

Better Health • A Richer Life

EXCELLING

E. EXCEL Spring 2015



My Why Restoring Respect & Building Confidence

JADE MASTER LI LI

My Journey from Skepticism to Belief

PEARL MASTER LINDA SHI

Share Nutritional Immunology

EASY-TO-SHARE NI BASICS

Losing My 'Secure' Job was One of the Greatest Blessings of My Life

JADE AMBASSADOR NING PENG

Perplexed about your Complexion?

ELEMENTE HAS THE ANSWERS
TO YOUR BEAUTY CONCERNS

I Changed My Habits & Changed My Life

KEN CHIH-FUNG HUANG
1-SHAPE SHAPE UP WINNER

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Excelling Welcomes You...

to new and innovative ways to share E. EXCEL with others.

You'll find **INSPIRATION** in the exhilarating stories of **BETTER HEALTH** and **RICHER LIVES** told by enterprising, enthusiastic E. Excellers.

We've made **NUTRITIONAL IMMUNOLOGY** easier to understand and share with simple approaches to learning.

Top E. Excellers share their tips on **LEADERSHIP** and help you make the most of your time and efforts.

Useful features will bring you ways to enhance your **BEAUTY** with E. EXCEL's exclusive **ELEMENTE** products.

Exciting stories showcase our fantastic **PRODUCTS** and how they have changed people's lives.

A simplified **PRODUCT CATALOG** allows you to better use *Excelling* as a tool to share with others. Information on the body systems that each product supports is also included to make recommending products easy.

And scattered throughout, find handy **SNIPPETS OF WISDOM** to use and share to build a richer, healthier life for you, your loved ones and your business partners.

A RICHER LIFE awaits you with E. EXCEL, and *Excelling* can help you reach it!



MY WHY

*My Desire
My Determination
My Dream*

RESTORING RESPECT & BUILDING CONFIDENCE

Jade Master Li (Annie) Li

I was a professional ophthalmologist in China before immigrating to Canada. After years of professional training and enjoying the respect and joy that comes from serving others as a doctor, it was difficult to start all over in my new home in another medical discipline. After attending school, graduating, and being hired as an infection control practitioner, I found myself working long hours in a hospital longing for the respect and fulfillment I enjoyed in China as a doctor serving others. I wanted more out of life, more flexibility, more friends, and more joy that comes from helping people realize better health and a richer life.



Restoring Professional Respect

I noticed that others like me were feeling the same loss and difficulty adjusting as we worked long hours together. We formed strong, trusting friendships and began to share our convictions and concerns about health and the healing professions we shared.

I learned about E. EXCEL and with my medical background I could easily see that the science of Nutritional Immunology was built on solid evidence and a philosophy of wellness that I believe in strongly. When my family experienced the remarkable products, I had many friends and family members believing in E. EXCEL products and taking them regularly because they worked. Surrounded with so much evidence, I couldn't help but talk about E. EXCEL with my friends.

It was easy to share E. EXCEL with others and I was able to find people who were interested in joining my team to help spread the word about this incredible company. I started enjoying some success working with my Downlines and saw my business start to grow. I couldn't be more grateful and proud of what we have accomplished together so far. I can't wait to see how far we can take this and grow our businesses together.

There was one particularly skeptical friend, however. Linda and I were both former ophthalmologists in China and we now worked at the same hospital together. I respected Linda professionally for her hard work and integrity, and I knew she would make a wonderful E. Exceller. But it took four long years to convince her to make E. EXCEL part of her life.

As we often had lunch together, Linda began to notice that I was looking and feeling healthier. When she complained of digestive problems, I would joke that she was trying to poison herself with her fried fast food. Finally after many attempts she decided to give E. EXCEL a try.



Surrounded with so much evidence, I couldn't help but talk about E. EXCEL with my friends.

Building with E. EXCEL Events

I knew Linda's commitment and hard work could help her become a powerful leader in E. EXCEL, so I invited her to work with me to earn my first incentive trip as a Grand Prize Winner on the SHINE Caribbean Cruise and come along as my guest. This was the opportunity I needed to teach her how to build the E. EXCEL business.

Together we enjoyed the cruise, but more importantly Linda got to know all the great E. Excellers, listened to their amazing stories, and

overcame all her skepticism. There are so many trained medical professionals in this business who helped answer her questions and build her trust and confidence.

The next year she won First Prize in the Destination Taiwan contest on her own, and we went together and had yet another amazing experience. The following year, she and another friend did what we had done together to win the SHINE Cruise. They won Grand Prize in the Las Vegas incentive contest and Linda was able to bring along a new and promising E. EXCELLER on that fabulous trip.



The richer, more
rewarding life
I am living is
proof I made
the right choice
with E. EXCEL.



Linda had a strong reason to succeed. All I needed to do was help her experience all the wonderful events and trainings in Toronto and then work with her to earn an incentive trip. Building her confidence with these events, her belief in herself and in the company exploded. She came back from these special events as a committed, independent leader and a strong team member.

My WHY Is Expanding

Now as a team we are looking for others who have strong professional and emotional

reasons like we had to build a wellness business based on solid science. But we are also looking for people who need great social support, people who need a career with freedom and flexibility, people who love to travel and see the world, and people who need great recognition and encouragement. I enjoy offering the gift of better health, but it gives me tremendous joy to help people see that E. EXCEL is so much more than that. The richer, more rewarding life I am living is proof I made the right choice with E. EXCEL.

MY JOURNEY FROM SKEPTICISM TO BELIEF

Pearl Master Linda Shi



I love E. EXCEL and believe deeply in everything the company stands for. My journey started off a little slow however. In my professional career I was absolutely committed to science and evidence-based

medicine. It took many attempts over four years for me to even try E. EXCEL products. In the end it was the evidence I could actually see that made the difference. While I was having increasing digestive and oth-

er health problems, I could see that my friend Annie was looking younger, more beautiful and more confident all the time.

