

EVERNEW®

Featuring Wholesome Plant Foods

Including Evernew® as part of your healthy lifestyle is a convenient, refreshing and tasty way to add fiber from wholesome plant foods, featuring psyllium husk, banana, apple fiber, oat fiber, barley grass, blueberry, cherry, grape and pear. The benefits of a fiber-rich diet are plentiful. It is no wonder why consumers around the world are feeling nourished, lighter and renewed with wholesome, tasty, and delicious Evernew®.



Psyllium Husk



Banana



Apple Fiber



Barley Grass



Blueberry



Cherry



Grape



Oat Fiber



Pear

- Excellent source of fiber
- Use daily to support a healthy gut
- Convenient single serve packaging, mixes well with water or juice
- Made with nourishing wholesome fruits and grains
- Only 70 calories
- Easy to digest
- Vegan friendly
- Filling and satisfying to curb appetite
- No artificial colors, stimulants or preservatives
- Cholesterol free
- Very low sodium
- Fat free
- Tasty and delicious

One packet of Evernew® provides 6g of fiber including 3 grams of soluble fiber. Soluble fiber from foods such as psyllium husk found in Evernew® as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One packet of Evernew® provides 3 grams of soluble fiber from fruits and grains. (21 CFR 101.81)



Nutrition Facts	
30 Servings Per Container	
Serving Size: 1 Packet (18 g)	
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 16 g	6%
Dietary Fiber 6 g	21%
Total Sugars 9 g	
Includes 7 g Added Sugar	14%
Protein 0 g	0%
Vitamin D 0 mcg	0%
Iron 0.3 mg	2%
Calcium 20 mg	2%
Potassium 105 mg	2%

*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 product container.

30 packets | Code: 610090

The Science

Behind The Ingredients



Psyllium husk is commonly added to meals to achieve high fiber intake. Psyllium husk can promote bowel movement and lower the risk of intestinal issues. The high fiber content of psyllium husk also aids in weight control by expanding in the stomach, which helps provide a feeling of fullness. It also slows digestion to feel full, longer.



The **banana** originated long ago in Asia and is now found growing wild throughout the world. Banana is botanically considered a berry. Bananas are healthy, delicious, and usually considered easy to digest. Bananas are a natural source of potassium and fiber.



"The **apple** was considered by ancient Egyptians to be both food and medicine. You may have heard of the old adage, 'An apple a day keeps the doctor away.' This could be because the apple is very high in fiber. The pectin in an apple swells when it comes into contact with water, which is why you feel full when you drink water after eating an apple. As it is highly nutritious, the apple is seen as an ideal food for weight control" (Chen, Jau-Fei, PhD. (2004) *Enjoying Health and Longevity with Nutritional Immunology*).



Oat fiber is made from heart healthy natural oats. Oat fiber is fat free, cholesterol free, low calorie, low net carbs and contains more than 90% natural fiber, making it an excellent choice for daily dietary fiber needs.



Barley grass is a superfood. The fresh young shoots of the barley plant are called barley grass. Barley grass is a common ingredient at juice shops and health food stores. It is a good source of fiber and low in calories, fat and carbohydrates.

The Science

Behind The Ingredients



Native to North America, sweet tasting **blueberries** are frequently included on the list of superfoods for many reasons. They also contain dietary fiber which is essential for gut health.



Cherries come in a variety of sizes, colors and flavors, each one delightful in its own way. When fresh the bright red tart cherries are packed with vitamin A and calcium, while their sweeter, darker counterparts are more potent sources of potassium, vitamin C and phosphorus. Both are good ways to obtain dietary fiber.



Grape cultivation is nearly as old as civilization dating back 6,000 to 8,000 years ago. Grapes can be red, black, dark blue, yellow, green, orange and pink. Although raw grapes contain mostly water and carbohydrates, grapes are well known for being a healthy snack and for containing soluble fiber.



Pears contain beneficial plant compounds, and may help to promote gut health. Sweet and delicious, pears ripen in the autumn and are dried, canned and juiced for year-round use. Pears have been used as food since pre-historic times. There are around 3,000 different varieties of pears grown worldwide.

Questions & Answers



Why should I take Evernew®?



Your body is designed to renew itself constantly. In optimal health, your body naturally and regularly gets rid of its waste which makes you feel lighter and restored! Evernew® lives up to its name “ever new.” Dietary fiber, found in wholesome plant foods, may help you maintain a healthy weight by making you feel fuller to help curb your appetite. It may also help with regularity to support overall wellness and a healthy lifestyle. Take daily to support a healthy gut.



What kind of fiber does Evernew® contain?



A single packet of Evernew® contains 6 grams of dietary fiber. There are two types of necessary dietary fiber: soluble and insoluble. Soluble fiber is the type that thickens and turns to gel when mixed with water. Insoluble fiber is the kind that is typically called “roughage.” Evernew® has a balance of these two crucial types of fiber to help improve the digestive process by helping to slow digestion, allowing time for the body to feed healthy microbes in the gut.



