



E. EXCEL Celebration™ Reformulation Questions & Answers

Q What is cordycepin and what are its benefits?

A Cordycepin is a polysaccharide found in cordyceps sinensis that greatly strengthens the immune system. Cordycepin activates natural killer cells in the body, thereby inhibiting the proliferation and division of dangerous cells. It also enhances the immune system's ability to destroy damaged cells and viruses, and possesses anti-inflammatory effects and fights infection. Cordycepin is one of the 18 new substances currently being investigated and developed by the U.S. National Cancer Institute for use as a drug.

Q How is Celebration different from Millennium Powder Beverage Gold Edition? How should I use these products?

Product Name	Main Ingredients	Product Form	Suitable For
Celebration™	Cactus, Cordyceps sinensis mycelium, American ginseng	Powder	Those who need extra strengthening, such as very athletic persons or those in weakened conditions, such as the elderly.
Millennium® Powder Beverage Gold Edition	Cactus, Cordyceps mycelium	Powder	Those requiring additional nourishment than provided by Millennium.

Q Can I replace Millennium Powder Beverage Gold Edition with Celebration?

A Yes, but it is not recommended unless you need additional energy and nutrition. On top of the main ingredients found in Millennium Powder Beverage Gold Edition, Celebration contains American ginseng and higher levels of Cordyceps sinensis mycelium. American ginseng provides additional energy, which very athletic people may require. In addition, Celebration contains a higher level of Cordyceps sinensis mycelium for greater immune system nourishment in the elderly and those in weakened condition.

Q What is the difference between Celebration and POLY5®? How do I choose between these two products?

A POLY5 is formulated with five different mushrooms, each containing different polysaccharides: The ABM mushroom is rich in the polysaccharides—beta-1, 3 D-glucan and beta-1, 6 D-glucan; Yun Zhi (Coriolus versicolor) mushroom is rich in PSK and PSP; Maitake mushroom is rich in beta-glucan, phospholipids and other polysaccharides; Shiitake mushrooms are rich in the polysaccharides Lentinan and LEM; reishi (Ganoderma lucidum) includes polysaccharides, such as beta-glucan, coumarin, mannitol, and alkaloids.

On the other hand, Celebration is formulated with just one fungus, cordycepin-rich Cordyceps sinensis mycelium. Different polysaccharides meet different needs in the body. Consuming both POLY5 and Celebration provides an even greater variety of polysaccharides.

Q In the formulation of Celebration, why is cultivated Cordyceps sinensis mycelium used instead of Cordyceps sinensis?

A Wild Cordyceps sinensis grows in harsh conditions, making it a very scarce and precious ingredient. The market is flooded with fake cordyceps and unscrupulous dealers often add lead to it to increase product weight and boost profit. This causes the quality of Cordyceps to vary widely, along with the risk of heavy metal contamination.

Cordyceps sinensis mycelium, under official regulation and authentication in China, is cultivated under strictly controlled conditions. This cultivated Cordyceps sinensis mycelium carries no risk of heavy metal contamination or other health threats, and is just as nutritious as the mushroom it produces in the wild.

Q How do I prepare Celebration?

A It is best to use warm water to mix with Celebration. The amount of water used depends on individual taste. Avoid using boiling or hot water as this will destroy some of the nutrients in this product. If you wish to enjoy Celebration chilled, mix with cold water. Stir for a longer period to allow the powder to fully dissolve.

Q Can Celebration be mixed with other liquids or consumed without mixing with water?

A E. EXCEL does not recommend consuming Celebration as a powder. However, you may mix it with juices or other E. EXCEL products rather than water if you prefer.

Q After preparing *Celebration* as a drink, can I enjoy it slowly?

A It is best to drink *Celebration* immediately after mixing with liquids as its nutrients will be reduced with the passage of time. If that is not possible, try to refrigerate the drink and finish it in one day.

Q Can I consume half of the *Celebration* in a packet, and save the other half of the powder for another time?

A The unconsumed powder may become contaminated. Hence, it is best to consume a whole packet of *Celebration* at a time.

Q How many packets of *Celebration* should I take daily?

A Take one to three packets a day, anytime of the day.

Q Is *Celebration* a good choice for relieving fatigue?

A *Celebration* contains American ginseng and Cordyceps sinensis mycelium, both of which are excellent adaptogens that may boost energy levels.

Q Can I consume *Celebration* before sleep? Will the American ginseng in *Celebration* cause insomnia?

A Unlike red ginseng and Korean ginseng, American ginseng will not cause insomnia. In fact, American ginseng can help boost concentration and improve sleep quality.

Q Can I consume *Celebration* in summer? Does *Celebration* have warming properties?

A *Celebration* uses American ginseng, which has cooling properties. Therefore, you can enjoy *Celebration* even in summer.

Q Is *Celebration* suitable for children?

A Children can consume *Celebration* as soon as they can take solid foods.

Q Is *Celebration* suitable for diabetics?

A *Celebration* contains stevia and a small amount of fructose. The glycemic index of stevia and fructose is 0 and 22 respectively. Diabetics are advised to check the ingredients and seek professional medical advice before consuming any product.

Q Which products complement *Celebration*?

A *Celebration* is good on its own. For the best combination, complement *Celebration* with *POLY5* and *DNP Morning and Evening Capsules*.

Q Why is the powder in *Celebration* not uniform in size and color?

A Our manufacturing process is more than just mixing various plant foods. Processing different plant foods requires different methods and temperatures to retain and concentrate their nutrients. To facilitate the packaging of the product and prevent static electricity while packaging, part of the plant powders are processed to become bigger particles.

As our utmost priority in the manufacturing process is to retain wholesome nutrition, the plant powder particles may retain the original colors of the plants. The different colors of the plant powders and particles do not mean there are impurities in the product.