The Power of Meetings and Training

As a medical pro-

fessional I was full of questions and skepticism when Annie first introduced me to E. EXCEL. She decided that having me learn more about Nutritional Immunology would help. I would also get to know the whole



THE CONTESTS
AND INCENTIVE
TRIPS ARE A
GREAT WAY
TO BUILD THIS
BUSINESS.

E. EXCEL family, and that would help build my belief and confidence. Without making any commitment, I began attending meetings in Toronto and was impressed by all the professionals who were growing their E. EXCEL businesses full-time and part-time. Their stories were powerful motivation for me.

I also attended E. EXCEL social events like the Chinese New Year Celebration. After getting to know the people who would be teaching and helping me, I decided to give the products a try.

Even after taking the E. EXCEL products and feeling real improvement in my health, I was skeptical and worried about sharing the products. I started with my family. Right away they got results and became committed, long-term users. This gave me



a business I could no longer ignore or neglect. But I still had questions and concerns.

I became more serious when Annie challenged me to work with her to win the SHINE incentive cruise in 2013. It was a great way for her to teach me about the business and keep me motivated. On that first trip we enjoyed together, I also got to know leaders and medical professionals from all over Canada and the United States. Hearing stories from

so many professional, educated, committed E. Excellers gave me even more confidence to share the incredible products and even more incredible E. EXCEL business opportunity.

I committed to win the next incentive trip on my own and succeed-

ed. After that I decided to do for someone in my new Downline what Annie had done for me. I invited an up-and-coming builder in my Downline to work with me to earn the In It to Win It Las Vegas Incentive trip. If together we could win the Grand Prize, she could attend as my guest.

My Richer Life

I love to travel. That is one of the things I enjoy most about E. EXCEL. In my hospital job there is little opportunity for that kind of recognition, flexibility or time away. Traveling with E. EXCEL also gives us the chance to return and talk with our

E. EXCEL IS HELPING ME FULFILL MY PURPOSE IN LIFE TO HELP OTHERS.



MY SKEPTICISM HAS MELTED AWAY AS I HAVE EXPERIENCED FIRST-HAND THE RICHER, FULLER LIFE E. EXCEL HAS BROUGHT ME.



friends and E. EXCEL family about the fun we had and what we learned. The contests and incentive trips are a great way to build this business.

Annie and I are both infection control practitioners, so Nutritional immunology is a subject both of us understand and can talk freely about with friends, family, and even strangers. People trust us because we're not only trained

professionals, but also business builders. We have a lot of remarkable personal experiences and stories of how the products are helping people. We also trust the evidence-based science that Dr. Chen has gathered in support of our products. We also understand the vital safety issues associated with whole-food products.

My skepticism has melted away as I have

experienced first-hand the richer, fuller life E. EXCEL has brought me. This new and useful knowledge of Nutritional Immunology, recognition of my hard work, and a wonderful community of new friends has been so rewarding. We get to work where we are strongest, helping with education in both Nutritional Immunology and business building strategies, all while touching lives in a

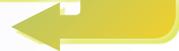
meaningful way.

E. EXCEL is helping me fulfill my purpose in life to help others. I help them achieve their health goals, but also to feel more confident, hopeful, and secure by working with them to build profitable home-based E. EXCEL businesses. Now that is what I call a complete, full, rich life.

Share

NUTRITIONAL IMMUNOLOGY

Easy-to-share info about the science that started it all



Leverage E. EXCEL's online resources and go mobile

You don't have to be a scientist to share Nutritional Immunology. Simply by living the E. EXCEL lifestyle, you can empower your immune system to defend your body against bacteria, viruses, toxins and other invaders, all while being a shining example to others of the power of NI. You can also pass on these simple, easy-to-share basics of NI to everyone you meet. In doing so, you are helping fulfill E. EXCEL's mission to share the gift of health and the knowledge of Nutritional Immunology.



Sharing Made Easy... Just Open Your Mouth

1

Open your mouth to take E. EXCEL products

2

Open your mouth to speak about Nutritional Immunology

3

Open your mouth to speak about the incredible E. EXCEL business opportunity



From Jeruel Zalameda, Diamond Ambassador, Las Vegas 2014



Variety is Key

- Vegetable soups & salads are delicious ways to add more variety of plant foods into your diet.
- *Nutrifresh*® also provides a wide variety of fruits and vegetables in every serving.

Keep Moving

- Increased heart rate during exercise delivers oxygenated blood to the lungs and muscles, and improves immune function.
- Soy protein in *Nutrial*® is a great way to help build muscle.



01

Healthy Diet

Exercise

The Cornerstones of

Ni 

NUTRITIONAL IMMUNOLOGY

Sleep

Stress Relief

03



Repair & Regenerate

- Adequate sleep can benefit your heart, weight, creativity, and memory.
- The soothing ingredients in *Esserene*® help gently ease you into slumber without sedatives or tranquilizers.



04

Discover New Relaxation Techniques

- Chronic stress can cause many health problems including depression, high blood pressure, impotence and gastritis.
- *S-T*® helps defend the body against long-term effects of stress.



*These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure or prevent any disease.



sharing NI is really simple

Follow E. EXCEL
North America on
Facebook and Twitter.

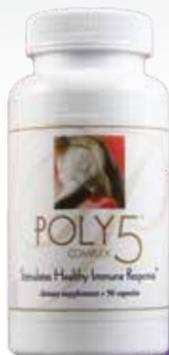


www.facebook.com/eexcelna
www.twitter.com/eexcelna

Three Compounds In WHOLESOME PLANT FOODS

POLY5[®] contains concentrated polysaccharides from five different mushrooms that are a huge benefit to the immune system.

Polysaccharides are long chains of sugar molecules found in plants that have been shown to aid in good health. Lentinan found in shiitake mushrooms, helps stimulate white blood cell production, which is an integral part of the immune system.



