

1-Shape™

Featuring Wholesome Plant Foods

At E. EXCEL, we believe weight management is important to good health for promoting a long-term productive lifestyle. Adding **1-Shape™** to a daily routine, which includes the four pillars of health, along with drinking plenty of water, may be the best strategy for lasting results, sustainable healthy weight and an active lifestyle. The four pillars of health taught in the science of Nutritional Immunology are: (1) making balanced wholesome food choices, (2) exercising, (3) getting sufficient sleep, and (4) staying positive and happy.



Featured Ingredients

- Non-GMO Soy
- Banana
- Cabbage
- Orange
- Psyllium Husk
- Asparagus
- Carrot
- Grapefruit
- Pear
- American Ginseng
- Broccoli
- Melon
- Grape

Take one packet with water before meals to enjoy a light feeling of fullness. This complete formulation includes American Ginseng, plus 11 additional fruits and vegetables. Or, for a convenient, delicious and nutritious **MEAL REPLACEMENT**, which includes an excellent source of fiber and a good source of plant protein, and only 140 calories, mix two packets of 1-Shape™ with 16 oz of water!



1-Shape™

BOTANICAL BEVERAGE
BOISSON BOTANIQUE



Nutrition Facts		Valeur Nutritive	
30 Servings Per Container			
Serving Size: 1 Packet (18 g) / Pour : 1 Sachet (18 g)			
Amount Per Serving		70	
Calories		% Daily Value*	
		% valeur quotidienne*	
Total Fat / Lipides	1 g		1%
Saturated Fat / saturés	0.3 g		2%
Trans Fat	0 g		
Cholesterol / Cholestérol	0 mg		0%
Sodium	25 mg		1%
Total Carbohydrate / Glucides	10 g		4%
Dietary Fiber / Fibres	5 g		18%
Total Sugars / Sucres	5 g		
Includes 3 g Added Sugar			6%
Protein / Protéines	3 g		6%
Vitamin D	0 mcg	0%	
Iron / Fer	0.4 mg	2%	
Calcium	24 mg	2%	
Potassium	155 mg	4%	

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2000 calories a day is used for general nutrition advice.

Featured ingredients shown above.
For product details see the full product container.

30 packets | Code: 610074

The Science

Behind The Ingredients



Soybeans have been part of the human diet for around 5,000 years. Not only is soy cholesterol free, but it also has all of the nutrients essential for good health: protein, essential amino acids, carbohydrates and vitamins. Soy has been called the “yellow jewel” since ancient times, due to its unique health benefits. It is high in fiber, low in saturated fat, and contains minerals like iron and potassium.



Psyllium husk is a well-known super fiber, which is low in calories, and has no fat or cholesterol. The high fiber content of psyllium husk aids in weight control by expanding in the stomach, supporting digestion, and providing a feeling of satisfaction for a longer period of time. This superb fiber contains dietary fiber (soluble and insoluble) to also promote bowel movement regularity and support a healthy gut.



American ginseng or *Panax quinquefolius*, is part of the ivy family of perennial herbs grown mainly in North America. It is commonly used as a Traditional Chinese herb with cooling effects and is highly valued in Asia. American ginseng is commonly known to contain saponins and ginsenosides.



Bananas are one of the most popular fruits in the world. Sweet and delicious, they help encourage digestion which makes them a great choice for gut health. Fresh bananas are nutritious and are known to provide a natural source of potassium.



Asparagus is a perennial crop which takes up to three years to mature; it grows wild in moist rich soil. Early in the spring, its young green sprouts can be eaten, while later in the season the developing flowers may be eaten like corn on the cob. Fresh asparagus is a well-known nutrient dense vegetable which is low in calories and contains dietary fiber which is important for proper digestion.



The Science

Behind The Ingredients



Broccoli is considered to be a delicacy in some parts of the world due to its nutritional content. This fresh green vegetable is one of the healthiest superfoods. It is known to contain indoles, fiber, potassium and multiple vitamins.



Cabbage is a common vegetable used throughout the world, from Korean kim chee to German sauerkraut. It belongs to the vegetable family of Brassica genus, where broccoli, cauliflower and kale are also found. Few people realize that this vegetable is a nutritious part of a healthy diet due to its content of vitamins and minerals.



