materials. Some raw materials are finer than others which results in a smaller overall volume, whereas others are coarser and result in a larger overall volume. We do not use unnecessary fillers that would compensate for these differences.



Get Started

Hungry for more?
www.xbyx.com/start

Need to get something off your chest?
Write us an email at ask@xbyx.com
or get in touch via Instagram:
[instagram.com/xbyxwomen_en](https://www.instagram.com/xbyxwomen_en)