03

Polysaccharides

01

Antioxidants

Plant foods contain hundreds of thousands of antioxidants that fight free radicals, which can cause cellular damage. Well known antioxidants include vitamins C and E, but there are thousands more.

Vision[™] contains oligomeric proanthocyanidins (OPCs), which are very powerful antioxidants found in grapes and other fruits and vegetables.



Phytochemicals

Hundreds of thousands of phytochemicals in plant foods positively affect health. Lutein and zeaxanthin in dark green and yellow fruits and vegetables support eye health. Capsaicin in hot peppers protects DNA from carcinogens. Phytochemicals in cranberries help reduce risk of urinary infections.

02

Prickly pear cactus contains many phytochemicals, such as betalains, indicaxanthin, amino acids, and quercetin, which give **Millennium[®]** amazing health benefits.





Take It From the Expert!

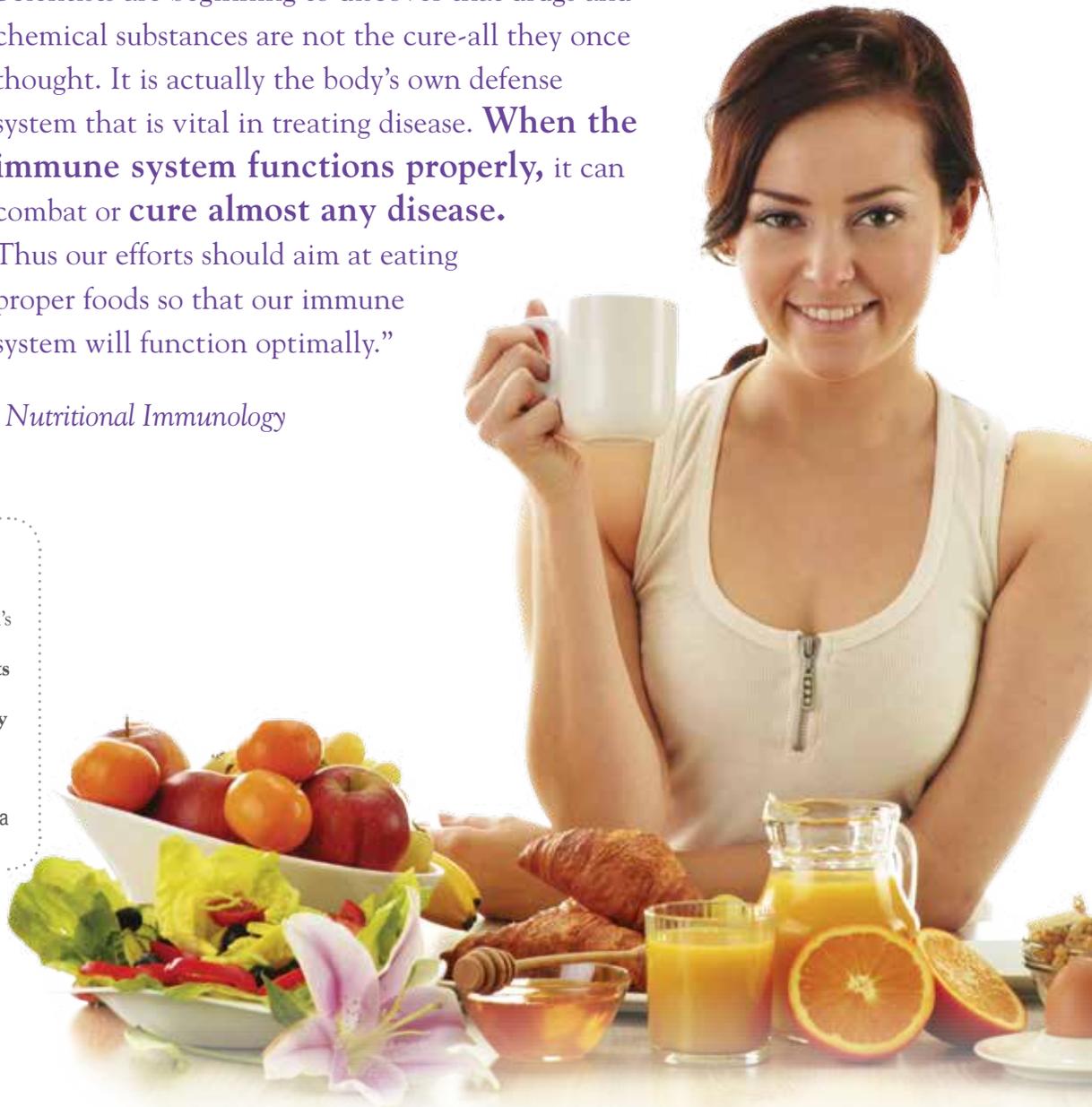
“Scientists are beginning to discover that drugs and chemical substances are not the cure-all they once thought. It is actually the body’s own defense system that is vital in treating disease. **When the immune system functions properly,** it can combat or **cure almost any disease.** Thus our efforts should aim at eating proper foods so that our immune system will function optimally.”