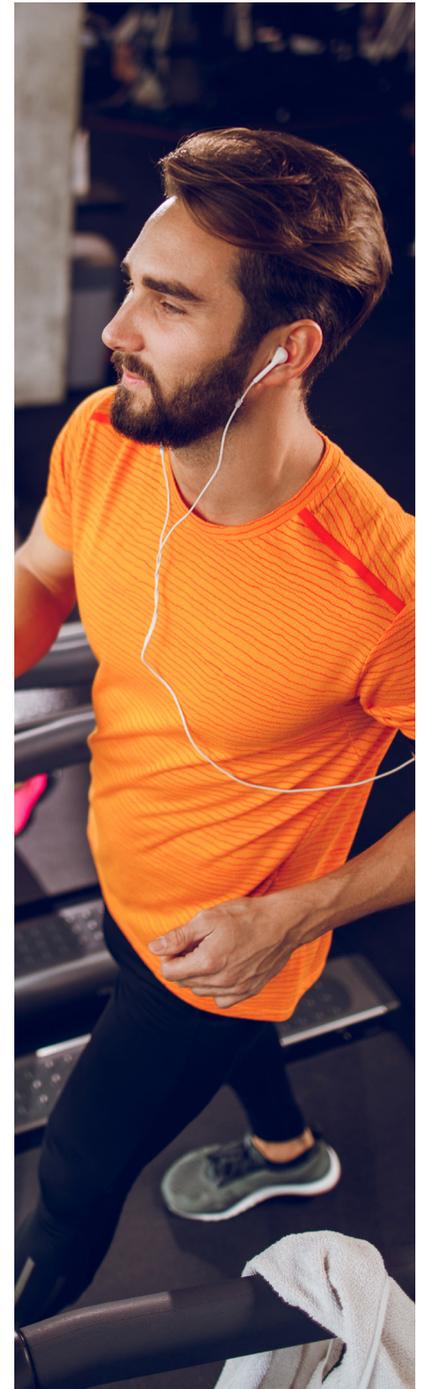
Carrot seeds have been found in Switzerland and South Germany dating back 2000-3000 years. The carrots we consume today are thought to have originated in Persia (regions of Afghanistan and Iran) in the 8th century. Fresh carrots come in a variety of colors such as purple, black, red, white and yellow and are known to be a good source of vitamin A and carotenoids. Freeze dried or dehydrated carrots maintain much of the nutritional value found in fresh carrots.



Melon is a popular summer fruit with a mild sweet flavor, and is often served chilled. Fresh melon provides beta-carotene, and other essential vitamins and minerals.



The Orange is the fruit of the species Rutaceae. It originated in a region encompassing Southern China, Northeast India and Myanmar. Earliest mention of the sweet orange was in Chinese literature in 314 BC. Today, orange trees are one of the most cultivated fruit trees in the world. Fresh oranges are known to be an excellent source of vitamin C, a good source of fiber, and contain potassium.



The Science

Behind The Ingredients



Grapefruit is a citrus fruit originating from the island of Barbados. It is a cross between a sweet orange and a pomelo, both of which originate in Asia. Commonly used to aid in weight loss, fresh grapefruits are tart, tangy and known to contain vitamin C.



Grapes come in different colors and forms. This fruit is grown worldwide and has a delicious, sweet taste. In a 2017 article in Medical News Today, the nutrients in grapes may offer a number of possible health benefits, including dietary fiber. Grapes are eaten fresh or used for wine, jam, juice, jelly, raisins, vinegar and oil. It is no wonder why many parts of the grape plant (skin, seeds, pulp, leaves) are widely used.



Pears are naturally sweet and delicious. They ripen in the autumn and are dried, canned and juiced for year-round use. Fresh pears have been used as food since pre-historic times and are one of the leading fruit sources of fiber. There are around 3,000 different varieties of pears grown worldwide.



Peach trees are native to China where they were first cultivated around 200 BC. The fresh juicy edible fruits usually have fuzzy skins, are sweet and delicious, contain fiber and other essential nutrients.



Questions & Answers



Q How will taking 1-Shape™ help with weight management?

A Take one packet with water before meals to enjoy a light feeling of fullness. This complete formulation includes American Ginseng, plus 11 additional fruits and vegetables. Or, for a convenient, delicious and nutritious meal replacement, which includes an excellent source of fiber and a good source of plant protein, and only 140 calories, mix two packets of 1-Shape™ with 16 oz of water! Dietary fiber found in wholesome plant foods, may help maintain a healthy weight by providing a feeling of fullness to help curb appetite. It may also help with regularity and a healthy lifestyle. Take daily to support a healthy gut and to help with weight management goals!

