

MILLENNIUM® GOLD

• **Featuring Wholesome Plant Foods** •

Cacti have a treasure trove of nutrients beneath their rugged exterior, helping them survive harsh and barren deserts. **Millennium® Gold** is made with the same precious prickly pear cactus and high-quality cordyceps mycelium found in Celebration™, along with lemon. Natural orange and lemon provide a satisfying flavor for this delicious beverage mix. Made from hand-picked cactus and filtered to remove irritating components, Millennium® Gold is carefully packaged into convenient single serve packets.



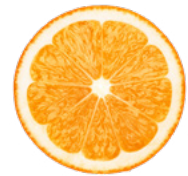
Prickly Pear Cactus



Cordyceps Mycelium



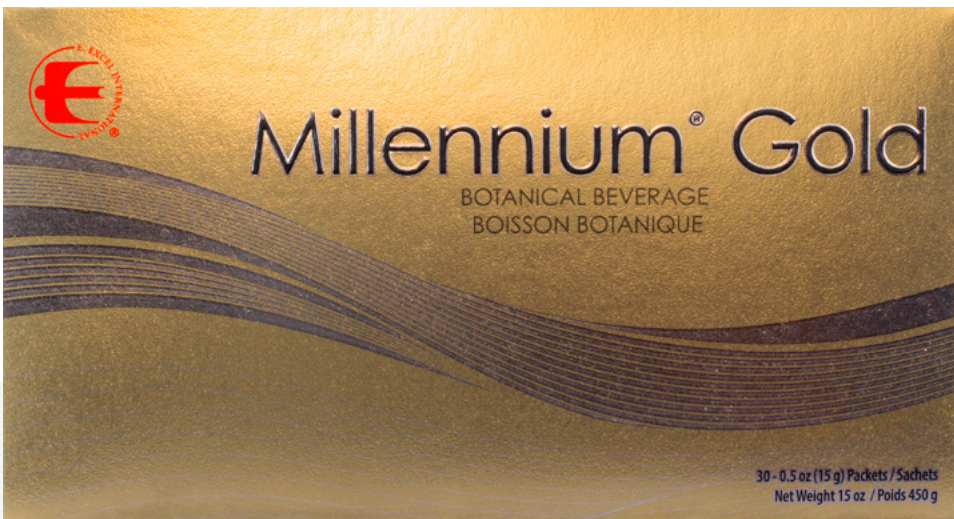
Lemon



Natural Orange Flavor

- Only 55 calories per serving
- Convenient packaging eliminates the need for preservatives
- Made with nourishing, wholesome ingredients
- Fat free
- Cholesterol free
- Vegetarian
- No artificial colors or stimulants
- No sugars

Packet of Millennium® Gold contains 55 calories and 0% total fat and cholesterol.



Nutrition Facts	
Valeur Nutritive	
30 Servings per Container	
Serving Size: 1 Packet (15 g) / Pour : 1 sachet (15 g)	
Amount Per Serving	
Calories	55
% Daily Value*	
% valeur quotidienne*	
Total Fat / Lipides 0 g	0%
Saturated Fat / saturés 0 g	0%
Trans Fat 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate / Glucides 13 g	5%
Dietary Fiber / Fibres 0 g	0%
Total Sugars / Sucres 5 g	
Includes 4 g Added Sugar	8%
Protein / Protéines 0 g	0%
Vitamin D 0 mcg 0%	Iron / Fer 0 mg 0%
Calcium 2 mg 0%	Potassium 10 mg 0%

*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: 100190

The Science

Behind The Ingredients



Prickly Pear Cactus Pad, despite its prickly exterior, has soft and succulent flesh and is very rich in phytochemicals and minerals. It is very important to choose the right species and right parts of the cactus. Processing must take place immediately after the gel has been extracted from the cactus to produce the purest and most delicious extract possible. Even the harvesting hour can be critical. Research shows that it is best to harvest cactus pads earlier in the day, because the acidity is the lowest at that time, which is better for health. During the last decade, growing interest in cactus has resulted in many scientific studies regarding the composition and bioactivity of cactus and cactus compounds. The world is just now beginning to wake up to the benefits of prickly pear cactus pad!*