—Dr. Jau-Fei Chen, *Nutritional Immunology*

YouTube

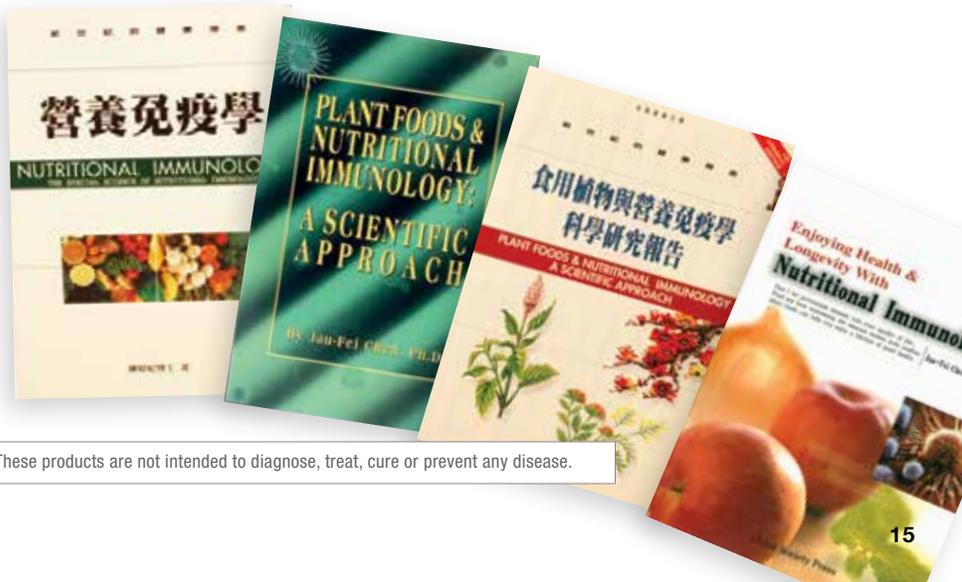
Watch her lectures on E. EXCEL North America’s YouTube channel. **Share these with your contacts and support them with your own personal story of how NI has helped you or those you love.**

www.youtube.com/c/eexcelna



Learn more in these informative books by Dr. Chen

Watch for Dr. Chen’s newest book **Nutrition • Immunity • Longevity** available soon!



*These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure or prevent any disease.

“LOSING MY ‘**SECURE**’ JOB WAS ONE OF THE GREATEST **BLESSINGS** OF MY LIFE”

Jade Ambassador, Ning Peng



Ning recently moved her family into this new 6,300 sq. ft. dream home, thanks to E. EXCEL

Ning Peng joined E. EXCEL in 1998 for her health, but the uncertainties of life made her realize E. EXCEL was an incredible business opportunity.

Both Ning and her husband, Mou Zhang, had good paying jobs as IT professionals. They had a new baby, their second son Aaron, and had just purchased their first home in Canada. It was an exciting time—until Ning lost her job. She was in shock.

Their worry and stress doubled when Mou also lost his job. “With a mortgage and a 4-month-old, I wanted to make sure something like this could never happen to us again,” Ning states.

While Mou looked for work, Ning looked for opportunities where she could be her own boss, be with her young son, and still help support the family. She came up with four ideas.

- 1** Real estate, which would require her to earn a real estate license
- 2** Start an import/export business with friends
- 3** Buy a house near a college for rental income
- 4** E. EXCEL, because she knew the products worked

NING'S TYPICAL DAY

- 7:00 am** Breakfast with family, and see kids off to school
- 7:30 am** Prepare for the day, check email, make follow-up calls
- 9:00 am** Study NI, business skills, or prepare for trainings
- 12:00 pm** Lunch, often with Downlines or new people
- 1:30 pm** Visit with new Downlines to discover how I can help them
- 4:00 pm** Home when kids and husband get home, help with homework
- 6:00 pm** Dinner with family
- 6:30 pm** Family time, take calls
- 9:00 pm** Kids to bed
- 9:30 pm** Check email, make phone calls, prepare for talks

The business requires time in the evenings and weekends when part-timers are free, so family support is important. However, your time is flexible, and you can easily work around your family's unique schedule.

“WE ARE TRAINING ENTREPRENEURS, NOT JUST MANAGING EMPLOYEES. WE HELP THEM DREAM. WE HELP THEM BECOME MORE THAN THEY EVER DREAMED POSSIBLE.”



She spent \$380 on her first real estate lesson, got a bank loan to purchase a rental house, and began looking into the import/export business.

Everything came into sharp focus, however, when her E. EXCEL commission check arrived in January of

2004. “It was only \$400, but that was BIG for me at that time,” Ning exclaims. “It meant cash flow. It was almost as much as I got from renting out the house each month!” Ning had just read *The Wellness Revolution: How to Make a Fortune in the Next Trillion Dollar Industry* by Paul Zane



NING'S FAVORITES

Favorite Products

- DNP
- POLY5®
- Essential Line-Defying Facial Cream



Most Powerful Products

- Symphony of Excellence™

Fastest Results

- NOCO®
- ACT™
- EverNew®



MOST IMPORTANT GOALS TO ACHIEVE DREAMS:

- 1 Bring 2 people to meetings or online meetings every week
- 2 Have a home meeting once a week
- 3 Attend 8 meetings a month





Pilzer and became excited about the incredible opportunity E. EXCEL offered to cash in on the wellness trend.

“E. EXCEL is a risk-free business,” Ning explains. “I wanted more family time, and less financial risk. With E. EXCEL, I could build a pipeline that would bring in funds even when I wasn’t work-

each year—but sometimes nothing. “I love the compensation plan at E. EXCEL. It encourages people to share. My favorite part is the Leadership Bonus. It encourages us to do the work it takes to be paid. It’s fair for people at all levels of the business.”

“My life has changed so much since I was laid off,” Ning muses.

I WANTED MORE FAMILY TIME, AND LESS FINANCIAL RISK. WITH E. EXCEL, I COULD BUILD A PIPELINE THAT WOULD BRING IN FUNDS EVEN WHEN I WASN'T WORKING.



ing.” Mou found another IT job and helped with housework and childcare evenings and weekends while she shared E. EXCEL.

Her income grew from \$400 to \$800, then \$1,000 to \$3,000, then \$5,000 to a lot more. It wasn’t uncommon to get a 50% increase from one year to the next. In IT she might get a 3% raise

“In IT I was always on call and stressed. Now I don’t worry about a job and my income is so much greater! Plus, my time is flexible. We travel the world once or twice a year with E. EXCEL, and we just moved into our 6,300 square-foot dream home—a dream home that tells our E. EXCEL team they can achieve their dreams also.”



