



E. EXCEL **Millennium® Gold** **Questions & Answers**

Q What is Millennium Gold?

A Millennium Gold is in powder form. It contains a delicious blend of cactus, Cordyceps mycelium, orange, lemon and stevia to form an excellent source of phytochemicals, antioxidants and polysaccharides.

Q What are the differences between cactus and aloe vera?

A Although the aloe vera resembles the cactus, aloe vera is actually a member of the lily family, while cactus is closely related to the rose plant. Aloe vera grows quickly, taking just eight months to mature while cactus takes many years to reach maturity. Aloe vera is said to be native to North Africa while cactus is native to the American continents. Aloe vera is darker and has long, flat leaves, while cactus is usually lighter colored with fleshy and swollen stems. These two plants also have very different nutritional properties.

Q What is the difference between Millennium Gold and Millennium Powder Beverage?

A In addition to the ingredients in Millennium Powder Beverage, Millennium Gold also contains Cordyceps mycelium.

Q What is the difference between Cordyceps sinensis and Cordyceps mycelium?

A *Cordyceps sinensis* is wild and cannot be artificially cultivated. Cordyceps mycelium (a growing stage in the life cycle of *Cordyceps sinensis*) can be cultivated.

Q Are all Cordyceps mycelium the same in nutritional value?

A Of the over 400 species of Cordyceps, only about 10 species have nutritional value. The nutritional value differs greatly among these 10 or more species. Beware of unscrupulous sellers that add large amounts of lead to Cordyceps mycelium to increase the weight and boost profits. Only Cordyceps mycelium that has been authenticated by authorities for polysaccharide content and Cordyceps species is reliable for its premium quality and nutritional value.

Q Because of the cordyceps in it, is Millennium Gold going to be a seasonal item like Celebration?

A No, *Millennium Gold* will be offered all year round for your convenience. While *Celebration* contains *Cordyceps sinensis* mushrooms, the fruiting body of cordyceps mycelium, *Millennium Gold* contains only the cordyceps mycelium. The mycelium can be commercially cultivated, but at this time, there is no method of causing cultivated mycelium to produce the mushroom. The mushroom only appears in the wild. The mushroom, therefore, is only available during harvest time, thus making *Celebration* a seasonal item.

Q How do I prepare Millennium Gold?

A Mix one package of *Millennium Gold* with 100ml of warm water. Using hot water will destroy the nutrients in *Millennium Gold* and change its original color. If you wish to enjoy *Millennium Gold* chilled, mix with cold water. Stir for a longer period to allow the powder to fully dissolve.

Q Can Millennium Gold be mixed with other liquids such as fruit juice and desserts, or consumed without mixing with water?

A It is not recommended to consume *Millennium Gold* without mixing it with water. However, you may mix it with juices or other E. EXCEL products.

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

A E. EXCEL's utmost priority in the manufacturing process is to retain wholesome nutrition. Processing different plant foods requires different methods and temperatures to ensure retention and maximum concentration of their nutrients. Hence, our manufacturing process is more than just mixing various plant foods. In addition, to facilitate the packaging of the product and prevent static electricity while packaging, part of the plant powders are processed to become bigger particles.

The plant powder particles may retain the original colors of the plants. The different colors of the plant powders and particles do not mean that there are impurities in the product.

Q Can I consume half of the *Millennium Gold* 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 *Millennium Gold* at a time.

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

A It is best to drink *Millennium Gold* immediately after mixing with water as its antioxidant content will be reduced with time. If that is not possible, try to refrigerate the drink and finish it in one day.

Q How is *Millennium Gold* different from *Millennium Powder Beverage*?

A In addition to the ingredients in *Millennium Powder Beverage*, *Millennium Gold* contains Cordyceps mycelium. Cordyceps mycelium is a growing stage in the life cycle of *Cordyceps sinensis*, a highly prized herb since ancient times. The polysaccharides and many other nutrients in Cordyceps mycelium can help restore immune system balance, and increase energy, vitality and resistance to stress.

Q Why may different batches of *Millennium Gold* look and taste slightly different?

A E. EXCEL is committed to product excellence. One of the most stringent criteria and testing standards is ensuring that the nutritional value of our products remains consistent. Our products are made from wholesome plant foods. Seasonal, weather conditions and harvesting times may affect the taste and appearance of plant food ingredients, resulting in slight differences among batches of the same product. Our primary concern is the nutritional value of our products. Consumers can rest assured that a slight difference in taste and look among different batches of the same product has no bearing on product quality..

Q Can diabetics use *Millennium Powder Beverage Gold Edition*?

A While stevia does not cause blood sugar spikes, which is a plus for diabetics, we suggest you consult your health care practitioner before taking this product if you are diabetic.