



E. Excel International

1-SHAPE™

Questions & Answers



Q What is 1-SHAPE?

A 1-SHAPE is a delicious, healthy beverage that complements your hectic lifestyle perfectly. Its pure and wholesome plant ingredients are carefully selected to help in weight management, promote a healthy, fiber-rich diet, and meet the needs of a busy lifestyle.

Q Who should drink 1-SHAPE?

A If you need help with weight management, are often on-the-go, or are looking for a healthy alternative to high-calorie drinks, look no further than 1-SHAPE!

Q What are the benefits of drinking 1-SHAPE?

A 1-SHAPE helps you manage your weight. Its fiber content promotes regularity and prevents constipation to maintain a healthy digestive system. 1-SHAPE also contains American ginseng. Coupled with a balanced diet and regular exercise, 1-SHAPE helps you live life to the fullest!

Q Does 1-SHAPE contain cholesterol?

A 1-SHAPE contains no cholesterol.

Q Can I replace EverNew Orange with 1-SHAPE?

A EverNew Orange and 1-SHAPE are different products. 1-SHAPE has less fiber than EverNew Orange, while containing soy, American ginseng, and an assortment of fruits and vegetables to help in weight management and meet the needs of a busy lifestyle.

Q Can I replace Nutrifresh with 1-SHAPE?

A Both Nutrifresh and 1-SHAPE contain an assortment of fruits and vegetables that also contain plant-based protein. However, Nutrifresh provides more protein, while 1-SHAPE contains American ginseng and psyllium husk to meet the needs of a busy lifestyle and help in weight management.

Q What is a healthy weight loss goal?

A Healthy weight loss occurs slowly and steadily. Aim to lose 1 to 2 pounds (0.5 to 1 kg) a week. To do this, you need to either eat 500 to 1,000 fewer calories each day through a low-calorie diet, or burn 500 to 1,000 more calories each day through additional exercise. The prudent choice is a healthy combination of both diet and exercise.

Q What are the benefits of soy?

A Muscle burns more calories than fat, so the more muscle you have, the higher your metabolic rate will be. Not eating enough protein to build or maintain muscle results in less muscle available to burn calories. Soy contains complete, high-quality protein, as well as calcium, folic acid, fiber, vitamins and phytochemicals, and is low in fat and cholesterol-free. As such, it's a perfect protein for dieters!

Q What are the benefits of American ginseng?

A A low-calorie diet often brings fatigue and a weakened immune system. American ginseng energizes when you are tired, and calms when you are stressed.

Q What are the benefits of psyllium husk?

A Fiber aids weight control by expanding in the stomach and forming a gel-like consistency, delaying the rate at which foods leave the stomach and making us feel full longer. The fiber in psyllium husk may help reduce blood cholesterol levels, control blood sugar levels, and promote heart health.

Q Why must I consume 1-SHAPE immediately?

A 1-SHAPE is high in many types of fiber which absorb water; leaving it standing for a while before drinking will cause the mixture to thicken.

Q Is 1-SHAPE suitable for children?

A Yes. 1-SHAPE is made from wholesome plant foods and is ideal for young and old alike. Letting children consume 1-SHAPE is like providing them with fiber-rich foods. It is not recommended for children under the age of four.