Perplexed about your complexion?



1. HYDRATING FOAMING FACIAL WASH

Start with this delicate cleanser to remove dirt and oil without depleting moisture for a deep, refreshing clean.

2. FACIAL CLEANSING LIQUID

Cleanse away make-up, excess oil, and other impurities. This gentle formula won't strip skin's natural oils and will leave skin soft and refreshed.

Want to look younger? Hydrate and reduce wrinkles with...

3. YOUTH REJUVENATOR FACIAL MOISTURIZER

The power of perfluorocarbons helps instantly reduce the appearance of fine lines and wrinkles. Add to your daily routine for increased, sustained results that will have you looking and feeling younger!



4. OXYGINBERRY ESSENCE HYDRATING FACIAL SERUM

Enriched with E. EXCEL's exclusive *Oxyginberry® Complex*, this serum delivers the maximum amount of hydration leaving behind a beautifully radiant complexion. Your new radiant glow will inspire envy and only you will know your secret.

Elemente has the answers to your beauty concerns



Embarrassing undereye puffiness? See firmer skin and look refreshed with...

5. ROSE ESSENCE PHYTOLIFT FIRMING EYE CREAM

Oxygenberry® Complex combines with rose extract for a robustly scented eye cream that visibly reduces fine lines in as little as twenty days. Lose your tired look and gain soft, lifted skin. Your refreshed eye appearance will make you look alert, confident, and ready for anything.

6. ROSE ESSENTIALS PHYTOLIFT FIRMING FACIAL MOISTURE GEL

Reduce the visible signs of aging on your whole face with this soothing gel. Firm your face and neck with this lightweight formula for soft, supple skin. You'll maintain soft, youthful skin that everyone is sure to notice.



Want smoother skin? Reduce pores and brighten skin with...

7. CACTUS ESSENCE FACIAL PORE REFINING CREAM

Reduce the appearance of pores with this highly expandable cream. You'll achieve a flawless appearance and a smooth even canvas for applying make-up.

8. CACTUS ESSENCE HYDRATING FACIAL LOTION

Oxygenberry Complex® provides the power for smoother, brighter skin overnight. You'll awaken with a soft, glowing skin every morning and your new, dewy complexion will be the perfect base for any beauty routine.





Ken Chih-Fung Huang
Winner of E. EXCEL's 2014
1-SHAPE Shape Up

My reason to change

Three years ago, my friend entered the hospital with a lung infection and never came out again. He was diabetic and overweight, and I'm sure that contributed to his death. At the same time, my doctor told me I needed to lose weight.

Since then, I've tried several weight-loss products, but they were either too difficult to maintain, or showed no results. Eventually, I just gave up. I felt like a failure, and I hated looking at myself in the mirror. I knew I needed to lose

weight, but I was always tired. I took a lot of naps!

Recognizing bad habits

I would open the fridge and grab something even if I wasn't hungry, usually junk food. My wife tried to get me to eat more vegetables, but I didn't listen. I am a 58-year-old math, phys-

ics, and chemistry tutor, so you know I wasn't very active either. I told myself I had no time to exercise. It was time to change these bad habits for good or I might end up like my friend.

One more attempt at losing weight

When E. EXCEL announced the 1-SHAPE Shape Up last year, my



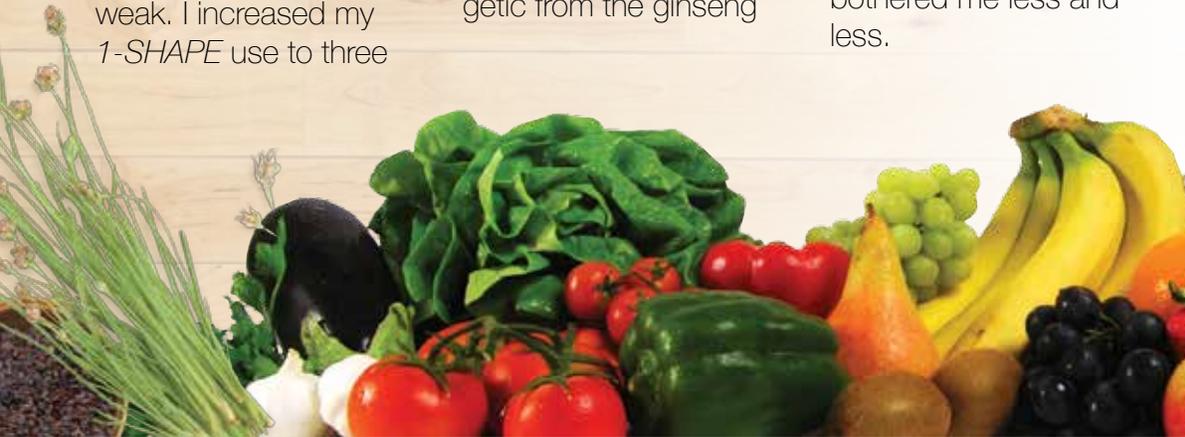
wife, Elaine, and son, Alan, encouraged me to give it a try—just for a week. I was skeptical of all weight loss programs by then, but for a week, I took 1-SHAPE twice a day, 30 minutes before breakfast and dinner. I was amazed at how much more energetic I felt. Other weight-loss programs had left me weak. I increased my 1-SHAPE use to three

times a day and after another week, I committed to completing the full 8-week challenge. The support of my wife and son gave me that extra edge and my weight loss goals seemed within reach.

Forming good habits

I felt so great and energetic from the ginseng

in 1-SHAPE, I started playing basketball again, something I hadn't done in years! I also walked—half an hour was all I could manage at first, but now I take two-hour walks and feel invigorated. To my surprise, I also noticed my knee problem, which made negotiating stairs difficult, bothered me less and less.



