

1-SHAPE™ Gets Results! 1-形，效果棒！



1-SHAPE™ works! Protein, fiber and energy provide the power and effectiveness behind *1-SHAPE*.

PROTEIN: Soy in *1-SHAPE* provides healthy protein for your body. Protein helps curb appetite, keep hunger at bay and maintain muscle mass while dieting.

FIBER: Psyllium fiber in *1-SHAPE*, taken before a meal, fills your stomach, and moves slowly through your digestive system, leaving less room for a big meal. So, you naturally eat less!

ENERGY: American ginseng in *1-SHAPE* provides energy, and when your energy is up, you tend to burn more calories, and you are less likely to snack on unhealthy treats.

But, don't take our word for it—turn the page and see what others are saying!

1-形效益卓著！因為含有蛋白質、纖維和能量，所以1-形才能如此強效。

大豆：1-形中的大豆，可為您的身體提供健康的蛋白。而蛋白有助於控制食慾，防止飢餓，並在節食的同時維持您的肌肉質量。

纖維：在進餐之前服用1-形，其所含的洋車前子纖維會填充您的胃部，而纖維通過消化系統的速度比較緩慢，這樣纖維佔據了您的消化道，使之無法再容納更多的食物，您自然吃得就少了！

西洋參：1-形中的西洋參，可提供能量。而當能量得到補充後，您不僅更想活動，而且對不利健康的零食的興趣也會下降。

即使這樣，也不要只聽我們的一家之言，來聽聽別人都怎麼說的吧！



1-SHAPE for Healthy Weight Management!

1-SHAPE helps you manage your weight through natural plant foods by filling you up with a low-calorie, highly nutritious beverage before meals. Just twice a day, with exercise, rest and nutritious food choices, 1-SHAPE gets results in a safe and healthy method!



I am so proud of how much weight I've lost! It makes me look good and feel good about myself. My target was 20 pounds. Every day I eat healthier and when I'm hungry, I drink 1-SHAPE! I stretched a bit and exercised at home. After losing 10 pounds in two weeks, I felt sure I was going to reach my goal! I saw some progress each day, which always got me so excited! I lost my weight, but I still have my energy! Really, LOSE the WEIGHT, not your HEALTH!

能減掉這麼多的體重，我真為自己而驕傲！體重降低了，不僅是外型更好看，我身體的感覺也特別好。我自定的目標是減掉20磅，為此，我每天都吃得比較健康，餓了的時候，就喝1-形！我在家還會伸展一下身體，做一點運動。這樣過了兩個星期，我居然減掉了10磅，這讓我確信，自己一定會實現既定的目標！每天都看到自己的進步，我別提有多高興了！體重減輕了，精力卻很旺盛！這就是事實，我減輕了體重，但絕沒減健康！

Ada Foong Lin Chong, New York

My sister encouraged me to take charge of my physical wellbeing, so I accepted her challenge and started to take 1-SHAPE and do some light exercise and pay more attention to what I ate. Not only was I able to lose 12 lbs. in one month, but my skin tone improved! Now my skin is glowing. I'm so excited about the changes I see in myself! Thanks, E. EXCEL.

我的姐妹鼓勵我要好好注意自己的身體健康，我聽取了她的意見開始服用1-形，並做一些輕微的運動，同時也更注意自己的飲食。在堅持了一個月之後，我不僅減掉了12磅，連膚色都變得更漂亮了，臉上更是容光煥發！看到自己身體的變化，我真的好高興！謝謝丞燕。

Xue Qing Cao, New York



1 - 形，維持健康體重的理想飲品！

1 - 形，是天然植物性食品，低熱量、高營養。餐前飲用，能幫助您果腹，進而幫您控制體重。您每天只要飲用兩次，再加上運動、休息，並選擇食用營養性的食物，1 - 形健康飲料就可以安全又健康地發揮其功效！

I am a professional working woman with an active 16-month-old boy. I am always busy with work and family and don't often have time to exercise and cook.

My original purpose in taking 1-SHAPE was to add adequate nutrition and stay healthy. Also, I wanted to reduce my waist after pregnancy. Right now, my only exercise is playing with my boy.

I've already reduced my waist by one inch! Plus, I feel vigorous and full of energy for work and taking good care of my family. I am happy with 1-SHAPE, which is easy to use and brings both nutrition and energy. I am looking forward to more awesome results!

我是一個專業的職場女性，有一個非常活潑可愛的兒子，他才剛剛十六個月大。所以，我一直在工作和家庭之間奔忙，根本無法經常煮飯和運動。

我服用1 - 形的初衷是為了適當地給自己添加一些營養，以保證自己的健康；同時，我還想減掉因懷孕而增加的腰圍。目前，我唯一的運動就是和小兒子玩耍。

現在，我的腰圍已小了一英寸！並且，不論是上班還是做家務，我都感到特有精神，渾身有使不完的勁兒。我喜歡1 - 形，它使用方便，既能給我提供營養，又能給我補充能量。我期待著1 - 形能給我帶來更大的改變！

Tina Li, California

I've been tall and thin all my life, and everyone called me 'Twig.' After I hit 40 it was harder to maintain my weight, and it kept inching up. I exercised 2-3 times a week and was surprised and frustrated that I wasn't losing weight. Some friends and I started a 'health challenge,' and 1-SHAPE made a huge difference for me. Having the extra nutrition in the E. EXCEL products was amazing. I did not feel like I was starving myself, or giving up the nutrients I needed. I had lots of energy even though I had cut my calories considerably. The others could not figure out why I was losing weight quicker and wasn't hungry all the time. Of the 35 people who started the 'health challenge,' the average weight loss was 6 lbs. I lost 40 lbs—not with a magical 'weight loss miracle,' but with a healthy way of life.

從小到大，我都是瘦瘦高高的，所以一直被大家稱作“樹枝”。但是在40歲之後，我的體重就不那麼好保持了，我衣服的尺寸不斷增加。為此，我每個星期都進行2 - 3次的運動，可我卻沒減掉任何體重，這讓我很吃驚，也很沮喪。後來，我和一些朋友一起參加了“健康挑戰”活動，1 - 形給我的身體帶來了巨大的變化。丞燕產品中超過常量的營養非常有效，我一點都沒有飢餓感，或者缺失什麼營養。即使在酌情減少熱量的情況下，我仍保持著旺盛的精力。人們不明白我怎麼會這麼快就降低了體重，而且從來也不餓。這次參加“健康挑戰”的共有35人，大家減重的平均值為6磅，而我一人就減掉了40磅。這不是減重的神話，而是一種健康的生活方式！

Sharon Brown, Utah

