How to...

... eat better and manage our health?

The E.Excel answer

Quantity, variety of fruit, vegetables, cereals

This brochure contains information of an educational nature only, and can never replace the advice of health professionals. E.Excel never encourages self-diagnosis or self-medication. If you suffer from an illness requiring medical diagnosis and treatment, it is essential that you consult a registered health professional.

E.Excel offers a varied and abundant range of freezed-dried fruits, vegetables and cereals formulated to provide the body with ingredients which might be absent from our normal food intake.

E.Excel foods do not contain flavorings, artificial coloring, and mild preservatives are only present in 3 beverages. In dealings with its farm produce suppliers, E.Excel has specified that no chemical fertilizers, pesticides or genetically modified organisms may be used. These foodstuffs are not irradiated or ionized. The ingredients may vary following new discoveries.

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Thirty years of knowledge at your fingertips.

LET US DEFINE FOOD

A food is a substance, generally of plant or animal origin, absorbed and assimilated by the body to maintain life and growth. To survive we have to eat food. The type of food that we eat determines our longevity.

The human being has continually increased the variety of his diet as he discovered new sources of food. Given that we have shifted the notion of "eating to survive" from that of choosing foods to suit our taste or practical use, we have gradually moved away from healthy food made up of plants. One of the main dangers of our society is a diet rich in meat and animal proteins, to the detriment of fruits, vegetables, grains, and oilseeds. This diet rich in animal protein causes an abnormal overtake of cholesterol and an accumulation of fat. This saturation of blood flow causes a wide spectrum of health problems (deposits in the arteries causing heart attacks). It has been found scientifically that excess fat clearly causes calcium losses, especially in the urine, a process leading to osteoporosis. In women, exaggerated consumption of animal fats and proteins also increases the production of the estrogen hormone, which in turn stimulates increased production in the tissues of the breast and uterine tissues, thus creating ideal conditions for the formation of cancer.

Food is essential to our existence, but our health will depend on whether we eat healthy food or not. The best and only way to maintain good health is therefore to consume a balanced diet rich in fruits and vegetables. E.Excel products are called Functional Foods. Functional foods are neither medicines nor simple foods, and, combined with our health, their beneficial effects do not present any of the disadvantages due to toxins and stimulants.

A functional food is defined by four specific criteria:

- It must be a plant food: vegetable, fruit, cereal, root.
- It must come from a healthy plant that is not of a medicinal type (those can only be supplied to the general public by prescription).
- This plant must be rich in phytochemicals or phytonutrients, thus in antioxidants, these substances having an incomparable value in improving the immune function.
- It must be a whole food and not a chemical isolate.

A healthy food intake should, therefore, include a wide variety of functional foods to maintain optimum health.

Functional foods offer specific benefits to the body and may be eaten without restriction and without any harmful side-effects.

Functional foods are not vitamins: vitamins are nutrients obtained by chemical extraction from food, while functional foods are whole, and used to provide the maximum benefits to the body, including through the vitamins inside food itself.

Functional foods allow nourishment of the body in a convenient way, providing it with a large quantity of plant foods, without absorption of high quantities of fats and cholesterol found in animal products.

Although functional foods are not intended to replace a healthy diet, they should be used daily for specific nourishment of the different body systems and thereby maintain a healthy environment inside the body.

It should be noted that not all vegetables and plant foods are functional foods. The basic vegetables and fruits in a functional food must not contain stimulants such as caffeine; ephedra or toxins.

Many plant-based teas cannot, therefore, be considered as functional foods, as they contain caffeine. As we become more aware of the harmful effects of drugs and the dangers of unhealthy foods, we must understand and incorporate these distinctions.

An understanding of the different substances we consume will help us to take better care of our bodies and improve our general state of health.

E.Excel foods contain no flavourings, artificial colouring or preservatives, and the vegetables used in their production are cultivated without chemical fertilizers or pesticides. These foods are not irradiated or ionized. The taste and color of E.Excel foods may change from one preparation to another. In fact, although the nutritive value remains constant due to standardization, each harvest for the different plant foods may bring about differences in taste and color in the vegetables and fruits, just as with a good wine.

On the other hand, the use of higher quality foods can cause symptoms of earlier pain to reappear. But don’t panic… this is the preliminary sign of the elimination of toxins, of regeneration and repair, and therefore of rejuvenation. It is definitely the sign of a healthier immune system.

NUTRITIONAL IMMUNOLOGY:

a new science

This new science developed by a young Sino-American woman scientist and her team of a hundred plus researchers has, for the past 30 years, concerned itself with a systematic search for the links between the functioning of our immune system and nutrition.

This science came into being as a result of the sound belief of these scientists that nothing can replace a strong and effective immune system. They also believed that optimum immunity is brought about through adequate nutrition. Immunity also means longevity.

Nutritional Immunology research means a systematic study of all plants, fruits and roots available on the market (although cactus is only sold in supermarkets in south western U.S.A. and Mexico) to discover which ones specifically strengthen the immune system.

Nutritional Immunology means that the scientists research:

Which plants?
Which part of plants should be used?
How to select fertilizer free soil for them to grow in?
How to rotate the crops to provide adequate fallow land?
Which way should each type of plant face, in order to get the right amount of sun?
When should harvesting take place to ensure the maximum possible presence of phytochemicals or phytonutrients?
What is the ideal temperature for the preparation of each plant individually, to preserve its enzymes intact?
How to keep them whole and not destroy the synergy?
How to avoid preservatives, artificial colouring, irradiation, ionisation?
What is the plant's percentage of phytochemicals, and therefore antioxidants, and which part of the vegetable is richest in these phytochemicals?
How to combine these plant food for optimal nutrition; how to prevent them from interfering with each other or cancelling each other out, from a nutritional point of view.
Finally, how can active and busy people benefit from this plant food nutrition in a convenient way compatible with their professional lives?

Today, Nutritional Immunology is no longer a theory, it has become a reality. Research continues and so does education. The increasing desire of these researchers to turn to a complete and balanced nutrition as a means of prevention, to promote a better "art of living", is behind this research at the cutting edge of technology.

To this, we must add the recent vital concepts highlighted by scientists, such as the importance of phytochemicals or phytonutrients created in plants through photosynthesis, whose powerful antioxidants effects are opening up new and exciting avenues of progress. The new discoveries about polysaccharides in mushrooms as well as ginsenoside RE new generation are greatly improving our knowledge of plant foods.

PRODUCTS AND BENEFITS

The benefits of E.Excel food products

E.EXCEL FOODS ARE:

- whole food, they have not undergone any chemical extraction process
- rich in phytochemicals or phytonutrients, and therefore in antioxidants
- rich in polysaccharides and ginsenosides Re new generation
- revitalising food (improving life)
- food having a total synergy between the different elements, and between themselves
- fast assimilation
- regulate food excess without frustration and guilt

AND

- allow a gentle and permanent detoxification, without tiredness
- regulate the body in the long term and help people to regain their balance within three months
- quickly provides energy
- simplify life for people keen on feeding their family on nourishing food
- easy to transport and easy to take
- allow for conviviality without being beyond the pale of mainstream society
- pleasurable
- improve sexual activity
- satisfied consumers attract new consumers, and thus get rebates which allow their families to consume more cheaply
- and lastly, the immune system is regenerated due to the medium and long term reduction in intake of polluted food, with rejuvenation as an additional bonus.

CONTROLLING OUR HEALTH AND VITALITY MEANS...

- To see the benefits, it is best to consume this food for at least 3 months.
- Accepting that these “Vegetables in powder form” are life-giving.
- Only a few people think it is necessary to invest in the idea of prevention every day, for their own health; respect and love for one’s own body and its needs are not yet part of our lives.
- Understanding that to consume these foods mean to accept that suffering and illnesses are not the only driving forces behind change, nor a fatality.
- Accepting a method of distribution which perfectly satisfies the requirements of a changing society.

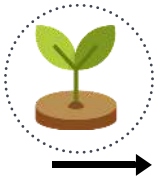
LONGEVITY AND HEALTH MEANS...

- Eating the equivalent of several kilos of fruit, vegetables, roots, and cereals on a daily basis.
- Performing physical exercise on a regular basis.
- Maintain a calm, harmonious emotional status.
- Getting enough rest.
- Making laughter an important part of our lives.
- Maintain at all times an attitude of gratitude.

UNIQUE MANUFACTURING PROCESSES

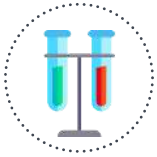
These processes result from a skilful blend of the age-old oriental experience of plant food nutrition, known as 'royal herbs', and the most modern and refined western research and technologies.
From planting to packaging, E.Excel takes exceptional care to preserve the essential vital quality of the plants, their purity and their intrinsic balance. Constant research is the guarantee of excellent nutritional value for the consumer.

THE VARIOUS MANUFACTURING STEPS UNIQUE TO E.EXCEL INTERNATIONAL



Growth and harvesting

Processing



Analysis and selection

Formulation

Concentration

Standardisation

Final analysis

Encapsulation

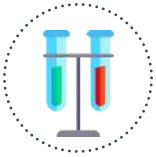
Growing and harvesting the plants

To read this section, please keep in mind that the Chinese call herbs all fruits, vegetables and roots
Growing and harvesting are supervised and controlled by E.Excel. The time of harvest can make a big difference in the quality of the herbal products you consume. Each herb is best harvested when its active ingredients are at their highest level. If the harvest is improperly timed, the herb you end up with may be considerably less nutritious than it should be. Ginseng, for instance, can take as long as eight years to fully develop its active ingredients. Some herb growers try to hurry the growth process by using stimulants and chemical fertilizers. When the growth process is altered with chemicals, however, the herb's nutritional content can be greatly reduced. While most herbs need not be grown in individual specific climates, each herb does have its own optimum temperature, sunlight, moisture, soil, and organic fertilization needs. At E.Excel, we use only the most nutritionally excellent herbs for our formulations.