BUILDING GOOD HABITS

-  **No time for exercise?**
 - Even 15 minutes a day can get you started, you'll gradually work up to more.
 - 30 minutes of moderate exercise a day is a good goal
-  **Too much junk food?**
 - Plan your meals so you're not tempted to grab junk food.
-  **Equate 'healthy' to boring?**
 - Use flavorful spices and herbs that make good-for-you foods exciting and interesting.
-  **Craving a snack?**
 - Sometimes thirst masquerades as hunger, so try reaching for water instead and keep cravings at bay.
 - Keep healthy snacks on hand and ready to go, such as baby carrots.
-  **Fighting discouragement?**
 - Find a 'sponsor,' someone who knows you and will help keep you strong when you need it.
 - Keep your eyes on your goal and imagine how great it's going to feel when you reach it!

1-SHAPE™

(70 calories per serving, 30 servings per box)

RECOMMENDED REGIME:

- 1 pkt 1-SHAPE™ mixed with 1 cup water and taken 30 minutes before each meal, for a total of 3 per day
- 30 minutes of moderate exercise a minimum of 3 times a week
- * Or try 1-SHAPE™ Lite at only 50 calories per serving.





Sharing my success with friends

When my friends noticed I was losing weight, it was easy to share 1-SHAPE with them. I explained how the American ginseng it contains energized me as I lost weight. That's what makes 1-SHAPE unique from other weight-loss programs I tried, and I know it really made the difference for me.

I also discussed the basis of Nutritional Immunology with them, how diseases can hide inside our bodies and grow undetected for a long time before they become evident. NI helped me understand that maintaining a healthy weight and healthy habits helps protect us.

1-SHAPE changed my mind and changed my life

1-SHAPE took me from 165 to 149 lbs. and I lost nearly 3 inches off my waist. Even better, I lost my lower chin! I lost my round face! I had a neck again! And my body wasn't the only thing that changed; my mind changed as well.

Before 1-SHAPE, I had no confidence; now, I am full of confidence! I feel lighter, brighter, younger, and healthier and that has done wonders for my attitude and outlook on life. I feel handsome! I am happier, and I now believe I can do anything I set my mind to. 1-SHAPE helped me reach my weight loss goals but I never realized how much it would change my outlook on life. Now I really understand what it means to have better health and a richer life with E. EXCEL!

Now, I am full of confidence! I feel lighter, brighter, younger, and healthier and that has done wonders for my attitude and outlook on life.

Know someone who wants to lose weight? Share Ken's inspiring story. It might be just the motivation they need to try 1-SHAPE — and help you grow your E. EXCEL business at the same time!



EVERYDAY PROBLEMS...

He won't eat it if he thinks it's good for him!

She's looking for ways to make their favorite meals healthier.

He needs to focus in school. Plus he's always hungry!

She decided she's a vegan this month!



...SOLVED

EVERYDAY PROBLEMS ARE EASILY SOLVED THANKS TO THE INCREDIBLE VARIETY OF E. EXCEL

PEANUT BUTTER SMOOTHIE



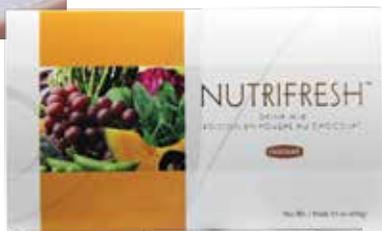
Growing boys always seem to be hungry! The healthy protein in *Nutrifresh® Chocolate* and peanut butter will give him a good serving of protein to keep the hunger at bay. Plus, chocolate has antioxidants and phytochemicals that can help sharpen focus for school work.



- 2 large or 3 medium ripe bananas, peeled and frozen in chunks
- ¾ cup soy or almond milk
- 1/3 cup creamy peanut butter
- 2-3 pkts *Nutrifresh® Chocolate*, to taste
- 1 tsp vanilla extract

Place all ingredients in blender. Blend on high until smooth.

Makes a great breakfast shake or after school snack!



STRAWBERRY VINAIGRETTE



She may have decided to be vegan, but she's still growing and she still needs protein for that! Adding a packet of *Nutrifresh® Strawberry* to this tangy, vibrant dressing adds some vegan soy protein to her salad.



- ½ cup *Essential Blend™*
- 4 large fresh strawberries, halved
- ¼ cup red wine vinegar
- 1 pkt *Nutrifresh® Strawberry*
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp dried tarragon
- ¼ tsp sugar

Place all ingredients in blender or food processor and blend until smooth.

Serve over mixed baby greens with halved strawberries and coarsely chopped pecans, or any of your favorite salad ingredients.



SALMON WITH MACADAMIA NUT CRUST



He needs omega-3 fatty acids to support heart, brain, and nervous system health. Fish is a good source of omega-3s, as are macadamia nuts. Cooking these two ingredients together with *E. EXCEL Essential Blend™* just adds to the amount of heart-healthy omega-3s he's getting without him even noticing it!



- 2 eight oz salmon fillets, seasoned with fresh ground pepper and sea salt
- 1 egg white, whipped until frothy
- ½ cup finely chopped macadamia nuts
- 2 tbsp *Essential Blend™*
- 2 tbsp salted butter
- 2 tbsp fresh parsley, minced
- 1 tbsp lemon juice, fresh squeezed

Dip salmon in egg white, pat chopped macadamia nuts on fish. Heat *Essential Blend* in skillet over low to medium heat. Add salmon, cook for 5-7 minutes, turning once, or until salmon flakes easily. Remove salmon from pan to serving plate.

Add remaining ingredients to skillet and deglaze pan, then pour over salmon and serve.



ZUCCHINI-OATMEAL-ORANGE MUFFINS



They're getting a little bit of everything in these tasty, easy-to-make muffins—fiber from oats and *EverNew® Orange*, plus a vegetable, fruit and omega-3 fatty acids! Serve for breakfast or an after school treat!



