

FIVE WAYS TO BOOST YOUR IMMUNITY


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wellness with warren
 sponsored by xtend-life

Since starting **Xtend-Life** 21 years ago, our Founder Warren Matthews who is now 74 years old, has dedicated his life to the pursuit of health and wellness, including immunity. In this video, he shares information that you should be aware of.

For a transcript of the video [click here](#).

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Featured Product - Total Balance

The best. I've been using Total Balance Men's Premium for years, and I can immediately feel the difference if I stop taking it for a day. I fight off colds without getting sick, I have better mental clarity, and I just generally feel good from this product. I've tried other vitamins, and they are just placebos.

Foster, USA



Best supplement on the market. I have been using this product for years, and it just keeps getting better. I like the amino acid blend and enzymes, which help to digest food. The immune blend and eye health blend of herbs are great too. Having searched long and hard, I have found Total Balance Women's Premium to be the best.

Libby, Australia



What can I expect if I start taking Total Balance?

The thing about Total Balance we're most proud of is the consistent positive feedback from our customers. Full reviews are on our product pages, but here are some of the most common benefits people share:



Improved sense of well being



Greater energy



Better sleep



Less susceptibility to colds & flu



Clearer & younger looking skin



Less night time visits to the bathroom



Fewer negative menopausal symptoms



Improvements in hair, skin & nails



Total Balance

Customers have purchased more than \$100M worth of Total Balance over the last 20 years. No other supplement has equalled it for efficacy and value for money. It targets all the systems in your body to give you the best chance of a long, healthy lifespan.

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[Women's Health](#)
[Immunity](#)

Missed our last Newsletter?

Why immunity needs an all-year effort

Your immune system is under attack the whole year round. Find out how you can strengthen it to help keep colds, allergies and viruses at bay.

[LEARN MORE](#)