Q What is the recommended daily intake (RDI) of dietary fiber?

A According to the USDA, the recommended daily intake of dietary fiber for adults is 28 g per day.

- One packet of 1-Shape™ provides 5 g of dietary fiber, making it a "good" source of dietary fiber.
- Two packets of 1-Shape™ provide 10 g of dietary fiber, making it an "excellent" source of dietary fiber.

Q What is the recommended daily intake (RDI) of protein?

A According to the USDA, the recommended daily intake of protein for adults is 50 g per day.

- Two packets of 1-Shape™ provide 6 g of plant protein, making it a "good" source of plant protein.

Q Why is 1-Shape™ different than other weight-loss products on the market?

A Continual healthy weight management is important to overall health and longevity. Most weight-loss supplements contain synthetic chemicals, and potent stimulants that artificially trick the body and unnaturally and unsafely rev-up metabolism, which may be associated with increased jitters. 1-Shape™ is specifically formulated with wholesome food ingredients to safely support long-term, gradual and sustainable weight management as part of a healthy lifestyle.

Q What are some good companion products with 1-Shape™ and 1-Shape™ Lite?

A 1-Shape™ is an integral part of a healthy weight lifestyle, when combined with a healthy diet, exercise, adequate sleep, and a positive attitude.

To help support healthy metabolic processes, weight management, overall health and wellbeing, include W•L® and Sure-D™.*

For hormonal support and weight management, include V-Estro™ and Vegaplex™.*

For increased energy and vitality support, include Celebration™, Ji-Lin Ginseng, and Concenergy®.*

To increase your plant-protein intake to prevent muscle loss, include Nutriall® Original or Nutriall® Berry with wholesome non-GMO soy.

To increase fruit and vegetable intake, also consider adding to your diet: Vegecolor® and Soup de E. EXCEL™.

E. EXCEL's signature products including Celebration™, Daily Nutritional Capsules, Millennium®, Millennium® Red, Millennium® Powder, Millennium® Gold, Poly 5®, and toTHINK™, always compliment any E. EXCEL products *

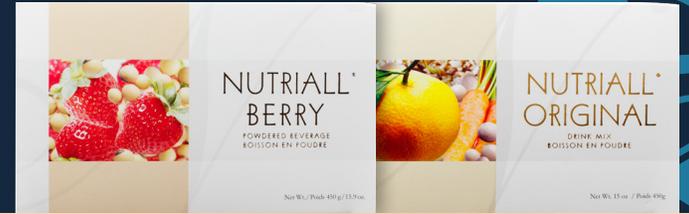
Questions & Answers



What are some good companion products with 1-Shape™ and 1-Shape™ Lite?



Energy & Vitality Support*



To Increase Your Plant- Protein Intake to Prevent Muscle Loss



Healthy Metabolic Processes, Overall Health, & Wellbeing*



Weight Management



Hormonal Support & Weight Management*



Signature Products



To Increase Fruit & Vegetable Intake

**This product information is approved for USA Markets. E. EXCEL USA, LLC www.eexcel.net V.01.2

References

As you seek out information on wholesome food ingredients, always remember to use reliable sources such as:

21 CFR Sec. 101.81 Health claims: Soluble fiber from certain foods and risk of coronary heart disease (CHD) (Recommends 7g soluble fiber per day)

Academy of Nutrition – eatright.org

Accredited Medical Facilities

- Mayo Clinic-Healthy Lifestyle

Accredited University Research

- Harvard Health- Harvard Medical School

Center for Disease Control and Prevention – Healthy Living

Chen, Jau-Fei, PhD. (2015). *Nutrition. Immunity. Longevity*. Chen, Jau-Fei, PhD. (2004). *Enjoying Health & Longevity with Nutritional Immunology*. Chen, Jau-Fei, PhD. (2000). *Nutritional Immunology*.

