



## EVERSURE-D™ Powdered Beverage Mix

### Benefits

- Contains Beneficial Soy Protein
- Low Glycemic Index
- Supports Low Sugar Needs

Soy protein, psyllium husk, wheat bran, and natural vanilla flavor combine in E. EXCEL's EverSure-D™, creating a beverage packed with healthy plant-based protein and fiber with a low-glycemic index for those wanting to limit their sugar intake.

- Soy protein has a glycemic index of 18. Anything under 35 is considered a low glycemic food.
- Soy also provides a complete, plant-based protein that is low in cholesterol and sodium and contains folate and manganese.
- Psyllium husks' soluble fiber may help relieve both constipation and diarrhea, and other intestinal problems. Plus, it may help regulate blood sugar levels in people with diabetes according to the University of Maryland Medical Center. Studies suggest that a high-fiber diet may help lower insulin and blood sugar levels and help improve cholesterol levels.
- Wheat bran is low in saturated fat, very low in cholesterol and sodium, and is a source of protein, thiamin, riboflavin and potassium, as well as dietary fiber, niacin, vitamin B<sub>6</sub>, and a number of minerals the body needs.
- In addition to all the nutrients found in wheat bran, its glycemic index is only 4, making it an excellent food for those with low-sugar needs.
- Natural vanilla flavoring gives EverSure-D a smooth vanilla taste that mixes well with any other E. EXCEL product.

EverSure-D, a low glycemic index food formulated specifically for those with low sugar needs, provides 6 grams of protein and 3 grams of carbohydrate in only 48 calories per serving

A box of EverSure-D™ contains 30 individually packaged servings.

## E. EXCEL Nutritional Immunology

Nutritional Immunology is a relatively new science pioneered by E. EXCEL's founder, Dr Jau-Fei Chen. It studies the close relationship between nutrition and the immune system. Dr Jau-Fei Chen's research shows that consuming healthy foods strengthens the immune system; a strong immune system can defend us from most illnesses. Nutritional Immunology emphasizes consuming natural, wholesome foods for good health and does not endorse consuming chemically processed foods. This science surpasses the study of basic nutrients essential for survival such as vitamins and proteins. Instead, Nutritional Immunology researches how antioxidants, phytochemicals and polysaccharides help boost the immune system.

Nutritional Immunology emphasizes prevention over cure. Health problems can be better prevented if we provide our immune system with proper nourishment daily.

### Our Manufacturing Processes

E. EXCEL's formulates its products on the science of Nutritional Immunology. We have spent much time and effort on our manufacturing processes, which include:

- Researching the different types of plant food that contain the most abundant phytochemicals, antioxidants and polysaccharides;
- Studying which plant species is most beneficial to the human immune system. For example, there are over 80 species of ginger but all contain varying amounts of nutrients;
- Analyzing which parts of a plant are most nutritious;
- Selecting the most appropriate harvest time. For example, the older the ginseng, the better it is, as ginseng harvested at a young age yields little nutritional benefit. Mushrooms should be harvested when they are still young to obtain optimum quality;
- Using appropriate processing techniques, i.e., some plants must be heated before use while others should not be heated.

E. EXCEL's products are effective because of the amount of research and professional expertise devoted to each product formulation. Every single product is highly concentrated and packed using state-of-the-art technology to ensure that nutrients will not be lost.

E. EXCEL's products are not medications. They are botanical food products based on the science of Nutritional Immunology to supplement your nutrient sources and help provide balance to your daily diet.

E. EXCEL's products are not intended to diagnose, treat, cure or prevent any diseases and should not be used as a substitute for professional medical diagnosis and treatment. If you experience any discomfort, please consult your doctor for advice.