- 1 cup all-purpose flour
- 1 cup rolled oats
- 2 pkts *EverNew® Orange*
- ½ cup sugar
- 1 tbsp baking powder
- 2 tsp grated orange rind
- ¼ tsp salt
- ¼ tsp ground nutmeg
- ½ tsp cinnamon
- 1 cup shredded zucchini
- ¾ cup milk
- ¼ cup orange juice, fresh squeezed
- 3 tbsp *Essential Blend™*
- 1 large egg

Heat oven to 400°. Prepare 12 muffin cups lined with papers or coated with cooking spray. Combine the first nine ingredients in a bowl. Combine remaining ingredients separately and stir well. Add wet ingredients to dry ingredients and stir just until dry ingredients are moistened. Divide batter evenly among muffin cups. Bake 20 minutes. Remove from pans immediately and let cool on wire rack.





Facts You Should Know About

Fats & Oils

Keep a trimmer waist line

by eating the right kinds of fats. Experts believe that healthy fats like omega-3 fatty acids are essential for weight loss. However, all oils are high in calories, so consume sparingly.

Optimize your brain power naturally and maintain focus

all day with the ideal 1:1 ratio of omega-3 and omega-6 essential fatty acids.

The typical diet

contains 15-25 times more omega-6 fatty acids than needed. Achieving a proportional 1:1 ratio of omega-6 to omega-3 fatty acids is the ideal balance for good health.

Safeguard your arteries

by keeping blood cholesterol levels lower with the right kinds of fats.

A major energy boost

comes from fats, which also help you absorb certain essential vitamins and nutrients.

Turn up the heat

Once an oil's smoke point is reached, it starts to break down and produce carcinogenic substances.

E. EXCEL *Essential Blend*™ can withstand high heat and is perfect for all cooking methods.



Ideal 1:1 ratio of omega-3 and omega-6 essential fatty acids • More than 80% healthy monounsaturated fats
Only 2g saturated fats • 0 cholesterol • 0 trans fats • High smoke point • Delicious in hot and cold recipes

E. EXCEL Essential Blend™ brings it all to your kitchen—and your family's health!

E. EXCEL PRODUCT GUIDE



Millennium®
1000ml | 800010

IS



Millennium® Red
1000ml | 800020

IS D



Millennium® Powdered
Beverage
30•15g packets | 100180

IS D



Millennium® Powdered
Beverage Gold Edition
30•15g packets | 100190

IS D



Celebration™
30•18g packets | 100155

IS C N R



1-SHAPE™
30•18g packets | 610074

W DS



1-SHAPE Lite™
30•14g packets | 610073

W DS



A'Romantic®
30•6g packets | 10002

M D



Enjo!™
30•15g packets | 610050

N



EverNew®
30•18g packets
Original – 610090
Orange – 610092

C DS I



EverNew®-D
30•18g packets | 610094

C DS I



Nutriall® Original
30•15g packets | 610040

M W



Nutriall® Berry
30•15g packets | 610041

M W



Nutricardia®
30•12g packets | 610021

C



Nutrifresh®
30•15g packets
Original – 610080
Chocolate – 610081
Mixed Fruit – 610083
Strawberry – 610085

M W



Nutrifresh®-D
30•15g packets | 610096

M D W



Oxygenberry® Beverage
30•15g packets | 10005

I BS



Refresh™ Herbal Tea
Beverage
60•2g packets | 610061

DS E S U



Orchestra™
16 pk•10ml ea | 610200

IS E



Vegecolor™
30•4g packets | 610022

BS NEW

BS Balanced System

DS Digestive System

M Musculoskeletal System

RF Female Reproductive System

U Urinary System

IS Immune System

E Endocrine System

N Nervous System

R Respiratory System

D Special Dietary Needs

C Circulatory System

I Integumentary System

RM Male Reproductive System

S Sensory System

W Healthy Weight

E. EXCEL PRODUCT GUIDE



ACT™
100 capsules | 30030

IS M S R



ART™
100 capsules | 30010

M



Circle®
100 capsules | 30020

C



Concenergy®
100 capsules | 20010

E N RM



D•I®
100 capsules | 20030

DS



Dong Quai
100 capsules | 20080

RF C



E•Memories™
100 capsules | 30120

N Available Now!



Esserene®
100 capsules | 30055

E N



E-View™
100 capsules | 30115

S N



G-ART®
100 capsules | 30085

M



Ji-Lin Ginseng
100 capsules | 20090

RM E



NOCO®
100 capsules | 20045

R



O-Seed®
100 capsules | 30075

N C



Oxygenberry® Capsules
200 capsules | 2 bottles
30105

I



Pearl™
100 capsules | 30041

E I M N RF



POLY5® Complex
180 capsules | 2 bottles
20060

IS



S•T®
100 capsules | 20020

S M



Vegaplex™
100 capsules | 30065

M C



V•Estro™
100 capsules | 30095

RF



Vision™
60 capsules | 20000

IS C S



W•L®
120 capsules | 20050

E W



E. EXCEL Essential Blend™
12.7 fl oz ea (375ml)
2 bottles
20012



Gwei-Hua Balm™
0.19 oz (5.5g) | 50020

E. EXCEL PRODUCT GUIDE



Handy Gel®
8.4 fl oz (250ml) | 60052



VegiWash™
12 fl oz (350ml) | 60042



Cactus Essence Aqua Gel
Facial Moisturizer
1.36 fl oz (39ml) | 11000



Cactus Essence Facial
Hydrating Lotion
5.2 fl oz (150ml) | 11001



Cactus Essence Facial Pore
Refining Cream
0.7 fl oz (20ml) | 11002



Color Protective
Moisturizing Shampoo
10.5 fl oz (300ml) | 10500



Moisturizing Conditioner
10.5 fl oz (300ml) | 10501



Moisturizing Color Kit
2.1 fl oz (60ml) | 10550
(deep brown)



