

## Vitamin B12 | For Blood Production

Vitamin B<sub>12</sub> is needed for rapid synthesis of DNA in bone marrow, which is responsible for red blood cell formation, and aids various body functions. Long-term vitamin B<sub>12</sub> deficiency can cause pernicious (fatal) anemia and other severe effects including neurodegenerative disease, cancer and birth defects. Often, those who are anemic lack both iron and vitamin B<sub>12</sub>. Hence, adequate intake of vitamin B<sub>12</sub> can greatly reduce anemia risk.

Plant foods do not contain vitamin B<sub>12</sub>, which originates with bacteria. Bacteria in the large intestine produce vitamin B<sub>12</sub>, but the modern diet contains too many preservatives, leading to imbalance of intestinal bacteria and inability to absorb vitamin B<sub>12</sub>. However, we can obtain vitamin B<sub>12</sub> secreted by bacteria existing naturally. Adding vitamin B<sub>12</sub> into a balanced diet can help to fulfill daily nutrient requirements.

## Vitamin C | Aids Nutrient Absorption

Vitamin C is a powerful antioxidant. The body needs to obtain enough antioxidants and phytochemicals from natural, wholesome plant foods to maintain red blood cell formation and protect the body against diseases.

Vitamin C from wholesome plant foods such as acerola cherry and blueberries is more easily absorbed and more beneficial than man-made vitamin C. Acerola cherry and blueberries are rich in antioxidants. They work in synergy with other nutrients and promote absorption of iron and vitamin B<sub>12</sub>, helping to provide the immune system the nutrients it needs.



ABM mushroom, Maitake mushroom, acerola cherry, blueberries and safe vitamin B<sub>12</sub> sources provide iron, antioxidants and polysaccharides from plant sources to promote overall health.

Complement nutrients  
the safe and natural way for good health!



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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.



Veggies *for* Health

## Plant-based Iron for Good Health

Adequate blood supply and an active lifestyle with a varied, balanced and plant-based diet

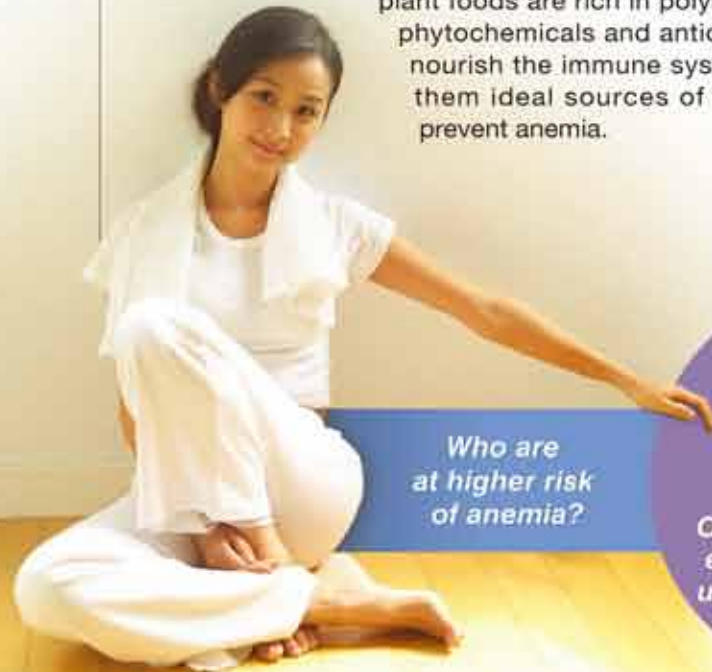


# Iron | For Vitality and Strength

Iron is mainly for blood production and is important in supplying energy. Iron is an essential part of hemoglobin in red blood cells. Hemoglobin carries oxygen from the lungs to cells to make energy.

Iron deficiency directly affects red blood cell production, leading to anemia with symptoms such as a tendency to feel cold, fatigue, paleness, breathing difficulties, fainting spells, headaches, inability to concentrate and insomnia. It slows down metabolism and weakens the immune system.

Excellent plant sources of iron such as ABM mushroom and Maitake mushroom are rich in easily absorbed iron and are free of side effects. These two wholesome plant foods are rich in polysaccharides, phytochemicals and antioxidants that nourish the immune system, making them ideal sources of iron to help prevent anemia.



Who are at higher risk of anemia?

- Women
- \* Pregnant women
- \* Vegetarians
- \* Other factors: surgery, excessive blood loss, unhealthy diet, illness, or indigestion

Vitamin C, Vitamin B12, Iron, Polysaccharides

Agaricus Blazei Murrill  
Lion's Mane  
Maitake  
Dried Maitake



Research shows that iron from plants (e.g. ABM mushroom and Maitake mushroom) is more beneficial than iron from meat and iron pills.

### Comparison of Iron Sources

Iron from plants	Iron from meat	Iron pills
Wholesome	Non-synthetic	Synthetic
No risk of overdose	May lead to overdose	May lead to overdose
Calorie-free	High calorie	Calorie-free
Cholesterol-free	High cholesterol	Cholesterol-free
Easy, regulated absorption according to body's needs	Unregulated absorption	Unregulated absorption
Does not cause oxidative stress	Causes some oxidative stress	Causes great oxidative stress
Will not burden the liver or cause poisoning	Burdens the liver	May severely burden the liver to the point of poisoning
No side effect	May lead to side effects	Overdose may lead to serious side effects

### More Important Facts

- \* Compared to 100 grams of spinach, the same amount of raw chicken liver contains about three times more iron but a staggering 345 times more cholesterol!
- \* Excessive free radicals in the body bring about oxidative stress, oxidizing cells, damaging cell structure and accelerating aging. There is much evidence that excess oxidative stress is related to cancer, cardiovascular disease, diabetes, Alzheimer's disease, inflammatory diseases and other illnesses.
- \* Side effects of iron pills include constipation, nausea, vomiting, diarrhea, dark colored stools, abdominal distress, and increased oxidative stress from overdose.

Veggies for Health