Processing the plants

How a herb is processed, usually also determines how healthy it will be for the consumer as well. Some herbs must be powdered in order to extract the maximum nutrition from the plant, other herbs need to be liquefied in order to separate the water-soluble nutrients from the oil-soluble nutrients. The nutritional value of some herbs may be substantially altered if they are soaked in water too long. In short, each individual herb requires processing techniques tailored to its particular needs to ensure its optimal nutritional potency. E.Excel employs special scientists to process each herb individually in order to enhance the nutrients of the individual herbs.

Testing and selection



Not all parts of each herb is healthy. Different parts of the plant yield different nutritional value and when the wrong part of a herb is used, the expected nutritional value can fall short. Flowers, leaves, stems, and roots all contain different nutritional values and contents depending on the herb. Some herbs even contain chemical stimulants that can be harmful to your health. It is necessary, therefore, to test each part of the herb carefully to insure that it does not contain harmful ingredients.

Standardization

In order to ensure continued high-quality nutrition in each formulation, E.Excel scientists carry out testing on a continuous basis. Furthermore, none of E.Excel's products contain chemical preservatives, which means that there is absolutely no pathogenic microbial content in any of our products. This fact is continually reaffirmed by tests administered during the manufacturing process to ensure that all E.Excel products are pure and clean. To perform this evaluation, E.Excel uses special instrumentation based of quantum physics to measure the activity of the electrons in the plants and quantity of phytonutrients stored in the plants via photosynthesis:

→ Evaluation of nutritive value → Quality and quantity of its energetic value

The continuous testing performed by the scientist allows with each batch an identical final result regardless of the various content of nutrients in the plant with each harvest.

Concentration

All E.Excel herbal formulations are concentrated to the maximum to guarantee the highest nutritional content and long- term stability for each one of the plants. All herbs have their own specific concentration requirements. When herbs are processed according to their specific needs, and with attention to their unique requirements, they retain their valuable nutrients. Some herbs cannot be processed with high heat, for example, and require special freeze-drying processing techniques during the concentration process. Other herbs are more stable using a flow drying technique. At E.Excel, every single herb is processed according to its individual requirements-separately, no matter what the expense. The different techniques used by E.Excel are lyophilization, "spraydry", and "flow dry" ("The Excellent Word" n ° 22).

WE SEPARATE THE

WATER + OIL + CELLULOSE

WATER → the water is evaporated

OIL → containing the active ingredients

CELLULOSE → no nutritive value = cotton wool

What remains is a powder containing the active ingredients + oil is reinjected into it by SPRAYING = E.EXCEL foods

Formulation

In China, for thousands of years, formulation has been regarded as a subtle and complex science: some vegetables mutually reinforce each other, while others destroy or cancel each other out. Some vegetables poison the body when they are combined or used with incorrect dosages. Some vegetables are only effective when prepared at the correct temperature for each species, in combination with a specific method of freeze-drying or a suitable mixing process. At E.Excel, formulations are prepared by immunologists whose constant concern is respect for the wholeness of the plants and for reinforced synergy. An unbalanced formulation results in poor nourishment for the body. All E.Excel experiments are tested thru independent laboratories for more accuracy.

DESCRIPTION OF DIFFERENT CONCENTRATION TECHNIQUES USED BY E.EXCEL INTERNATIONAL

Filtration

Purpose of this process: To oncentrate nutrients and eliminate unwanted indeterminate contaminants
Millenium production: Recovering the cactus gel without destroying the nutritional elements.
1 -Remove the thorns; 2- Remove the skin; 3- Preserving the gel (mixing-filtration)
The E.Excel filtration process comprises **three levels of filtration** for the **removal of Particles from 100 microns to 0.1 microns.**

1st level - Nanofiltration: separates the particles from the set into macro to micro (macro: visible to the naked eye and micro: visible only by an electron microscope)
2nd level - It is a **microfilter** which will make particles visible only under the microscope, electronic or optical, which is less than one micron.
3rd level - The ultrafiltration serves to separate the particles by molecular weight. Ultrafiltration removes viruses and other substances in a low spectrum of macromolecules. After this stage, the culture is virtually free of contaminants and ready for bottling.

Freeze-drying

1 / **An answer to the problem of food preservation:** Frozen-dried foods are those that maintain the highest level of **freshness**; **Nutrient capacity quality**; and a small volume to obtain **quantities and varieties**.

2 / **Theory**: Take a frozen food and dehydrate it under vacuum, changing it from a frozen state to that of being perfectly dehydrated and preserved.

3 / **The technique:** In the vacuum technique used in lyophilization, water exists in solid form (Ice) gas (steam). The ice turns into steam during slow heating. Steam escapes from the product and increases the pressure inside the lyophilization chamber.
Without containing this vapor, the vacuum pump would be filled with water. In this case, the product could melt and then it would be as air-dried (shriveled and brown). Refrigerated panels are used to maintain the temperature at -30 ° C. The steam is attracted by cold temperature of these panels and condenses in ice upon contact. This process reduces the amount of vapor inside the chamber, the vacuum then remains at the same level throughout the process.
Re-heating the room is crucial: if there is too much heat too fast, there will be steam. If the refrigeration system cannot condense it fast enough, the pressure rises and the product melts. The products are always lyophilized from the outside to the inside.
This means that it takes more time at the same temperature to dry the inside of the product. 80% of the drying time serves to dehydrate the 20% of the center of the product. Ex: you must count 14H to 16H to lyophilize a whole strawberry!

4 / **The softest method for the product:** As the temperature remains low, the product remains Intact, the sugars are not overheated and do not caramelize. This preserves Product, taste, and perfume. There is no reduction. A lyophilized strawberry retains the same Shape and volume. The water is left leaving the fibers and solids of the product. The structure Cellular tissue was not effused allowing complete rehydration of the product. The disadvantage If exposed to air, they absorb water, so the packaging must be waterproof. The advantage: This makes the use of preservatives and additives unnecessary. This method is used to process plants which can not be exposed to heat.

Scientific Guarantee

Born out of an association of about 100 scientists, E.Excel International was established in 1987 on the basis of 10 years of joint research leading to practical results in the field of prevention, in other words maintenance of “health capital” by nutrition. The researchers were all convinced that: **a well-nourished immune system can be made efficient to the point of protecting the body against all attacks.**

Their objectives were:
- To develop independent research in the field of Nutritional immunology.
- To widen research by offering financial assistance to Universities and private laboratories.
- to distribute this new concept of Nutritional immunology and the result of research throughout the world, at scientific conferences and to the general public, by means of publications, by active participation in the teaching of this discipline in the medical universities of the USA, China and Taiwan, and through the creation of an international foundation for Nutritional immunology.
- To make the general public aware of the importance of the diet for daily prevention and in the maintenance of optimal health.
- Practical application of research to the creation of a series of nutritional products designed to reinforce the body’s natural defences.

Professor Jau Fei Chen, founder and president of E.Excel was born in Taiwan in 1962.

In 1988, she obtained her doctorate in microbiology with specialization in immunology.

She taught at the university for 5 years and conducted cancer research for 10 years. At the same time, she creates her own company E.Excel International to generate the necessary funds for the specific research on prevention by fruits and vegetables that she envisages and for which there is no research fund available.

In 1992, she received the Martin de la Cruz Prize for her research in the field of traditional and alternative medicine.

In 1993, the Government of Taiwan confers on her the title of “Entrepreneur of the Year” s a result of the success of her young company, her innovative research and her contribution to society.
Three years later her research in the field of Nutritional immunology was given the highest distinction by the President of Taiwan.

In 1996, at the annual conference of Traditional Medicine, she won the first two awards for the formulation of the 'Millennium' and for her book 'Plant food and Nutritional Immunology'.

In 1997, for the first time given to a Chinese descendant, she was appointed by the U.S.A. Chamber of Commerce one of the ten exceptional young Americans, joining names such as John F. Kennedy or Bill Clinton.

In 2001, she received the “NATIONAL AWARD OF BIOTECHNOLOGY and MEDICAL QUALITY” for the formulation of the product “Essence of Knowledge”.

Today Dr. Chen is surrounded by numerous scientists who devote their entire research efforts together with Dr. Chen to explore the relationship between immunity and nutrition: The new science of Nutritional Immunology.
Recently Dr. Jau Fei Chen and her team have created new revolutionary technologies in more than fifty medical papers:
- The first one measures the DNA damage repair and speed of repair when we absorb any type of substances.
- The second one confirms the improvement of immunity in checking the number of antibodies of TK1.
(Thymidine Kinase monoclonal antibodies- tumor marker).

E.Excel International
Today
Provides us with

A range of food and products undergoing constant research and development
Nutritional Immunology

The only laboratory of its type in the world which has perfected the new technologies capable of measuring the destruction, repair, and speed of repair of DNA.
Other research has led to faster detection of cancer (Eight months earlier than all other known method) using a single drop of blood, through the thymidine kinase monoclonal antibody technology.
This test will be used in many hospitals in USA.

A team of more than 150 research scientists combining research work and innovative technologies under the direction of Dr. Jau Fei Chen.

A worldwide presence:
Canada, UE, China, Hong Kong, Taiwan, Corea, Japan, Europe, The Caribbean, Malaysia, Philippines, Singapore, Thailand, USA.

An innovative, dynamic and long-term marketing plan

NUTRITION PACKS, BEVERAGES, CONCENTRATED FORMULAS

BASIC DAILY NUTRITION

Daily Nutrition pack

The Excel Daily Nutrition Pack provides a valuable source of pure nutrients to complement every body system, without all the fat and calories common in many of the everyday foods we consume.
To maintain a proper balance and good health the body needs more than 40 different nutrients, these nutrients are necessary for the production of energy and the maintenance of the various body system, for example, if the liver function is reduced, the kidneys and other organic system will also be adversely affected, it is therefore important to nourish the whole body, and not just one set of organs independently. The daily nutrition pack has been specifically designed to nourish the whole body. These nutritious, whole food products we like to call “healthy fast food” are conveniently packaged to provide maximum nutrition with a minimum amount of hassle.