Intense Revival
Hair Masque
7 fl oz (200ml) | 10506



Youth Rejuvenator Facial
Moisturizer
1.0 fl oz (30ml) | 10106



Oxygenberry® Essence
Hydrating Facial Serum
4 fl oz (115ml) | 10200



Essential Line-Defying
Facial Cream
1.05 fl oz (30ml) | 10104



Oxygenberry® Pearl
Essence Moisturizer
0.35 fl oz (10ml)
3 bottles | 10204



Hydrating Foaming
Facial Wash
3.5 fl oz (100ml) | 10300



Facial Cleansing Liquid
5.2 fl oz (150ml) | 10305



Rose Essence Phytolift
Firming Eye Cream
0.87 fl oz (25ml) | 10803



Rose Essence Phytolift
Intensive Face Cream
0.87 fl oz (25ml) | 10801



Rose Essence Phytolift
Firming Facial
Moisture Gel
0.87 fl oz (25ml) | 10800



Rose Essence Phytolift
Firming Hand Lotion
1.75 fl oz (50ml) | 10802



Essence of the Sea Lotion
1.4 fl oz (40ml) | 11400



Essence of the Sea Mask
3.5 fl oz (100ml) | 11401

E. EXCEL PRODUCTS AND THE SYSTEMS THEY SUPPORT



Balanced System

Daily Nutrition Packs™, Symphony of Excellence™, Vegecolor™



Endocrine System

Concenergy®, Pearl™, Refresh™, S•T®, V•Estro®



Sensory System

ACT™, Esserene®, E-View®, Refresh™, S•T®, Vision™, Vegecolor™



Musculoskeletal System

ACT™, A’Romantic®, ART™, G-ART®, Nutrifresh®, Nutriall®, Pearl™, S•T®



Reproductive System

Men: Concenergy®, Ji-Lin Ginseng,
Women: Dong Quai, Pearl™, V•Estro®



Integumentary System

A’Romantic®, EverNew®, EverNew® Orange, G-ART®, Oxygenberry® Beverage, Oxygenberry® Capsules, Pearl™



Digestive System

1-SHAPE™, 1-SHAPE Lite™, D•I®, EverNew®, EverNew® Orange, Refresh™



Urinary System

Concenergy®, Orchestra™, Refresh™



Circulatory System

Celebration™, Circle®, Dong Quai, EverNew®, EverNew® Orange, Nutricardia™, Orchestra™, O-Seed™, Oxygenberry® Beverage, Oxygenberry® Capsules, Vegaplex™, Vision™, Vegecolor™



Low Sugar Dietary Needs

EverNew®-D, Millennium® Red, Millennium® Powdered Beverage, Millennium® Gold, Nutrifresh®-D, Orchestra™, Refresh™, Nutricardia®



Respiratory System

ACT™, Celebration™, NOCO®, Vegecolor™



Nervous System

Celebration™, Concenergy®, Enjoi™, Esserene®, O-Seed®, Pearl™, S•T®



Immune System

Celebration™, Millennium®, Millennium® Gold, Orchestra™, O-Seed®, POLY5® Complex, ACT™, Vision™



Healthy Weight

1-SHAPE™, 1-SHAPE Lite™, Nutriall®, Nutrifresh®, W•L®

REAL PEOPLE. REAL RESULTS.

You Shared with Us and Now We’re Sharing...



“I am iron deficient and my family doctor stressed that I use iron supplements, but I hate the side effects. In 2011 I was introduced to Vegaplex™ and now use three capsules morning and evening.

After only three months, my doctor was surprised by the rise in my Ferritin test and my hemoglobin level went up as well. I told him I’m not using the iron supplements, only E. EXCEL’s healthy foods. The doctor said, ‘I don’t care what you are using, keep using it because it has been proven to work very well.’”

– Diamond Master Mei Yu, Richmond Hill, ON

“My favorite product is Evernew® Orange. I don’t know how I lived without it. I love that I get 12 grams of fiber and only 2 grams of sugar. It has made a difference for me... REGULARLY!”



– Gold Master Linda Bernini, Brighton, UT



“I have suffered from chronic lower back problems for nearly 30 years for which I saw a chiropractor. After consuming G-Art® for a couple of months, I noticed that I no longer require an adjustment! I recently went to my chiropractor

for a shoulder issue and he did a muscle test and found, to our amazement, that my lower back did not require any adjustment. He then ordered a bottle of G-Art® for himself!”

– Pearl Master, Cindy Yee, Monterey Park, CA

“My favorite E. EXCEL product is Nutrifresh® Strawberry. It tastes good. It is so convenient and easy to have—20 kinds of fruits and vegetable in one drink. Best of all it is not expensive.

The cost of buying organic fruits and vegetables for a whole month is way more expensive than the cost of one box of Nutrifresh, and it is hard to get such a wide variety of foods in one day.”

– Gold Master, Bing Li, North York, ON



Tell us how E. EXCEL has changed your life! Whether it’s the incredibly effective products or the promising business opportunity, we want to know how your life is richer because of E. EXCEL. Visit eexcel.net/testimonials to share your story.



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The Heart of Europe



2015 TRAVEL INCENTIVE



Exploring Prague and Budapest with your E. EXCEL family is only half the reward

Enjoy the Rewards of a Stronger E. EXCEL Business Long After Your Vacation is Over

"Winning trips is a triple gain, as you build your own business and those of your Downlines."

— Diamond Master, Roy Tighe-Parker, Ontario



"On every trip I win, I see myself and my E. EXCEL business growing. I must win every trip and bring more team members with me!"

— Jade Master, May De Min Dong, New York



"The purpose of contests is expanding my E. EXCEL business. The biggest reward is that I did it!"

— Pearl Master, Shu Chun Hsu, New York