Health Canada – Food and Nutrition

U.S. Department of Health and Human Services

- health.gov

National Institute of Health

NHS (UK) – Live Well

Not-for-Profit Health Organizations

- American Cancer Society – Stay Healthy
- American Diabetes Association –Nutrition and Fitness
- American Heart Association – Healthy Eating
- American Stroke Association – Healthy Living
- Canadian Heart and Stroke Foundation – Healthy Living
- Nutrition Coalition

Peer-Reviewed Medical Journals

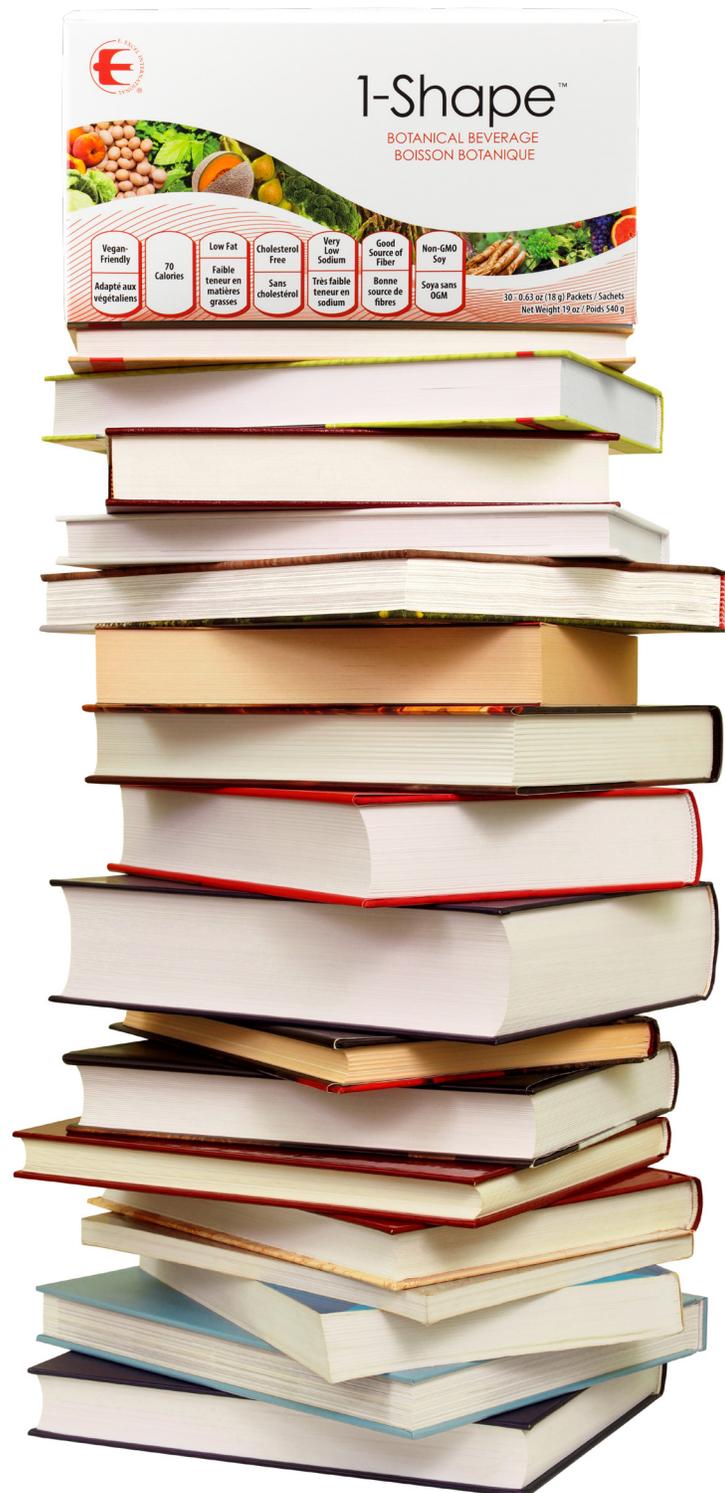
- Medical News Today
- The American Journal of Medicine

U.S. Department of Agriculture

- ChooseMyPlate – Dietary guidelines for Americans
- Dietary Health
- Nutrition.gov
- Usda.gov/topics/food-and-nutrition

U.S. Food and Drug Administration - Food

World Health Organization - Nutrition



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

**This information provided is intended for E. EXCEL USA only, and is in compliance with USA guidelines and regulations, pursuant to section 403(r)(6) of the Federal Food, Drug, and Cosmetic Act published by the United States Food and Drug Administration (FDA). We at E. EXCEL North America strive to follow all governing regulations for labeling and testing for the USA following the guidelines from the FDA and FTC, and in Canada following the guidelines from Health Canada. Products and ingredients marketed in North America are currently registered in both Canada and the United States. Structure function claims may vary from country to country to meet each specific country rules and regulations. Therefore, E. EXCEL North America is not responsible for claims made in other countries.