



# S•T<sup>®</sup>

## Eases Stress and Promotes Relaxation

### Benefits

- Helps Improve Sleep
- Supports Immunity
- Restores Proper Urination and Digestion

Reacting to stress, our nervous system secretes adrenaline, disrupting functions such as immunity and digestion. In addition, stress raises our blood pressure and heart rate and may cause allergic reactions, sweating or wheezing. When stress affects our muscles, we may experience discomfort or decreased mobility. *S•T*<sup>®</sup> soothes the nervous system with a combination of herbs carefully balanced to ease stress and promote relaxation.

### How *S•T*<sup>®</sup> Works

*S•T*<sup>®</sup> works both immediately and cumulatively. Immediately noticeable results may include normalized heart rate or blood pressure, restored appetite, improved sleep or relaxed muscles. Pearl powder is a source of calming B-vitamins, amino acids and calcium and has traditionally been used to tranquilize the spirit and enhance beauty. Ji-Lin ginseng works as an adaptogen to help the body adjust to stress. Other herbs in the formula nourish the kidneys and cardiovascular system. When used long term, the calming and soothing herbs in *S•T*<sup>®</sup> may help restore proper urination, digestion, cardiovascular function and liver health.

### Nutritional Immunology Formulation

Research into stress hormones and their long term effects indicate there may be a single approach to help protect us against many common health risks. In addition to the nervous system, the immune system may also react to physical or emotional stress by initiating an inflammatory reaction. Such repeated inflammatory reactions are thought to affect blood sugar and cholesterol metabolism, heart health, skin appearance, memory and even fat cell production. *S•T*<sup>®</sup> is formulated with whole food ingredients to support the immune system and help protect the body from the long-term damaging effects of stress.



These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

## E. Excel Nutritional Immunology<sup>®</sup> Whole Food Concentrates

E. Excel Nutritional Immunology<sup>®</sup>, a science pioneered by world-recognized immunologist and microbiologist, Dr. Jau-Fei Chen, PhD, advocates supporting the immune system with a healthy, whole-foods diet. After years of research in Oncology and Immunology, Dr. Chen found that the best defense against life's most common health risks is to build a healthy immune system through smart lifestyle choices where whole plant foods play a vital role.

### Herbal Whole Food Concentrates

E. Excel's whole food concentrates are Nutritional Immunology formulations available in convenient capsules for swallowing. Or, open them and consume them in a tea or with a meal—making it that much easier to make sure you are eating a wide variety of healthy plant foods.

Our unique concentrates deliver optimal levels of the polysaccharides, antioxidants and phytochemicals found in whole plant foods—not isolated elements that support vitamin and mineral claims. We start with premium quality ingredients, grown and harvested in conditions that yield the highest levels of immune-supporting compounds. Then we prepare our ingredients with only water—no harsh chemicals. We use freeze-drying to help preserve the energy stored as plant enzymes in our ingredients.

Taken according to the directions on the label, they are safe for all ages, should not cause harmful side effects and pose no risk of "accidental overdose" because their ingredients are whole foods.

### Immune System Support

Every major organ system in the body relies on the immune system to defend it around the clock from viruses, bacteria, parasites and allergens—as well as free radicals, DNA damage, insulin resistance and the aftermath of inflammatory responses. The better the immune system does these jobs, the healthier we are. Each E. Excel whole food concentrate supports functions of specific body systems by balancing the immune system's activity or "energy" in that system. Ultimately, if used properly along with other healthy lifestyle choices, each E. Excel Nutritional Immunology<sup>®</sup> whole food concentrate brings balance to the body, both mentally and physically, resulting in reduced health risks and a better quality of life.