RECOMMANDATION

For optimal health, the daily nutrition pack should be taken everyday with any other E.Excel product you wish to add to your food intake.

INGREDIENTS

30 daily nutrition packs (1 month supply)
There are 2 daily nutrition packs:

Daily nutrition packs 2. It contains:
2 Enjoi (cellular foods) - 60 packs
1 Refresh / day (food for cleansing organs) - 60 packs
2 bottles of nourishment for the 5 main systems of organs in the body (known as quinaries):
D.I, Noco, Circle, Act, Concenergy, ST, (digestive, respiratory, circulatory, immune, Glandular, and nightly to support the central nervous system).

Without soy (due to certain soy intolerances), fruity taste, more vitamins.

Daily Nutrition pack 4. It contains
2 Nutrifresh, like a powedred muesli – (cellular food) - 60 packs
1 refresh (cleansing organs) - 60 packs
2 bottles of nourishment for the 5 main system of organs in the body (known as "Quinaries").
D.I, Noco, Circle, Act, Concenegrgy, ST (digestive, respiratory, circulatory, immune, Glandular, and nightly to support the central nervous system).

The most widely used, balances proteins and vitamins, pleasant “ladyfinger” cookie taste. More proteins.

This is truly the "only EE food" for all regardless of condition.

BASIC NUTRITION BEVERAGES

Nutrial (like a powdered muesli)

One of the special features of Nutriall is its high content in vegetable proteins (peeled soy beans) and its balanced high quality proteins, which makes it exceptional. It is also a rich source of balanced vitamins and minerals in their natural state and in synergy with each other. The benefits of its ingredients are manifold, thanks to their high content in potassium and calcium. They are also rich in phosphorus and phytochemicals. Therefore in antioxidants.

Scientists have reported the importance of phytochemicals also known as phytonutrients (such as genistein, D. limonene, sulphoraphane or PCA and many others) contained in vegetables, in preventing the formation of tumors through their anti-oxidant action. Nutriall also feeds the adrenal glands, the reproductive system, the immune system and the pancreas. Nutriall is rich in fiber which is essential for proper assimilation of foods and color function. Nutriall benefits us by giving an energy boost without side effects and by cleansing the digestive system. As the environment becomes healthier, the intestinal flora is re-generated and is able to defend itself more effectively against hostile bacteria.

In conclusion it is useful for active people, unweaned children (as a beneficial replacement of milk), growing children, elderly people, and convalescents after an operation or accident. The energy boost comes at just the right time to encourage the process of elimination, which in turn is reinforced by Triflora. Our pets can also benefit from this food, for their grater happiness.

INGREDIENTS

Soybean- Soybeans actually contain even more proteins than beef, more calcium than milk and more lecithin than eggs. Also rich in minerals, vitamins and amino acids. Soybeans are 13% to 25% oil, 30% to 50% protein and 14% to 24% carbohydrate. Also plant proteins (such as shelled soybeans) are very easily assimilated by the body and do not contain fat or cholesterol.

Lotus seed - Nourishes the digestive system and is also easily assimilated by the body. It contains raffinose, calcium, phosphorus and iron.

Strawberry- is a good source of fibre, potassium, iron and vitamin C.

Pineapple juice concentrate - Contains vitamins A, B, C, and E, and aids the body in lowering blood pressure, promotes digestion, increases appetite and prevents constipation.

Pear juice concentrate - Is "cold" in nature and contains vitamins B and C.

Vanilla- A genus of tropical American with lily-like flowers, is aromatic and widely cultivated, and is naturally high in nutritional content.

RECOMMENDATION

Nutriall is a high energy combination of vegetables in the form of powdered muesli which is diluted in 25 cc of cold or lukewarm pure water (with very little mineral content) or in less liquid to make it thicker, like custard. It can also be diluted in any other E.Excel drink, such as Triflora, Refresh, Encore or Celebration.

Enjoi

Enjoi has almost the same qualities as Nutriall, despite its different composition
(lotus root and fruit).

Consisting essentially of lotus and freeze-dried fruit, it contains more vitamins and like nutriall is very rich in fibres which assists the intestinal transit. These fibres allow the body to gradually eliminate accumulated mucus and prevent the formation of deposits.

Some people are allergic to soy, find it difficult to digest or do not like its taste: they can take Enjoi in place of Nutriall.

Enjoi is extremely rich in vitamins. The ideal is to alternate Enjoi and Nutriall.
Enjoi and Nutriall can also be mixed, the result is delicious.

The fruity taste of Enjoi is often enjoyed more by certain palates. In particular children and elderly people.

RECOMMENDATION

Like Nutriall, Enjoi is diluted to taste in pure water or in any other E.Excel drink.
It can be taken at any time of the day or at meal time, but is most commonly used as a breakfast and the second one in the evening, away from the regular meal. You can take both packs as your breakfast, depending on appetite and schedule.
Enjoi should be diluted in 15cl of cold water (which should be as pure as possible) if you like a liquid with the consistency of fruit nectar, or in very little water if you prefer a creamy texture.

INGREDIENTS

Lotus root - Strengthens the digestive system, and is easily assimilated by the body.

Rice- is one of the world’s most important grains. The rice seedling is especially nourishing.

Apples- were grown by the Greeks as early as 4th century BC. Contains a range of nutrients including vitamin A, B1, B2 and C.

Vanilla- is aromatic and nourishing.

Blueberry - Excellent source of fiber, iron but also potassium and vitamin C.

Strawberry - Excellent source of fiber, potassium, iron and vitamin C.

Pineapple - Contains vitamin A, B, C and E. Essential benefits: Aids in lowering blood pressure, promotes digestion, increases appetite and prevents constipation.

Natural flavor of lemon and strawberry and other natural flavors

Barley- It strengthens the stomach and facilitates the flow of the liver's life force. Barley contains vitamin B and E

Ganoderma- Often refered to as “the mushroom of immortality”, has been used for at least 3000 years in Japan as a food to strengthen the body.It has been shown to inhibit the growth of cancer cells and is rich in vitamin A and C. Only young Ganoderma mushrooms are preferred for strengthening the immune system.

Lotus seeds - Particularly nourishing for the digestive system and easily assimilated by the body.

Pearl extract - Rich in pure calcium and preserves the natural beauty of the skin.

Nutrifresh "Yummy" !

From babies to elderly Nutrifresh is the perfect food. Nutrifresh is a convenient and pleasant beverage designed to supply the body with many important nutritive ingredients. It contains very few calories and fats compared to other forms of plant food.
Nutrifresh contains a unique mixture of ingredients (23 different vegetables and fruits) Which are 100% natural and healthy. It is rich in phytochemicals such as soy, cactus gel and a wide variety of fruits and vegetables and will supplement our daily food.

Available in three flavors (Strawberry, Mixed fruits and Original), Nutrifresh is a great "snack" for all.

INGREDIENTS

Soy beans, freeze-dried banana flakes, pineapple juice and other natural flavors, asparagus, barley, broccoli, cabbage, cactus fruit, cantaloupe, carrot, lemon peel, grape juice, grape skin, grapefruit juice , Sweet melon, kelp, peas, pear juice, pineapple juice, reishi mushrooms, spinach, tomato, aroma coconut and other natural flavors, fruit and vegetable fructose, maltodextrin, xanthan gum.

RECOMMENDATION

Mix 2 spoonfuls (about 15gm) of Nutrifresh in a cup of cold or lukewarm water or in soy milk, cereal or almond milk. Drink before or during meals to complement the meal or at any time just for a change.

Nutrifresh-D

When we are faced with a problem linked to higher sugar levels in the blood, we need to understand that the important factor is not the amount of sugar but the glycemic index.

Nutrifresh-D contains less fruit and vegetables than nutrifresh and their formulation have undergone a special process in order to keep their glycemic index at the lowest possible.

INGREDIENTS

Soybean, rice, pure vanilla, dried banana flakes, maltodextrin - natural orange flavor with other natural flavors, natural pineapple juice powder, natural lemon flavor.

RECOMMENDATION

Mix 2 tablespoon (15gm) of Nutrifresh-D in a glass of cold or warm water.

Oxyginberry

A concentrate of energy and vitality in a delicious drink.
Oxyginberry comes in the form of packs (30 per box)
Essentially, this formulation enables to bring a concentration of unique nutrients to the body.

INGREDIENTS

Cactus, ginseng, grapes, rose, cactus fruits, yellow peach, maltodextrin, lemon and stevia.

NECTAR AND BEVERAGES DESIGNED TO NOURISH AND CLEANSE THE BODY'S FILTERING ORGANS

Millennium... nourishing and cleansing

Millennium is a filtered product, consisting of cactus extracts with added royal jelly and wild honey. Cactus which is cold by nature is balanced by the royal jelly which is warm, in accordance with the principles of Yin and Yang. It contains 17 essential amino acids, vitamins, minerals and proteins.

Cactus gel has important nutritive properties for the immune system. It has long been known to the American Indians, who use it in many different forms, thanks to its high content in phytochemicals, It has a powerful antioxidant effect.

Royal jelly is a milky, jelly like substance secreted by the salivary glands of worker bees to stimulate the growth of their queen (which can live up to 50 times as long as the workers). It is not a plant but it is used in many plant-based formulas. Its benefits range from prolonging the life span to alleviating joint problems, such as rheumatoid arthritis. Studies from all over the world indicate that royal jelly increase vitality and general well being. These results can be spectacular, and it is not rare to see improvements only two weeks after adding royal jelly to our food intake.

INGREDIENTS

Cactus gel- main system nourished the immune system.

