

## **P**lant Rich in Manganese



### **Ginger**

- A powerful anti-inflammatory herb
- Antioxidant properties effective for rheumatism and reducing osteoarthritis pain

## **P**lants with Anti-inflammatory Properties



### **Alfalfa**

- Has antioxidant properties that can protect against cell damage
- Abundant in chlorophyll, protein, carotene and vitamin K

### **Cactus**

- Antioxidants, phytochemicals and polysaccharides in cactus promote wound healing and immune system regulation
- Helps to speed up collagen formation and growth of new blood vessels, accelerating tissue regeneration



**Stimulate your body's ability to produce glucosamine.  
Eat a variety of plant foods for an ideal combination of  
nutrients for joint health!**



**丞燕国际机构**  
E. EXCEL INTERNATIONAL GROUP

For enquiries, please contact:

This brochure may contain references to scientific research that has been performed regarding one or more herbs used in E. Excel's products. These references demonstrate that the scientific community is documenting and verifying the amazing and wonderful powers of specific herbs, but under the specific circumstances and uses described in the referenced studies. Any claim that using E. Excel products containing these herbs will achieve the specific results described in these studies is specifically disavowed and disclaimed by the Company.

# **Eat Your Way to** *Healthy Joints*



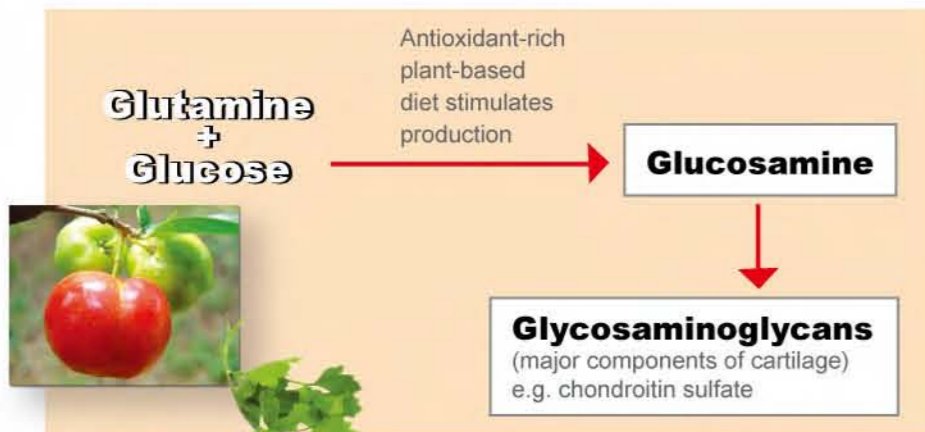
**Consume a variety of  
wholesome plant foods to  
stimulate your production of  
glucosamine**



# Cartilage

## Cushion for Your Joints

Cartilage covers the ends of bones to prevent them from rubbing painfully against each other and to absorb shock as they move. It requires glucosamine, which the body produces from glutamine (found in glutamine-rich plant foods) and glucose.



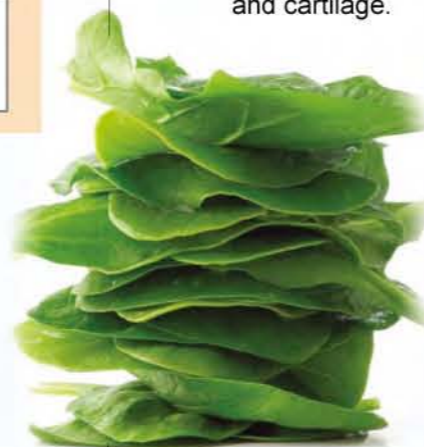
People of all ages, from growing children to the elderly, need glucosamine for healthy joints. As the body ages, it needs more antioxidants to help maintain healthy cell regeneration. A plant-based diet rich in glutamine and antioxidants provides the body with material to stimulate glucosamine production and help prevent osteoarthritis.

## Dangers of Manufactured Glucosamine

- Replacing nutrients supposed to be secreted by the body can disrupt natural body processes, create imbalance in the body and cause dependence, just like how muscles waste away if they are unused.
- Glucosamine is ten times more potent than regular glucose in causing insulin resistance in animals. High doses or prolonged use of glucosamine causes the death of pancreatic cells and could increase the risk of developing diabetes, according to scientific research.
- Other concerns about manufactured glucosamine include shellfish allergy, contamination, ecological harm, insulin resistance and effectiveness.

## Why are wholesome plant foods better for joint health?

- Wholesome plant foods present nutrients in natural, balanced and safe combinations.
- The right wholesome plant foods can stimulate the body to secrete glucosamine and chondroitin sulfate to protect joints, especially when the body needs them.
- Although the elderly cannot secrete enough glucosamine, antioxidants from plant foods can speed up its production.
- Each plant food is a unique and balanced package of antioxidants, phytochemicals and polysaccharides to nourish the immune system and cartilage.



### Good Health with Wholesome Plant Foods

Plant foods Contain	Beneficial Effects on Health
Antioxidants+ Phytochemicals + Polysaccharides + Glutamine + Manganese + Chlorophyll + Phytoestrogens + Vitamin K	1. Balanced immune function
	2. Reduced inflammation (Necessary for healthy joints)
	3. Better joint regeneration
	4. Healthy joints and physique

# Bone Up On Plant Foods

Support your bone health with a wholesome plant-based diet. Nourish your bones and joints with these plant foods rich in nutrients for building bones and cartilage.

## Plants Rich in Glutamine and Vitamin K

### Brown Algae

- Rich in chlorophyll for tissue repair and
- Rich in phytoestrogens (e.g. isoflavonoids and lignans) for bone protection
- Fucoxanthin, which gives brown algae their color, can promote bone health



### Parsley

- High in glutamine and vitamin C
- A 100-gram serving provides 2,050% of vitamin K needed daily by an adult for strong bones
- Helpful for arthritis and rheumatism in removing uric acid wastes from tissues

### Spinach

- High in glutamine
- Supports bone health with chlorophyll, magnesium, manganese, calcium and vitamin C
- Antioxidant and anti-inflammatory



## Plant Rich in Antioxidants

### Acerola Cherry

- Contains 33 times or over 3,000% the amount of vitamin C in orange juice to protect joints against rheumatoid arthritis
- Excellent source of bioflavonoids, rutin, beta-carotene, calcium, phosphorus, iron, sodium and potassium for immune system nourishment and bone formation