Cordyceps Mycelium grows in the mountainous regions of China, at an altitude of about 3,000 to 4,000 meters above sea level and can only be harvested during the rainy season. Moreover, cordyceps is very hard to find; one has to keep one's face close to the ground to be able to spot it. The mycelium of *Cordyceps sinensis* can be cultivated. This is made possible by separating the mycelia from wild *Cordyceps sinensis* and culturing them under proper conditions. The mycelium acquired through this method has considerable nutritional value. Only cordyceps mycelium of certain verified species of cordyceps shares similar nutritional value with *Cordyceps sinensis*. Of over 400 species of cordyceps, only about 10 species have nutritional value, and different species have different nutritional value. The nutritional value of cordyceps is determined by the amount of cordycepin (a polysaccharide) it contains; there is little health benefit if the level of cordycepin is too low. Therefore, only cordyceps strains whose species, source, and cordycepin concentration have been authenticated are of premium quality and have high nutritional value.*



Lemon is a species of eudicot in the family Rutaceae (rue family). It is a common citrus fruit, alongside grapefruits, limes, and oranges. Lemon packs a high amount of fiber and vitamin C, providing 9% of the DV in only 1 tablespoon. Additionally, lemons boast small amounts of calcium, potassium, and magnesium. Lemons are also high in antioxidants, and likewise promote immune health.*

Questions & Answers



Why should I take Millennium® Gold?



Millennium® Gold features an award-winning formula that has been one of E. EXCEL's signature product for over 35 years. Made with the same precious cactus as Celebration™ and Millennium®. Simply mix 1 packet of Millennium® Gold with 1 cup of water to taste. Enjoy this convenient, delicious beverage anytime, anywhere!



What companion products can I take with Millennium® Gold?



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

In addition, E. EXCEL's Daily Nutrition Morning & Evening Capsules™ offer foundational support for overall health and wellness.*

All of these products are complimentary and companion products for Millennium® Gold.



How quickly can I expect to experience beneficial effects from taking this product?



Please remember that our products are not drugs, nor are they a replacement for drugs and are not meant to treat, cure, or prevent disease. Our products contain wholesome food ingredients, which support a safe and gradual but significant change, without drug-related side effects. As part of a healthy lifestyle, the results you desire may occur gradually.

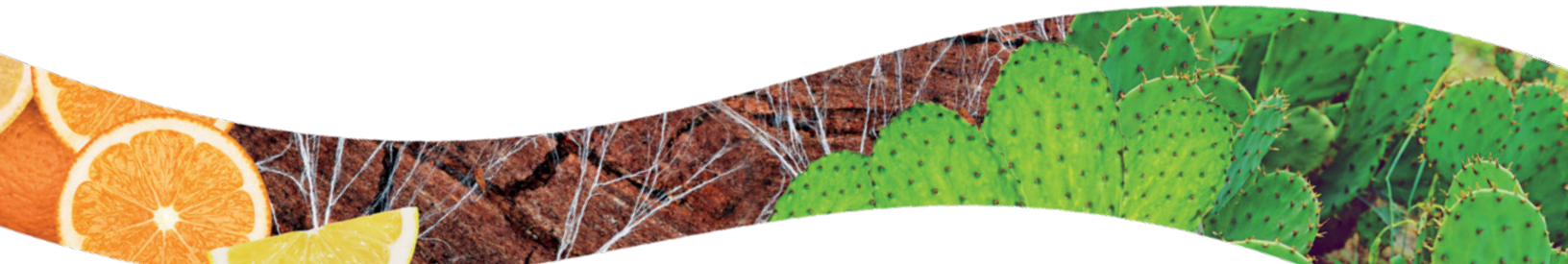


Why should this product be part of a healthy lifestyle?



Achieving a healthy lifestyle will occur gradually. 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 lifestyle 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 – 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

Healthline.com/nutrition/lemon-peel#TOC_TITLE_HDR_2

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.

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