Royal jelly- main system nourished; the immune system. Secondary system; the musculo- skeletal and skin. Royal jelly is not only an excellent source of nutrition it also helps to balance drinks made with cactus by adding a slightly sweet taste. Being 'warm' in nature, it balances cactus which is "cold" in nature

RECOMMENDATION

Recommendation: take a small glass on an empty stomach in the morning or at any time, it should be combined with daily nutrition pack.

Millennium red... nourishing and cleansing

Millennium red does not contain royal jelly or honey.

RECOMMENDATION

Better for those who prefer to avoid sugar.

Triflora Jasmin

We are constantly exposed to heavy toxic materials from our environment.
The accumulation of these harmful substances on the cells of our body will ultimately harm them and therefore, will have an adverse effect on our overall well-being.

Research has shown that the five-leaf ginseng also called "sweet tea vine" is rich in Phytochemicals and antioxidants. Five-leaf ginseng strengthens the metabolism, Detoxifies the body and allows a harmonious functioning of the immune system.

Triflora is therefore made from five-leaf ginseng, to which are added various natural plants (Green tea leaves, chrysanthemum and jasmine). The daily intake of Triflora helps Detoxify the body's filtering organs, allowing the body to maintain its vitality. Place a pack of Triflora in a cup of hot water. Breathe in to enjoy its aroma before drinking. If you want to drink it cold, place it in the refrigerator. At any moment of the day, you can enjoy a cup.

30 bags per box.

Triflora is first of all a “cleanser”: it nourishes and cleanses the filtering organs and the lymph. Just like the sack of a vacuum cleaner, the kidneys, the liver, the gall blader, the lymphatic liquid, the colon, the lungs and the skin needs to be cleansed for the blood to be filtered properly. This beverage can be had as a tea: you let steep a bag in hot water (not boiling or cold, avoid tap water with a high mineral content). Of course, to eliminate toxins, you must also be active, for the 26 liters (or so) of lymphatic liquid will not move if we lead a sedentary life.

With better nourishment, these filtering organs can eliminate more fatty deposits and heavy metals from the blood, thereby improving the circulations.

The removal of acids from the body due to a poorly functioning metabolism requires a large energy input. Triflora meets this energy demand.

The ingredients of Triflora are rich in chlorophyll and magnesium. Magnesium ease the use of calcium by bone cells, teeth and nervous system.

Chlorophyll helps to cleanse the body strengthens the pituitary gland, improves cells oxygenation and helps the body to overcome the problems of amnesia and fatigue. It is particularly indicated for digestion, helps to lubricate the ileocoecal valve and contributes to re-establishing a healthy environment in the small intestine.

Chlorophyll also supports the functions of the kidneys and the bladder, especially in elderly people, and assists digestion in newborn infants, reliving their colic pains and other intestinal problems.

INGREDIENTS

Ginseng- often referred to as the ‘king of all herbs”. The leaves of the ginseng plant are also very nourishing. Ginseng is also very rich in vitamin A and E.
Flower of chrysanthemum
Jasmine flower- is said to reduce nervousness, muscle spasms, and dysentery- induced abdominal pain.

RECOMMENDATION

Triflora is best taken in the morning and during the day, infused (15 to 20 min) in 33cl (minimum) of slightly mineralized water at ambient temperature or warm (40cl minimum), avoid boiling.
Infused, Triflora, is protected from light, in an isothermal bag for example.

Refresh

The gadoderma and shiitake mushrooms are, apart from cactus, the 2 most powerful antioxydants known to shield us from all sort of tumors because of their high content in soluble polysaccharides. The mushrooms have no clogging effect on the intestinal tract and help to cleanse it like a vegetable broth would.

Refresh nourishes the kidneys. The ingredients of Refresh are very rich in chlorophyll. Chlorophyll helps to cleanse the body and strengthens the pituitary gland, improves cell oxygenation and helps the body to overcome the problems of amnesia and fatigue.

Refresh helps increase the body's ability to drain the toxic wastes and lipo-proteins. It brings the intestines extra help with candida albicans and other yeast infections. Chlorophyll also supports the functions of the kidneys and the bladder, especially in elderly people, and assists digestion in newborn infants, relieving their colic pains and other intestinal problems.

USER TIP

Refresh can be used externally to calm baby rash and itches generally.

In summer, Refresh added to one litre of pure water and lemon juice makes a particularly refreshing drink.

INGREDIENTS

Cassia tora - Is a rich source of vitamin A. The Chinese call this herb "bright eyes" because it strengthens the eyes. It also cleanses the kidney and liver.

Ganoderma mushroom - often called the "mushroom of immortality", the ganoderma is rich in vitamins A and C, and polysaccharides to enhance immune system functioning.

Shitake mushroom - It is also rich in vitamins A and C and polysaccharides to enhance immune system functioning.

Asparagus - Rich in protein, fibre and vitamin B1, B2 and C. Asparagus nourishes the kidneys and lungs.

Mulberry - This is sweet and by nature "cold", and high in protein. A rich source of vitamins A, B group, C, D and E. It has also been shown to help regulate blood pressure, and it cleanses the spleen and eliminates toxins.

Lemon - Is cold in nature, and is rich in vitamin C and D. Limonen.

ENCORE
(food of the hepato-biliary system and the cardiovascular system)

Food for the liver and gallbladder but also good for cleansing the circulatory system. Formerly in two distinct foods, Lidan and Herba, due to the dedicated work of the researchers, is now combined into a single food: Still also called Nutricardia. It therefore reinforces the element "Earth" and is complementary to DI. In our industrial civilization, a large number of people have veins and capillaries arteries in poor condition. Encore is therefore a food of choice for those who wish to regenerate this system. Associated with the DNP and Circle, it is the guarantor of a more efficient cardiovascular system!

Here is a tip: Before any consumption of alcool and in prevention to drunkenness, take an Encore before leaving and the misdeeds of any excesses will be annihilated!

Composition: hawthorn, blueberries, plum, winter melon, orange, blackberries, chrysanthemum, maltodextrin, vanilla, soy.

Like all E.Excel foods, it is taken at the moment chosen by the user, that is to say ¼ hour before the meal or 1 hour after.

The best use is to associate it with Nutrifresh, Nutrial or Enjoi in the morning at breakfast with the food of the 5 elements.

CONSUMER'S SMALL TIP

In hot or cold water, it is a delicious drink. ENCORE can also be used to prevent the effects of drunkenness.

COMPOSITION

Lyophilized plum - has been grown for over two thousand years and is now popular worldwide.

Orange skin - It contains components like Limonene-D, playing an important role in the fight against tumors.

Barley Shoots - Sweet and "hot" in nature, they strengthen the functions of the stomach and liver and contain vitamin B and E.

Vanilla

Millet

Blackberry leaf

Chrysanthemum flower -
Potential benefits: Abscess relief, excess Fever, colds, dizziness, fainting and headaches, etc
..... Fruit and Vegetable Fructose

RECOMMENDATION

In hot or cold water, Encore is a delicious beverage - It mixes well with Nutriall or Nutrifresh - sweeter than those, a half pack would be sufficient.

SPECIFIC FOOD FOR
THE BODY'S FIVE MAIN SYSTEMS OF ORGANS
D.I. (Food of the digestive system)

According to the ancient Chinese, the food contained in the preparation corresponding to the "Earth" system was essential for anything involving the digestive system. This is the purpose of D.I. or Digeston.

In this food system balanced between the five main body systems, D.I. feeds the digestive system.

It is designed to enhance the functions of the digestive system. When the digestive system is functioning properly, your body will be able to absorb nutrients more efficiently, have a tolerance for unusual foods, and avoid the discomforts of indigestion.

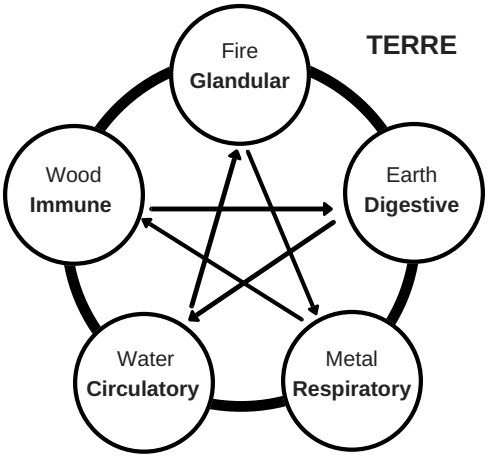
D.I. therefore not only nourishes and strengthens the whole system, but also the liver and small intestine. The consumption of food containing few nutrients often involves over-consumption, a major cause of indigestion.

It has now been shown that the body, in general, is not able to produce enough acids to digest large quantities of food. We should also remember that the size of a stomach is about the same as a teacup.

It is therefore the quality of nutrients and not the quantity which determines our well-being.

RECOMMENDATION

D.I. is therefore a specific food and forms one of the 5 major foods (a range of foods for the 5 main body systems). It is therefore taken at the same time as Noco, Circle, Act and Concenergy to respect the law of balance of the five elements.
The "Quinaries" are part of the daily basic food contained in the Daily Nutrition Pack. Taking the basic Daily Nutrition pack we can add more Dl to suit our needs.



INGREDIENTS

Perilla - This is a plant food found in Asia and North America. It is rich in calcium, iron, essential oils and fibres. It is also a very good source of vitamins A and C.

Mandarin peel - Contains essential oils, Thanks to the antioxidant action of its many phytochemica/s, it is now thought to have anti-carcinogenic properties.

Red date - This is an incomparable source of energy which helps the body to maintain an overall balance.

Liquorice root - This is rich in vitamins E and B-complex, and phosphorus, and strengthens the spleen.

Wild ginger - This is often used in China to strengthen the abdomen and chest. A great source of proteins, zingeron, vitamins A, C and B-complex. There are more than 80 species of ginger. The data shows that certain types help to ease gastric ulcers.

Shiitake mushroom

Asparagus

Noco (respiratory and lymphatic system)

According to the ancient Chinese, the food contained in the preparation corresponding to the "Metal" system was essential for anything involving the lungs and respiration. This is the objective of Noco.

