**E. EXCEL works hard to deliver the best prickly pear cactus has to offer!**

E. EXCEL takes pride in using the finest ingredients to bring you the best products possible. We constantly research manufacturing processes, production methods, and new plant ingredients. We invest countless resources into research of many different ingredients, but none more than the amazing prickly pear cactus plant.

Prickly pear cactus, also known as *opuntia*, is an amazing species because all parts are usable as nutrient rich food sources. The cactus pad, flowers, and fruit all have unique properties that have made them each a staple of cultural diets throughout the world. In the southwest United States and Central and South America many cultures have used prickly pear cactus pads, flowers, and fruit in cuisine and for medicinal purposes.

Prickly pear cactus pad is rich in phytochemicals like betalains and anthocyanins–two phytochemicals responsible for red pigmentation in plants that have been shown to have antiviral and antimicrobial actions. In addition, cactus pad also contains antioxidants like Vitamin A and indicaxanthin. Indicaxanthin has been shown to help protect red blood cells from destruction. Cactus pad also contains many monosaccharides that come together to create heteropolysaccharides–polysaccharides composed of different types of monosaccharides instead of a collection of monosaccharides of the same type. One of these monosaccharides, arabinofuranosyl, is present in plant pectin and helps aid cell development.

The pad of the prickly pear cactus contains even more nutrients than just antioxidants, phytochemicals, and polysaccharides. Vitamin C, potassium, magnesium, calcium, and iron are also present in this nutritious plant. On top of that, all eight amino acids not produced naturally by the human body –histidine, isoleucine, leucine, lysine, methionine, phenylalanine, thereonine, tryptophan, and valine–are also available in prickly pear cactus pads.

The fruit of the plant is a delicious treat that is low in calories and rich in antioxidants. The pectin, found in the cell walls and composed of polysaccharides like arabinofuranosyl, present in cactus fruit is especially helpful for low cholesterol diets. Plant pectin binds to cholesterol when consumed by humans and helps to slow the absorption of glucose by enveloping carbohydrates. The high pectin levels of cactus fruit make it an excellent source of soluble dietary fiber in addition to contributing to low cholesterol levels.

In addition to the pads and fruits, prickly pear cacti produce beautiful flowers that range in color from yellow to red in the spring. These flowers, like the rest of the plant, have been used in cuisines the world over for centuries. Often dried and used in culinary dishes and medicinal compounds, the flowers are nutrient rich as well.

At E. EXCEL we want to take advantage of the same properties of prickly pear cactus that these cultures have, but we also need to ensure the finest quality. That’s why our liquid cactus products are packaged in special Cheer Packs. These packages are created from technology invented in Japan and allow us to package our liquid cactus products without using preservatives. Cheer Packs also allow our liquid cactus products to remain bacteria free and prevent oxidation that can reduce antioxidant levels. Before being processed into your favorite E. EXCEL products, the cactus we use is filtered three times using a filtering range from .01 to 100 microns! After filtration the cactus is processed entirely by machines to reduce the possibility of contamination.

Our strict processing makes the cactus products we create safe for consumption as well as topical use. E. EXCEL’s Elemente Cactus Beauty Products moisturize, hydrate, and nourish your skin. Although cactus is our most difficult ingredient to process, we are proud to provide nutritious and safe products to our consumers!

**Reach your goals by working together!**

Teamwork is a key part of growing a successful E. EXCEL business. Every day new Distributors join the E. EXCEL family and the one thing they need most is support! Whether it’s learning about new products, boosting confidence, or building their own networks, it’s important that new Distributors have a source of good information.  
  
Find out how a group of successful E. Excellers in Toronto have learned to support each other and grow together!

<http://resources.eexcel.net/assets/flipbooks/Toronto%20Team.swf>

**Don’t miss out on G-Art!**

G-Art is a product formulated to help support your bones and joints. Unlike glucosamine supplements made from shellfish, bovine or shark cartilage, G-Art helps your body make it’s own glucosamine by providing glutamine and glucose from natural plant sources! To order your G-Art during our Product of the Month promotion, log on to the Online Business Center now!

FYI: The fourth article will not be available until the morning of Monday, April 28, so we can include the latest information from the Taiwan trip.