What companion products can I take with Evernew®?



Celebration™ is E. EXCEL’s signature product designed to support the immune system and overall wellness, Other signature products include Daily Nutritional Capsules Millennium®, Millennium® Red, Millennium® Powder, Millennium® Gold, Poly 5®, and toTHINK™.*

In addition, Evernew® works well with D-1® to support a healthy and balanced digestive system.*



Why should this product be part of a healthy lifestyle?



A wholesome plant-based diet helps to obtain a healthy lifestyle. E. EXCEL products are intended to help nourish and strengthen the body. Our ingredients are as close to nature as we can get. We encourage you to use our products together with the four pillars of health taught in the science of Nutritional Immunology, which empowers people to improve their overall wellness by: (1) making balanced wholesome food choices, (2) staying positive and happy, (3) regular exercise, and (4) getting sufficient sleep. In addition, make sure to drink plenty of water!

This product is a wholesome botanical food, therefore, this product does not include any body structure function claims.



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 – www.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

- www.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

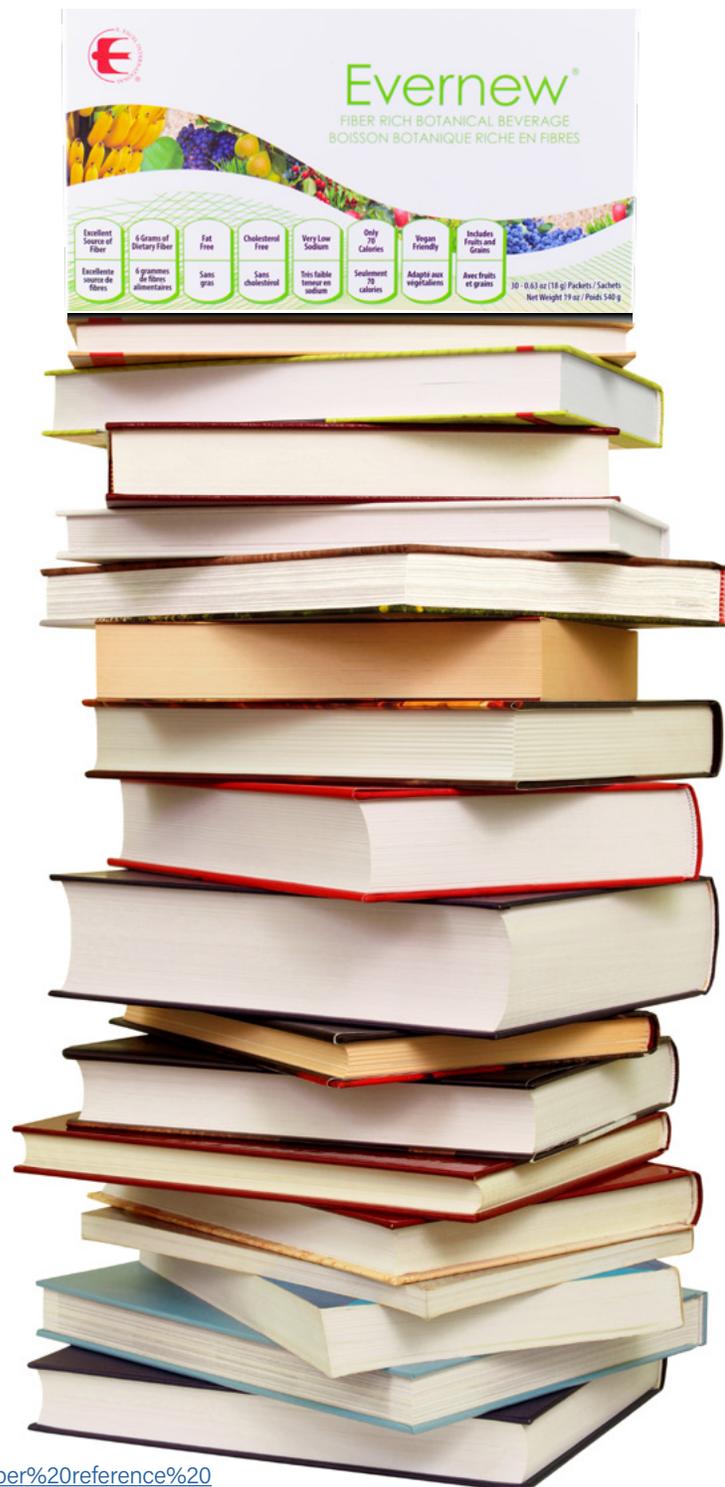
U.S. Department of Agriculture

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

U.S. Food and Drug Administration - Food

- [www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=101.54#:~:text=\(1\)%20The%20terms%20%22high,DRV%20per%20reference%20amount%20customarily](http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=101.54#:~:text=(1)%20The%20terms%20%22high,DRV%20per%20reference%20amount%20customarily)

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, 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.