In this food system balanced between the five main body systems, Noco corresponds to the nourishment of the respiratory system. Noco nourishes and strengthens the whole system, including the lymphatic system and large intestine.

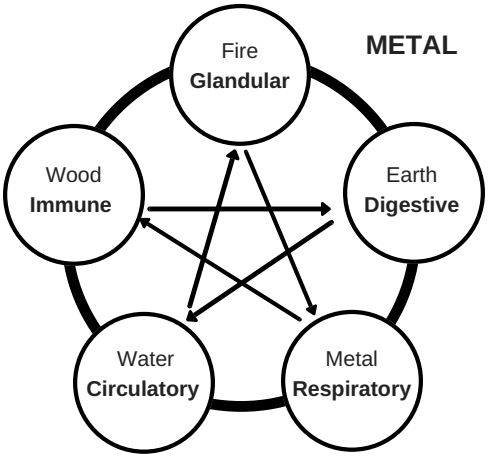
Noco allows the body to develop resistance. This formula is effective in regenerating energy and obtaining strength and well-being

RECOMMENDATION

Noco is therefore a specific food and forms one of the 5 major foods (a range of foods for the 5 main systems of the body). It is therefore taken at the same time as D.I., Circle, Act and Concenergy to respect the law of balance of the 5 elements. The five major food form part of the daily basic food contained in the Daily Nutrition Pack. Once taking the Daily Pack we can add more Noco to suit our needs.

USER TIP

In winter, never be without ACT and NOCO.



INGREDIENTS

Chinese lovage root- Originally from northern Europe. It fortifies the blood.

Jing-Jie

Menthol root - It is said to be good for fevers, headache, coughs, sore throat, indigestion and flu-like symptoms in general.

Wild ginger - This is very nourishing for the lungs, There are more than 80 species of ginger.

Fang Feng root - The literal translation of Fang Feng is "protect against the wind". It has been used for centuries in the East to prevent colds.

Licorice root - This is sweet and by nature "warm". It is beneficial to the lungs and throat.

Circle (circulatory system)

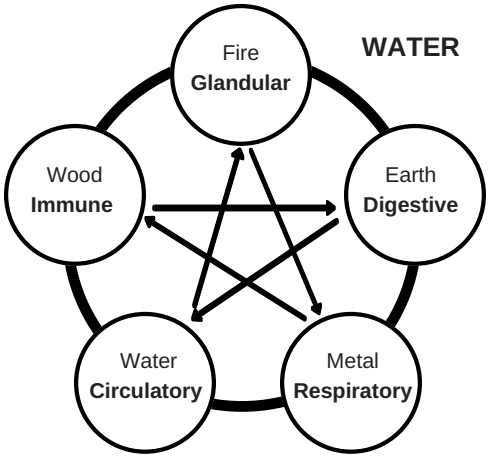
According to the ancient Chinese, the food contained in the preparation corresponding to the "Water" system was essential for anything involving the blood circulation. This is the objective of Circle.

In this food system balanced between the five main system of organs, Circle corresponds to the nourishment of the circulatory system.

Circle nourishes and strengthens the whole system, including the heart, arteries, veins and capillaries. To these should be added anything involving water in the body, such as the kidneys, the bladder and anything affecting the circulation.

RECOMMENDATION

Circle is a specific food and forms one of the 5 major foods. It is therefore taken at the same time as D.I., Noco, Act and Concenergy to respect the law of balance of the five elements. The five major foods form part of the daily basic food contained in the Daily Nutrition Pack. Circle can also be taken as a supplement to the five major foods. Once taking the Daily Pack we add more Circle to suit our needs.



INGREDIENTS

Cassia stem - Very rich in vitamin A

Chinese date

Pinellia - Excellent source of volatile oils and amino acids.

Tangerine peel - Contains essential oils and is now thought to have anti- carcinogenic properties, because of its high content in phytochemicals.

Peach

Ginger root

Act (immune system)

According to the ancient Chinese, the food contained in the preparation corresponding to the "Wood" system was essential for anything involving the body's defence mechanism. This is the objective of Act. In this food system balanced between the five main body systems, Act corresponds to the nourishment of the immune system.

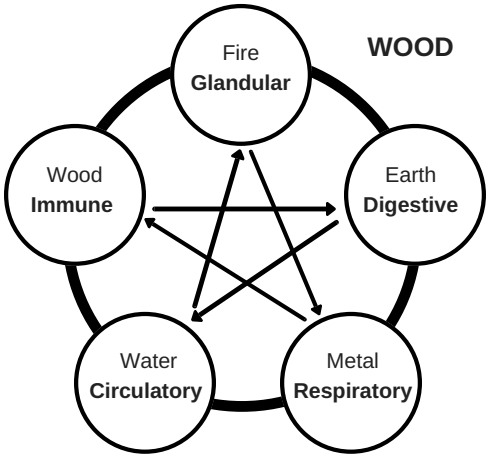
Act nourishes and strengthens the whole system, and in addition the liver, gall bladder, thymus, spleen and the bone marrow.

Act allows the body to develop resistance. All the research shows that two vegetables, Chinese cucumber and the ganoderma mushroom, are today the most effective for strengthening the immune system. The first one contains numerous phytochemicals the other polysaccharides to allow the immune system to shield us from diseases.

The age and the part of the plant used are vitally important in terms of its nutritional value.

RECOMMENDATION

Act is therefore a specific food and forms one of the 5 major foods (a range of foods for the 5 main systems of organ). It is therefore taken at the same time as D.I., Noco, Circle and Concenergy to respect the law of balance of the five elements. The five major foods form part of the daily basic food contained in the Daily Nutrition Pack.
Once taking the Daily Pack we can add more Act to suit our needs.



INGREDIENTS

Extracts of Chinese cucumber - Contains vitamins B and C and nourishes the respiratory and lymphatic systems. The juice of the Luffa Cylindrica stem is particularly nourishing and balancing for the immune system.

Ganoderme mushroom - Often described as "the mushroom of immortality". It has been used in Japan for more than 3000 years to strengthen the body. Rich in polysaccharides. It may even prevent the spread of cancerous cells. It is rich in vitamins A and C. For strengthening the immune system, young ganodermas are the most effective.

Concenergy (Endocrine system)

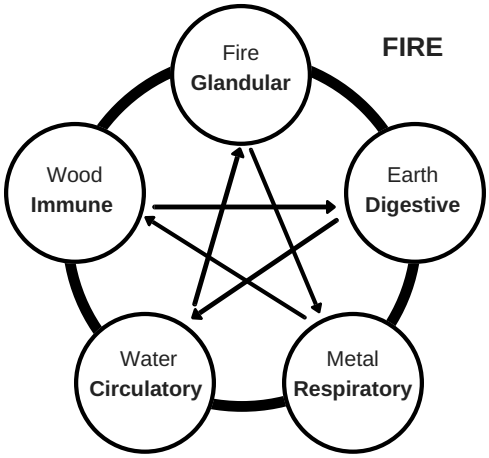
According to the ancient Chinese, the food contained in the preparation corresponding to the "Fire" system was essential for longevity, endurance and stamina (mixture of vitality and vivacity), and helped to promote a youthful appearance. This is the improved objective of Concenergy.

In this food system balanced between the five main body systems, Concenergy corresponds to nourishment of the endocrine system.

Concenergy nourishes and strengthens the whole system, including the heart, which the ancient Chinese considered to be a gland. Thanks to the rich calcium content of its ingredients, Concenergy also nourishes the cells of the nervous system.

RECOMMENDATION

Concenergy is taken at the same time as D.I., Noco, Circle and Act to respect the law of balance of the five elements. The five major foods form part of the daily basic food.
Once taking the Daily Pack we can add more Concenergy to suit our needs.



INGREDIENTS

Bee pollen - This nourishes and strengthens the body. It is rich in vitamin B-complex and in vitamins A, C, D and E. The bee pollen crust interferes with natural assimilation into the body. It must be removed to give the body the maximum nutritional benefit.

Ji-Lin Ginseng - Referred to as "the king of plants' It strengthens the whole body. It is also rich in vitamins A and E. Research has shown its nourishing effect on the heart.

Liquorice root - This is rich in vitamins E and B-complex and phosphorus, and strengthens the spleen. The choice of species is vitally important.

Mandarin peel - Bursting with phytochemicals, and therefore anti-oxidants, it is now thought to have anti-carcinogenic properties. Two of these ingredients are D. Limonen and polyphenols.

FORMULAS WITH SPECIFIC NUTRITIONAL GOALS

S.T (Central Nervous system)

S.T. corresponds to the involuntary central nervous system.

The composition of S.T. is a good representation of the Chinese concept of pain: it is not a question of dulling or suppressing the sensation of pain, but of increasing the capacity of the nervous system to concentrate in order to no longer focus on the pain.

Memory and concentration are the main beneficiaries of the nutrients contributed by S.T. Deep sleep is the natural consequence, and this leads to better resistance to stress. S.T. is one of the best foods for children due to its beneficial effects on memory and concentration.

Lack of concentration is often the result of a weak nervous system. It often also results in a poor quality of sleep. S.T. allows clear concentration of thought, and greater emotional composure. S.T. does not nurse the body, but helps it to remove the causes of nervous cell exhaustion, with beneficial effects on disturbed children, depression, indecision, anger, dependency, insomnia, anxiety, etc., and psychologically fragile persons.

Its consumption helps greatly in giving up sugar, chocolate, smoking, coffee, alcohol and other stimulants; the body is therefore better able to manage the dependency resulting from prolonged use of isolated plants or chemical products isolated from plants. Many users recognise its property of improving memory and inducing natural, deep sleep and better concentration, and therefore resistance to stress.

INGREDIENTS

Seed of Chinese Dodder - Very pleasant in taste, it contains proteins, carbohydrates and vitamin A.

