

**E. EXCEL**

## **Nutricardia™ Beverage Questions & Answers**

**Q** What is *Nutricardia*™?

**A** *Nutricardia*™ is a delicious, nutritious powdered beverage rich in antioxidants to nourish the heart and liver.

*Nutricardia*'s primary ingredients are hawthorn, plum, blueberry, winter melon, chrysanthemum and mulberry.

**Hawthorn** has shown heart-strengthening properties. It is used in traditional medicine to treat irregular heartbeat, high blood pressure, chest pain, hardening of the arteries and heart failure.

The high potassium content in **plum** helps maintain normal blood pressure, while soluble fiber promotes heart health.

**Blueberries** are one of the richest sources of antioxidants, making them powerful supporters of the immune system.

**Winter melon** fights free radicals and helps inhibit angiotensin-converting enzyme activity, which causes blood vessels to narrow. It also promotes urination, thereby removing wastes and toxins from the body.

**Chrysanthemum** increases blood flow to the heart and contributes to overall heart health.

**Mulberry** helps maintain blood flow and supports healthy liver function through detoxification properties.

**Q** What are the functions of the heart and liver?

**A** All other organs depend on a functioning heart to deliver an adequate blood supply to them. The heart works as a pump to send blood through all parts of the body. On the journey away from the heart, blood contains oxygen and nutrients that every cell needs to function. On the way back to the heart, blood carries away carbon dioxide and waste products.

The liver removes toxins, dead cells and micro-organisms from the bloodstream; assists in the digestion of food; makes bile, which is needed to digest fats; regulates fat metabolism; burns fat; regulates blood sugar; stores carbohydrates in a form that allows a quick release of energy when it is needed; and makes plasma proteins, which are needed to help blood clot.

**Q** Are all **cholesterols** bad?

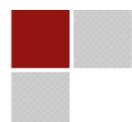
**A** No. The human body needs cholesterol to manufacture bile, cell membranes and secretin (a hormone that stimulates pancreatic secretions). Cholesterol in the human body is broadly divided into two types. Low-density lipoprotein, or LDL, is known as "bad" cholesterol. High-density lipoprotein, or HDL, is known as "good" cholesterol. LDL (bad) cholesterol slowly builds up in the inner walls of the arteries and narrows the arteries. This leads to cardiovascular conditions such as atherosclerosis and arrhythmia. HDL (good) cholesterol carries "bad" cholesterol away from the arteries and has cardio-protective properties.

**Q** Where does the **cholesterol** in the human body come from?

**A** Part of the cholesterol in the human body is obtained from the diet; the rest is produced by the human body.

**Q** Does **reducing cholesterol intake** guarantee a healthy cardiovascular system?

**A** No. Just reducing cholesterol intake does not guarantee a healthy cardiovascular system. A balanced and strong immune system, a healthy heart and liver, plus the body's ability to keep its cholesterol levels in balance are crucial for long-term good health. Hence, increase intake of wholesome plant foods to nourish the body and maintain a balanced immune system for good health.



**Q** How should *Nutricardia*<sup>™</sup> be taken?

**A** Enjoy one or two packages anytime of the day; best with warm water, prepared as a drink.

**Q** How many calories does each package of *Nutricardia*<sup>™</sup> have?

**A** Each package of *Nutricardia*<sup>™</sup> has 45 calories.

**Q** Can I replace *Herba*<sup>®</sup> and *Li-Dan*<sup>®</sup> with *Nutricardia*<sup>™</sup>?

**A** Yes, you can. However, E. EXCEL will still carry both *Herba*<sup>®</sup> and *Li-Dan*<sup>®</sup>. These products contain some of the same ingredients that are found in *Nutricardia*<sup>™</sup>, as well as others that are not in *Nutricardia*<sup>™</sup>. The plant foods in *Herba*<sup>®</sup> support the circulatory system, and those in *Li-Dan*<sup>®</sup> support liver functions, whereas *Nutricardia*<sup>™</sup> contains ingredients that support both the circulatory system and liver function.

**Q** Which products complement *Nutricardia*<sup>™</sup>?

**A** To promote a healthy cardiovascular system, complement *Nutricardia*<sup>™</sup> with *CIRCLE*<sup>™</sup>, *VISION*<sup>™</sup>, *EverNew*<sup>®</sup> Orange or *1-Shape*<sup>™</sup>.

To support digestive system health, complement *Nutricardia*<sup>™</sup> with *D•I*<sup>®</sup>, *Refresh*<sup>™</sup>, *EverNew*<sup>®</sup>, *EverNew*<sup>®</sup> Orange or *1-Shape*<sup>™</sup>.

To boost cleansing effects, complement *Nutricardia*<sup>™</sup> with *Triflora*<sup>®</sup> and *Refresh*<sup>™</sup>.

**Q** What gives *Nutricardia*<sup>™</sup> its sweet taste?

**A** *Nutricardia*<sup>™</sup> has no added sugar. Its sweet taste comes mainly from stevia.

**Q** What is stevia?

**A** *Nutricardia*<sup>™</sup> contains a natural extract from the plant *Stevia rebaudiana*, otherwise known as stevia. Stevia has been approved by the U.S. Food and Drug Administration as a food additive and has been classified as “generally recognized as safe.” Stevia has no calories and does not affect blood sugar levels. Hence, E. EXCEL has included stevia to enable those on low-sugar diets to enjoy *Nutricardia*<sup>™</sup>.

**Q** Is *Nutricardia*<sup>™</sup> suitable for diabetics?

**A** No sugar is added to *Nutricardia*<sup>™</sup>. However, diabetics should consult their licensed physician before consuming this product.

**Q** How is the stevia extract in *Nutricardia*<sup>™</sup> different from stevia sweeteners or other sugar alternatives in the market?

**A** The stevia extract in *Nutricardia*<sup>™</sup> does not have a bitter aftertaste like most stevia sweeteners. Without any chemicals or artificial additives, it is 100% natural, non-caloric, non-cariogenic (does not cause cavities) and ideal for those on low-sugar diets. It is also scientifically proven safe, as it does not affect blood sugar levels. It does not contain any carbohydrates or fats, and it maintains its high quality throughout the entire manufacturing process.

**Q** Most products containing stevia have a strong bitter aftertaste. Does *Nutricardia*<sup>™</sup> have a bitter aftertaste?

**A** No. The stevia extract in *Nutricardia*<sup>™</sup> is over 400 times sweeter than sugar and does not have a bitter aftertaste. Our stevia is imported from Japan, and it contains a high concentration of Rebaudioside A, the sweetest compound in stevia.

**Q** What is the amount of stevia in *Nutricardia*<sup>™</sup>?

**A** *Nutricardia*<sup>™</sup> contains only 0.8% stevia.