Ganoderma - Often described as "the mushroom of immortality". It has been used in Japan for more than 3000 years to strengthen the body. Rich in polysaccharides. It may even prevent the spread of tumors. It is rich in vitamins A and C. For strengthening the immune system, young ganodermas are the most effective.

Vine of Multiflowered knotweed - Often used by the Chinese in drinks.

Ginseng - Often referred to as the "king of all herbs", and the leaves of the ginseng plant are also very nourishing. Ginseng is rich in vitamins A and E.

Chinese privet - It is bittersweet in flavour, and nourishes the liver and kidneys.

Pearl extract - it is sweet, "cold" and rich in calcium. Pearl powder purifies the liver, makes the eyes sparkle and encourages bodily harmony.

RECOMMENDATION

The nervous system restores itself at night, so the best time to take S.T. is in the evening. The quantities of S.T. are determined solely according to the needs of the user. However S.T. can be taken at any time of the day to improve concentration.

Arti (structural nervous system)

Arti is the food for the voluntary nervous system also called the musculoskeletal system: the skeleton, joints, cartilages, tendons, muscles will all benefit from this food.

The vegetable food contained in Arti will give the body the energy necessary to develop its resistance to pain and stress.

RECOMMENDATION

The quantities of Arti are determined solely according to the needs of the user. This food can be used on a regular basis by anyone wishing to strengthen the skeleton In general. Combined with W.L., Arti becomes a powerful tool to help manage dependency on toxic substances such as sugar, tobacco and alcohol, when such dependency is due to food deficiencies. Arti + Act + S.T. - when these three foods are combined, they will in particular nourish joints suffering from nutritional and immunological deficiencies.

INGREDIENTS

Chinese lovage root - Originally from northern Europe. It fortifies the blood.

Licorice root - This is rich in vitamins E and B-complex and phosphorus, and strengthens the spleen. The choice of species is vitally important.

Chinese date - This is an incomparable source energy which helps the body to maintain an overall balance.

Don Quai - Contains vitamins A, B12 and E. Cleanses the blood.

Ginseng - Often referred to as the "king of all herbs", and the leaves of the ginseng plant are also very nourishing. Ginseng is rich in vitamins A and E.

Peach seed - A great source of energy which has been used for centuries.

W.L. (Pancreatic function)

The perfect food for athletes W.L. is a wholesome food, which if consumed daily, will help your body maintain its body muscle mass while shedding excess fat.The Chinese say that a well nourished body is in balance. It is therefore necessary to provide better nourishment to the body through the addition of nutrients of excellent quality. W.L. is associated with the metabolism of fats. Thanks to the large contribution of energy provided by this food, the body can restore the naturally balanced levels of its assimilation, elimination and regeneration functions.
W.L. nourishes the pancreas. Taking W.L. will allow you to change your dietary habits and your body will know when to store or shed fat and build muscular mass.

RECOMMENDATION

W.L is used either daily as a complement to the Daily Nutrition Pack to regulate dietary habits, or several times a year. Additional W.L. helps to control overindulgence.

INGREDIENTS

Black bean - Rich source of vitamins B1, B3 (niacin), B6 and E. Vitamin E is known for its ability to block the formation of tumors and to be a powerful antioxidants working against free radicals. Beans are rich in essential minerals such as calcium, iron and potassium. Also a very good source of proteins.

Ginseng - Often referred to as the "king of all herbs", and the leaves of the ginseng plant are also very nourishing. Ginseng is rich in vitamins A and E.

Lotus flower - Source of vitamin C and flavonoids, and is also excellent for regulation of the general metabolism.

Reed rhizome - Reduces heat has a fluidifying effect, and is often recommended for relief of feverish conditions.

Alisma root

Milk vetch root

Vision - The food of youth

The antioxydant properties of vitamins E and C and of beta-carotene have now been proven. However, recent studies have shown that the antioxidant action of OPC (proanthocyanidine) is much more important than that of these vitamins. OPC is a powerful antioxidant which combats free radicals. Our body cannot make it itself, and the only source of this very beneficial substance is vegetables. It is secreted in the husk or fibrous part (normally thrown away, especially in the case of industrially manufactured foodstuffs), but also in the skin and seeds. Some fruits, like grapes, contain a high concentration of OPC in their seeds.

The quantity of these phytonutrients increases in fruits as they ripen. There is therefore little OPC in green fruit. Modern methods of distribution require fruits to be picked before they are ripe. Fruits found in supermarkets have little or none of these vital nutrients, which are essential to the maintenance of health. VISION consists of a highly concentrated extract of grapeseeds, and is rich in biologically active phytonutrients and more specifically in OPC. The high concentration of OPC in VISION means that it can be easily assimilated by the body.

INGREDIENTS

Grape seed extract
Cassia tora

RECOMMENDATION

The recommended dosage is two capsules a day, in the morning or evening, preferably on an empty stomach.

Is highly recommended to be taken in combination with the Daily Nutrition Pack.

Grapeseed, thanks to its OPC content, improves night vision; its strengthening of the arteries and capillaries makes it particularly attractive for diabetics suffering from retinopathy.

EverNew

EverNew ingredient's are the nutritional answer to gastrointestinal problems. Rich in natural fibre, EverNew is , a drink which can be gradually introduced into your dietary choices. Refreshing and cleansing at the same time, EverNew helps you to increase your consumption of fluids and fibre. By absorbing fats and sugars, EverNew contributes to effective and rapid slimming.
Just one serving of EverNew has approximately the same amount of fiber as six oranges, seven carrots, eight bananas and nine peaches!

USER TIP

3 to 4 tablespoonfuls every day will aid rapid slimming.

INGREDIENTS

Banana fibre, psyllium seeds, grape juice concentrate, apple fibre, barley, blueberry fibre, cherry fibre, oats, pear fibre, rye, wheat.

RECOMMENDATION

To fully appreciate this refreshing and cleansing drink, mix two spoonfuls (about 18g) In a cup of lukewarm or cold water. Excellent with Nutrlfresh. Should be swallowed Immediately as It gelifies quickly after a while.

EverNew-D

When we are faced with a problem linked to high sugar levels in the blood, we need to understand that the important factor is not the amount of sugar but the glycemic index.

EverNew-D contains less fruits and vegetables than Nutrifresh and their formulation have undergone a special process in order to keep their glycemic index at the lowest possible.

An entirely different taste that the original EverNew but much better for anyone wishing to avoid sugar.

USER TIP

3 or 4 large spoons dally will help shedding fat quickly

INGREDIENTS

Psyllium husk powder, natural banana powder, dried banana flakes, rice, pure vanilla, maltodextrln - a starch -, natural orange flavour with other natural flavours, natural pineapple Juice powder

RECOMMENDATION

To fully enjoy this refreshing and cleansing beverage mix 2 large spoons (18g) of EverNew-D In a cup of warm or cold water or freshly squeezed juice. Drink Immediately since It gelifies quickly.

Pearl

This formula, Intended for women, Is synonymous of beauty and contentment,

In addition to oyster pearl, It contains a whole range of other foods, which are listed under Ingredients.

The calcium contained In the plant Is directly assimilable, to the benefit of the hormonal and musculo skeletal systems.

When it is well nourished, the body can manufacture hormones in a balanced way, and these then provide mental and emotional stability.

This is why it is said that pearl will give you a pleasant personality.

Together with Dong-Quai, whose beneficial effects are now recognised, the ginseng in Pearl also nourishes the sexual glands, the adrenals and the thyroid gland.

All these glands secrete hormones which encourage the right mental attitude, maintain the body's youthfulness, and provide the digestive juices which activate assimilation of proteins, thereby assisting cell regeneration.

in brief, the new supply of hormones (equivalent to the amount produced by a younger body), will help to slow down the symptoms of ageing.

Royal jelly is well known for its remarkable properties concerning longevity and fertility. In addition, it contains 18 amino acids, including the eight essential to man. It is one of the richest known sources of pantothenic acid,
a factor In longevity.

Royal jelly also contains a wide spectrum of vitamins • A, B, C, and D - and the highly valued vitamin E, which is known for its action against free radicals.

Royal jelly is a valuable source of oalclum, Iron, phosphorus, potassium, silicon and sulphur.

INGREDIENTS

Pearl powder- This is rich in calcium and is known to be one of the most valuable Ingredient for preserving skin beauty.

Chinese cucumber- Contains vitamins B and C, and nourishes the circulatory and lymphatic systems, the juice of the luffa cylindrica stem is particularly nourishing and balancing for the Immune system.

Red date - Excellent source of energy which helps maintain an overall balance In this formulation.

Chrysanthemum flower-Potential benefits: It Is known to relieve abscesses, bouts of fever, colds, dizzy spells, fainting fits, headaches, etc.

Dong-Quai - Called "the queen of female plants" because It nourishes and balances the female reproductive system.

Ji-Lin Ginseng - Referred to as "the king of plants", It strengthens the whole body, It Is also rich In vitamins A and E.

Royal jelly - It contains vitamins A, B12 and E, It Is effective In cleansing the blood.

Oriental Lotus (seed)

Licorice (root)

RECOMMENDATION

Use Pearl to reinforce the beneficial effects of E,Excel foods, II Is more effective when combined with ST and Dong-Quai. Together they nourish the female organs and are excellent food products. Nourishes the skin from Inside out, the nails and the hair.

STAND-ALONE PLANTS

Dong-Quai

Dong Quai is called the “Queen of all female herbs” dong quai strengthens the brain and nervous system and helps with the many problems (hot flashes, sweating, fatigue, nervousness, depression, insomnia, stomach upsets, chills, headaches, etc) associated with the menstrual cycle and menopause. According to the chinese it has the ability to strengthen the female hormonal system thanks to its natural content of vitamin A, E, And B12. This food reinforces the smooth muscle(those not controlled by the brain) and is therefore excellent for sportsmen and women.

INGREDIENTS

Angelica sinensis

RECOMMENDATION

Combined with pearl and S.T. Dong Quai will provide the maximum benificial effects to women and sports persons. Men suffering from prostate problems have been reported to greatly benefit from using Dong Quai.

Ji-lin Ginseng

There are 300 species of ginseng, E.Excel has selected a specie with no side effects balanced nutritionally between yin and yang,
Ginseng Is called "the vessel of the spirit" by the Chinese, they also call it It "the root of life" or the "seminal essence of the earth", It Is also called the "plant of longevity", the origin of these expressions Is an ancestral belief that all the vital energies needed by man are condensed In its root, If has a slightly sweet taste and Is very refreshing.
It provides the body with a with a wide variety of nutrients, to maintain greater mental and physical energy; the glandular system, in particular the pituitary gland and the adrenals also benefit from this nutritional contribution, Ji ling ginseng is non toxic and has no side effects, It does not interfere with any normal function of the body. This new contribution of energy allows the body to resist a wide variety of stress, whether physical, chemical, biological psychological. This result in an ability to adapt to all situations and changes. The Russian nickname is "the perfect adaptogen”,
Its regular consumption appears to confer an ability to react with more detachment, feeling less troubled by adverse situation.

INGREDIENTS

This special feature of E.Excel ginseng Is that It Is eight years old, which Is very rare for ginseng,it is perfectly Yin Yang balanced, which Is not (he case with Siberian ginseng (too cold, Yin), or Korean ginseng (too warm, Yang), Therefore its contents In ginsenoside are very high.
The majority of commercially available ginsengs are between two and six year old, end are grown using chemical fertilisers.

RECOMMENDATION

Ji -lin is excellent ginseng. Use it to reinforce the benificial effects of the other E.Excel foods.

It is more powerful when combined with Concenergy (for greater fulfilment between partners) or with Act (for greater effectiveness.)

BECOMING SLENDER WITH E.EXCEL

A safe way to slim without feeling hungry

DURING 3 MONTHS

Every morning take a pack of Encore mix with lemon juice, followed with a shot of Millenium. Put a bag of Triflora in a glass of cold water, let infused for 10 minutes.

Around 10.00 am: 2 packs of Nutrifresh + 1 pack of Evernew in a big glass of water and take at the same time the morning caps.

At lunchtime, eat a normal meal, with a lot of fruits and vegetables. eat as much as you want, but chew every mouthful very slowly. don't take a second serving.

In the evening take 1 pack of Nutrifresh + 1 pack of Everstay in a big glass of soy milk + 1 pack of Evernew. Drink slowly and take at the same time the evening caps.

The 3 following months:

Nutrifresh remaining from the previous phase, 2 per day with Millenium and Triflora.

Next: Cruising speed: Daily Nutrition Pack # 2 and you are ready for the beach.

Remember muscles are much heavier than fat.

So RELY ON YOUR MEASUREMENTS RATHER THAN ON YOUR SCALES!

OUR ADVICE

If you feel hungry during the day, take 1 pack of Nutrifresh!

RECOMMENDATION

Avoid eating between meals.

Requirements:
1 DNP 4
1 Millennium
1 Encore
1 Evernew
1 Everstay
1 Triflora

ONE MORE STEP IN PREVENTIVE NUTRITION

Nutriact II or Proactiv Complex

In the 1960s, scientists discovered the incredible effect which polysaccharides could have on the immune system, helping the body to fight tumors and viral illnesses. Each polysaccharide has a particular effect.

In Nutriact Complex, E.Excel has combined 5 mushrooms containing different polysaccharides, covering the majority of polysaccharides necessary to strengthen the immune system:

- The agaricus blazel murrill (ABM) mushroom: contains two polysaccharides which restore and support the immune system.

- The Coriolus Versicolor mushroom: contains the PSK and PSP polysaccharides which have antimicrobial, antiviral and anti-carcinogenic properties.

- The maitake mushroom: this promotes not only macrophages but also many other cells relating to the immune system.

- The reishi or Ganoderma mushroom: used to reduce the side-effects of chemotherapy (fatigue, loss of appetite, hair loss, etc…) it is also used for prevention.

- The Shiitake mushroom: contains a polysaccharide recognized for its ability to increase T cells, and the production of gamma interferon, it improves and renews the immune system when the later has been weakened. When combined with chemotherapy, the treatment becomes more effective.

INGREDIENTS

The agaricus blazel murrill mushroom
The corolius versicolor mushroom
The shiitake mushroom
The maitake mushroom
The reishi (ganoderma) mushroom
Maltodextrin (starch)

USER TIP

For better management of the immune system, combine Nutriact and Millennium; and to further strengthen your immune system, add Act and Vision.

THE NEW E.EXCEL PRODUCTS

E .VIEW

Nourishing our eyes to protect this immense gift from a good view becomes easy with this plant-based healthy food.
The ingredients of E-View come from a variety of fruits and vegetables rich in color, phytochemicals and antioxidants, all of which contribute to the health of our eyes.

E-View is composed of seeds of cassia and chia (family of sage), blueberries, carrots, Grape seed, broccoli, Brussels sprouts and yellow pepper. It is Vegetarian and vegan foods.

Adults can combine E-View with Encore and Vision to support the health of their eyes.

Growing children can Combine E-View with Nutrifresh and O-Seed

AROMANTIC

Made with different whole plants, Aromantic contains barley, pumpkin flower, bee pollen and pearl. It is therefore rich in amino acids, phytochemicals and calcium easily assimilated by the body.

This pleasant drink with fragrant aroma is a practical source of nutrition for those who Do not have enough intake of amino acids and calcium in their diet.

Aromantic can be added to any water temperature. The nutrient elements of Aromantic are not affected by heat.

You might want to add sugar and / or cream. Enjoy a highly nutritious drink that recalls the delicious aroma of the coffee at any time of the day.

30 packs per box.

O-SEED

To support the functions of the heart and the brain O-Seed is a healthy intake of plants rich in fatty acids, Omega 3 from Chia seeds (family of sage) and kiwi seeds. O-Seed is suitable for vegetarians and anyone who does not like fish or have reflux when they use Omega 3 supplements from fish or cod.

O-Seed is a safe and convenient source of Alpha linoleic acid (ALA), an essential source of Omega 3 fatty acids found only in plants. This unique combination of Chia seeds and Kiwi seeds both excellent sources of ALA, O-Seed contains more Omega 3s than Omega 6s better for health.
An excellent source of vitamin C, O-Seed is rich in antioxidants needed to fight the damage caused by free radicals (rust).
O-Seed is suitable for vegetarians and vegans. O-Seed contains no products of animal origin or derived products such as starch, gluten, preservatives, yeasts, wheat, corn or dairy products.
To support the balance of our cardiovascular system O -Seed is taken with Encore and Evernew. To support a high-performance brain O-Seed is taken with E memories and ST.
Vegetarians by combining O-Seed and Vegaplex improve their nutritional intake. Women who want to improve their iron intake can combine O-Seed and Vegaplex.

100 capsules per bottle.

MENOVIE

Many plants contain phyto-estrogens, components that have mild effects comparable to those of chemical estrogens on the body. Plants rich in phyto-estrogens such as Chinese yam, sage, raspberry, ginkgo and licorice are particularly nourishing for women over forty.

Together these whole plants, rich in various

antioxidants, phytochemicals and polysaccharides, are unbeatable for women as well as for men. They help to improve memory, decrease stress and enhance immunity. They have antioxidant activity that protects against the damage caused by free radicals (oxidation = rust)

In order to include in our diet a wide variety of phytoestrogens and calcium, we combine Ménovie with Nutrifresh and Aromantic. To help the cardiovascular system and improve the quality of sleep, we combine Ménovie, O-Seed and Esserene. To strengthen the general health of bones Ménovie, Aromantic and Arti. To reduce stress and boost our vitamin C intake, let us take Ménovie with Végaplex and ST.

100 capsules per bottle

ESSERENE

Esserene brings us a source of plants that nourish the body to allow us a quality sleep and more restful. The plants Huang-qui (Scutellaria), chamomile, passion fruit, lavender and chrysanthemum are all rich in phytochemicals and antioxidants to support the immune system.

Esserene is a source of melatonin from plants. The body needs melatonin (the natural hormone of our body produced by the pineal gland) for better sleep. To help nourish the body, in order to induce better sleep, take together Esserene, ST and Menovie.

The elderly can combine Esserene, ST and Evernew. The fibers in Evernew contribute to better digestion.

Young people can combine Esserene and ST. Evernew also supports the nervous system for better sleep in addition to the help it brings to the digestive system.

In order to decrease stress and increase well-being for better sleep you will use lavender essential oil.

100 capsules per bottle

VEGAPLEX

According to the principles of immunology, a healthy vegetarian diet should include antioxidants, phytochemicals and polysaccharides from whole plants in order to nourish the immune system as well as a variety of other nutrients needed by the body.

A poorly designed vegetarian diet may well be poor in vitamin B12 and omega 3 fatty acids.

Vegaplex is a source of B12 vitamins and whole plant sources of iron, antioxidants and polysaccharides. They come from Agarica Blazel Murill or ABM mushrooms, Maitake, acerola cherries and blueberries. Vegaplex is suitable for vegetarians who want more B12 and iron in their diet.

Vegaplex is therefore an excellent source of vitamin B12, natural vitamin C and iron. Since it is also composed of plants rich in antioxidants, this facilitates the assimilation of the B12. Also rich in polysaccharides to nourish the immune system, it is very useful for vegetarians and vegans.

Women or vegetarians with a low iron level or lack of Omega 3 fatty acids can combine Vepaplex and O-Seed.

By combining it with Aromantic, the intake of calcium and iron is improved.

100 capsules per bottle

STAY D - EVERSTAY D

The modern diet is made up of refined foods containing amounts of sugar and calories that thwart our health.
STAY D Contains bitter cucumber, ginseng, cherries acerola and blueberries, is rich in photochemical elements has a low glycemic index and is easy to consume. EVERSTAY D which is composed of psyllium bark, bran and soybean shoots, is rich in fiber and vegetable proteins, has a low glycemic index and is nourishing and delicious. STAY D and EVERSTAY D Can be taken together, STAY D can be taken at any time, EVERSTAY D is advised before meals. Add EVERSTAY D to a little hot or cold water, mix and drink immediately.

STAY D and EVERSTAY D can be taken together with all other products
E EXCEL
STAY D + EVERSTAY D
STAY D + EVERSTAY D + ENCORE + VISION

E MEMORIES - MOMENTS

As a person gets older, factors such as poor diet, physical illnesses and trauma can damage the brain, bringing many disadvantages in their lives.

Formulated with mushroom (Lion's mane), Ji li ginseng and Ashitaba, E memories - Moments is a nutrient rich in herbs and plants. It is especially recommended for seniors, students and office workers.

Can be taken together with all other E Excel products. The following combinations are very nutritious.

E-MEMORIES-MOMENTS + O-SEED + Nutrifresh
E-MEMORIES-MOMENTS + CONCENERGY + MILLENIUM GOLD

CELEBRATION

Recently reformulated! This delicious blend of whole plant foods contains antioxidants, phytochemicals and polysaccharides to support your immune system! Celebration ™ is the perfect product to keep your immune system running at full speed! ...
The main ingredients of Celebration are cordyceps mycelium, American ginseng and cactus.
It is advised to the whole family and especially to the elderly or the fragile persons.
Who require additional nutritional intake.
Individual pods are very convenient to take with you.

30 pods of 18 gr per box

E.EXCEL PRODUCTS FOR THE WHOLE FAMILY

FOOD FOR OUR SKIN

E.SWEET
New format in pods

Stevia is the skin food par excellence.
It nourishes the tissues and helps the body regenerate to what the Chinese consider the largest organ (after the lung) and also the largest emunctory: the skin (surface: about 2 m²)
You can apply Stevia on the skin to make a face mask, mixed with clay and pure water: this will cleanse the skin deeply, once a month approximately.
Stevia has all kinds of properties. The Chinese consider him as an appreciable help during the famous "weak streak" often attributed to the hypoglycemia.

COMPOSITION

Stevia rabaudiana or water hemp

THE SMALL TIP OUR CONSUMERS

Stevia has a very sweet taste and yet it does not contain any synthetic sugar. As is already the case in many parts of the world: in Brazil and Japan, some consumers take a pinch of it in their usual drink.
Stevia + green clay = night mask.
Stevia + Gwei-Hua = delicious sweet mint.

OTHER FAMILY PRODUCTS

Gwei-Hua

Gwei-Hua comes in the form of a balm, in a round box, available as a travel model. According to the Chinese, Gwei-Hua heats the parts too yin and refreshes the parts too yang.

Gwei-Hua can be used by rubbing the temples and the back of the neck for multiple causes and in massage to any painful place, in deep massages or for the sportsmen, in massages before or after an intense physical effort.
Gwei-Hua is also very effective in relieving burns, pains, insect bites (rubbing on any part of the body when the need arises), and finally as toothpaste.

Throughout China, Gwei Hua is used as a condiment.

COMPOSITION

Gwei-Hua Essential Oil
Mint essential oil
Eucalyptus essential oil
Camphor essential oil

THE SMALL TIP OUR CONSUMERS

Whichever method is used, it is advisable to avoid contact with the eyes and skin lesions. Gwei-Hua mixed with Stevia makes an excellent mint sweet and gives a fresh breath. Gwei-Hua can be used in inhalation.

Vegiwash

Enjoy fresh products without pesticides!

Approximately 430 types of pesticides and chemicals can be used on vegetable and cereal seedlings.

Many are known to be the cause of cancers, and premature births.

Vegiwash cleans chemical residues, including pesticides, wax glazes, germs and even mold, preparing fruit and vegetables at the best nutritional quality.

Unlike petroleum-based detergents, Vegiwash is made from natural plants and respects the environment.

RECOMMENDATION

Thanks to Vegiwash, the skin of fruits and vegetables so rich in phytochemicals can be consumed. A dosing cap for 4 liters of water is enough to clean all your fruits and vegetables.
Rinse thoroughly.
On this occasion, the hands are protected from the usual attacks due to detergents.

HandyGel

Most of the diseases, including the common cold, are transmitted more often by contact with infected hands than by the air.

Proper hand washing is the most effective weapon in the fight against infectious diseases such as respiratory infections, influenza and hepatitis.

Because ordinary soap does not kill germs, E.Excel has developed HandyGel to give you the opportunity to wash your hands efficiently even in the absence of water.

HandyGel destroys most germs in less than 15 seconds, and can be used on all parts of the body. On the face, the skin can become healthy again, because acne is caused by bacteria.

HandyGel is even effective against body odor. It is so sweet that it can be used on the buttocks of babies.

THE SMALL TIP
OUR CONSUMERS

Handygel is available only one size. Practical in large model, at home, and everyone can make a mini model for handbags, the ideal way to refresh at all times when traveling by car, train, etc .... Teenagers having acne told us about their satisfaction.
The armpit, feet and hands odors disappear!
.

ELEMENTE, A RANGE IN SERVICE OF YOUR BEAUTY!

TECHNOLOGY AT THE SERVICE OF NATURE!

E.Excel has developed a complete line of skin products that contains the basic elements needed for a beautiful and healthy skin.
E.Excel believes that it is necessary to take the best possible care of its organism, both inside and outside, and the line E.Excel Elemente is the result of this philosophy thanks to the extract of the Ginseng berry combined with cactus and grape seed extracts.
Each product in this line is specially designed to meet your own needs and preferences: facials (normal, dry or sensitive skin, oily skin) • Time Challenge - Porcelain Complexion - Natural Shine - Active Face Protection - Skin Care Body care - Dental hygiene - Hair care - Lipsticks and fragrances.
Revolutionary thanks to its components - Roses, Ginseng berries, cactus fruits, grape seeds - this range is also based on the science of Nutritional Immunology.
The skin is the first barrier against aggressions. Organic immune function, it deserves exceptional nutrition thanks to new ingredients, powerful and healthy.

OUR OPINION

The skin changes constantly according to the seasons of our mood, the environment.

Elemente care products have been specially formulated to allow you to use one or the other with these factors in mind.

The Elemente difference: a range for men and women, because we all have a skin that needs to be nurtured!

ROSE: Source of Youth

To maintain its firmness and suppleness, the skin needs collagen. With age, loss of collagen occurs, and subsequently, the elasticity of the skin, leading to obvious signs of aging such as fine lines and wrinkles. The only way to replenish collagen in the skin is to stimulate the body's production, using antioxidants.

This is the reason why rose is particularly effective in anti-aging care. It contains up to 50 times the amount of antioxidants contained in lemons and this high concentration of antioxidants can increase the body's ability to produce collagen for skin elasticity and delay the visible signs of aging.

The truth about collagen in skin products.

• Collagen molecules are too large to be absorbed by the skin. In the local application, the unabsorbed collagen is left on the skin and therefore has no effect on wrinkles.

• Synthetic collagen products come from pigs and cows. They contain collagen whose structure is different from that of the natural collagen fibers of the human body and can trigger allergic or inflammatory reactions.

Oxyginberry Complex

The Oxyginberry Complex preserves your skin from visible signs of aging. Outside of the rose, it is made from extracts of five other precious ingredients: the ginseng berry, the cactus fruit, the cactus, the grape seeds and the algae. Enriched with powerful antioxidants, nutrients and trace elements, Complex Oxyginberry helps the skin to remain hydrated and satin and revives the radiance and vivacity of a beautiful and healthy skin.

• Rose can significantly increase the body's ability to produce collagen.

• Ginseng Berry helps to improve blood circulation and strengthen the skin repair function.

• The cactus fruit is an excellent source of antioxidants and can promote cellular regeneration and repair.

• The cactus is an extraordinary moisturizer and anti-inflammatory and can prevent damage caused by free radicals.

• Grape seed contains powerful antioxidants that help the skin to protect itself from damage
Oxidants of DNA.

• The nutrients of the algae are easily absorbed because they have very small molecular weights and make it possible to effectively resist the signs of aging.

ORDERING... *it's easy*

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You would like to know more about Nutritional Immunology

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SOME COMBINATIONS FOR YOUR WELL · BEING

- **Specific repairers** - They may occasionally bring specific food to an overloaded liver .Encore, Dl, Noco, Refresh
- **Feminine foods**- Particularly nourishes the female hormonal system. Pearl, Dong Quai, Nutrifresh and Ménovie
- **Food suppleness** - Nourish joints, arteries, muscles and tendons, Promotes circulation. Arti, Encore, Circle
- **Specific foods** - Intended to feed particular parts of the body. Depending on the need. Dl, ACT, ST, Noco, Circle, Concenergy
- I**mmunity foods** - Nourish our immune system in particular to help. Better preserve our health. Act, Vision, Millennium, Nutriact
- **Vitality foods** - Based on ginseng, royal jelly and cactus, they are designed to bring energy and support in physical or mental effort. Millennium, Oxyginberry
- **General foods** - Designed to be used by everyone regardless of age, they are a "Snack" nice and easy. Nutrifresh, Triflora, Nutriall
- **Virility foods** - Promote sexual energy and vitality. Nutriall, Oxyginberry, Concenergy
- **Serenity foods** - Promote emotional balance, concentration, rest-repairer. Pearl, ST, Dong-Quai, Esserene
- **Sveltesse foods** - Cleans and helps the elimination of toxins and waste. Encore, Evernew, Dl, Enjoi
- **Efficient Foods** - Foster Energy and Concentration, Help Get Ideas clear. ST, Nutriall, Refresh
- **Maintenance feeding** - Promotes vitality and concentration. Nutrifresh, ST

NOTES

AGENDA

E.EXCEL

World leader in

Nutritional Immunology