

ACT™

Lymphatic and Immunol Support*

TARGETED BODY SYSTEMS: OVERALL WELLNESS, IMMUNE SYSTEM*

Your immune system is not only your first line of defense, in many cases it is your BEST defense! Providing the best building blocks for a responsive, balanced immune system is vital for your ongoing health. The nutrients we typically lack for optimizing our lymphatic and immune system functions are not proteins, vitamins, and minerals. Most people have plenty of these in today's society. Instead, a wide variety of phytochemicals and polysaccharides found in wholesome plant foods are what helps to promote a healthy immune system. This synergistic botanical Immunol Blend of *Luffa cylindrica* fruit, reishi (*Ganoderma lucidum*) mushroom, lucerne (*Medicago sativa*) leaf, and tangerine (*Citrus reticulata*) peel in ACT™ is formulated to assist the lymphatic and immune systems.*



- Primary Structure Function Support:

1. Promotes a healthy immune system*

2. ACT™ supports the body's healthy inflammatory factors relating to immune function*

3. Overall health-promoting botanical Immunol Blend*
- Additional Structure Function Support:

1. Supports healthy aging*



Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 50

	Amount Per Serving	% Daily Value
ACT Immunol Blend*	640 mg	
Luffa cylindrica Fruit		†
Reishi (<i>Ganoderma lucidum</i>) Mushroom		†
Lucerne (<i>Medicago sativa</i>) Leaf		†
Tangerine (<i>Citrus reticulata</i>) Peel		†

† Daily Value not established.

Plant Fiber Capsules

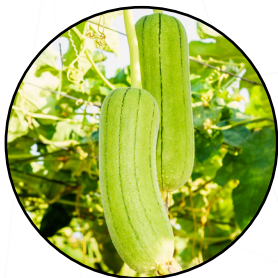




ACT™

Lymphatic and Immunol Support*

THE SCIENCE BEHIND THE INGREDIENTS



Luffa is an annual herb shaped like a cylinder or wooden club. It has a green exterior and soft flesh with black or white shiny seeds. Its tender flesh is often stir-fried or boiled in soup. While the luffa gourd is known as a food, health and beauty product, not many people know of its many uses as a health supplement. We've added luffa to our ACT™ botanical Immunol Blend because of its ability to promote health and wellness.*



Reishi mushroom has been prized and revered for centuries in the Orient. Once believed to have special powers, reishi is still highly regarded by the Chinese and referred to as a "heavenly herb." Today in China, reishi mushroom is used to promote vitality and longevity.*



Known as the "father of all foods," the use of **lucerne** or alfalfa goes back over 2,500 years. It is a traditional Chinese herb used for a variety of reasons. It is a treasure trove of goodness used to support health and wellness.*



In some areas of Asia, **tangerine peel** is used to balance Qi or vital energy. Tangerine tea is also used to promote health. We include tangerine peel in our ACT™ formula to help support the lymphatic and immune systems.*





ACT™

Lymphatic and Immunol Support*

QUESTIONS & ANSWERS



Why should I take ACT™?



Your immune system is not only your first line of defense, in many cases it is your BEST defense. Providing the best building blocks for a responsive, balanced immune system is vital for your ongoing health. ACT's™ Immunol Blend is made from wholesome food botanicals. This synergistic blend is designed for lymphatic and immunol support, as well as overall health and wellness.*



What are some of the popular companion products for ACT™?



ACT's™ synergistic botanical Immunol Blend of *Luffa cylindrica* fruit, reishi (*Ganoderma lucidum*) mushroom, lucerne (*Medicago sativa*) leaf, and tangerine (*Citrus reticulata*) peel is formulated to assist the lymphatic and immune systems. NOCO's formula features ingredients that support the respiratory system.*

Celebration™ is E. EXCEL's signature product designed to support the immune system and overall wellness. Other signature products include Millennium®, Millennium® Red, Millennium® Powder, Millennium® Gold, Poly5®, Daily Nutrition Capsules and toTHINK™.*



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. 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.*



Will this product interact with any of my medications? Should I take it if pregnant, nursing, or have any health issues?



While these products contain wholesome food botanicals and natural ingredients, as with any changes to diet or lifestyle, you should consult your doctor before using. If you are pregnant, breastfeeding, or have any health issues, we encourage you to check with your health care professional before use.





ACT™

Lymphatic and Immunol Support*



REFERENCES

Alves, M.J., Ferreira, I.C., Lourenço, I., Costa, E., Martins, A., Pintado, M. (2014). Wild mushroom extracts as inhibitors of bacterial biofilm formation. *Pathogens*; 3(3):667-79.

Azeez, M.A., Bello, O.S., Adediji, A.O., (2013). Traditional and Medicinal Uses of *Luffa cylindrica*: A Review. *Journal of Medicinal Plant Studies*;1(5):102-11.

Bao, T., Gubili, J. (2018). "Reishi Mushroom." ASCOPOST Retrieved from: <https://ascopost.com/issues/august-10-2018/reishi-mushroom/>

Bensky, D., Clavey, S., Stöger, E. (2004). *Chinese Herbal Medicine: Materia Medica*. Seattle, WA: Eastland Press. 450-454.

Cao, Q.Z., Lin Z.B. (2004). Antitumor and anti-angiogenic activity of *Ganoderma lucidum* polysaccharides peptide. *Acta Pharmacologica Sinica*;25(6):833-8.

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*.

Gawel, E. (2012). Chemical composition of lucerne leaf extract (EFL) and its applications as a phytobiotic in human nutrition. *Journal Food Sciences and Nutrition Acta Scientiarum*;11(3):303-10.

Gawel, E., Grzelak, M., and Janyszek, M. (2017). Lucerne (*Medicago sativa* L.) in the human diet—Case reports and short reports. *Journal of Herbal Medicine*;10:8-16.

Ha, H., Lim, H.S., Lee, M.Y., Sshin, I.S., Jeon, W.Y., Kim, J.H., & Shin, H.K. (2015). *Luffa cylindrica* suppresses development of Dermatophagoides farinae-induced atopic dermatitis-like skin lesions in Nc/Nga mice. *Pharmaceutical Biology*;53(4): 555–562.

Hakim, I., Harris, R. (2001). Joint effects of citrus peel and black tea intake on risk of squamous cell carcinoma of the skin. *BMC Dermatology*;1:3, 1-8.

Health Canada Monograph: Reishi mushroom, (2019). Retrieved from: <http://webprod.hc-sc.gc.ca/nhpid-bdipsn/atReq.do?atid=reishi&lang=eng>

Hsu, H.Y., Hua, K.F., Lin, C.C., Hsu, J., Wong, C.H. (2004). Extract of Reishi Polysaccharides Induces Cytokine Expression via TLR4-Modulated Protein Kinase Signaling Pathways. *The Journal of Immunology*, 173(10):5989-5999.

Hsu, M.J., Lee, S.S., Lee, S.T., Lin, W.W. (2003). Signaling mechanisms of enhanced neutrophil phagocytosis and chemotaxis by the polysaccharide purified from *Ganoderma lucidum*. *British Journal of Pharmacology*;139(2):289-98.

Huang, K.C. (1993). *The Pharmacology of Chinese Herbs*; CRC Press, Inc., Boca Raton, FL.

Irshad, M., Ahmad, H.C., Moshahid, G&M., Rizvi, A., (2010). Phytochemical Screening and High Performance TLC Analysis of Some Curcubits, *Research Journal of Phytochemistry*;4(4):242-247.

Karimi, E., Oskoueian E., Oskoueian, A., Omidvar, V., Hendra, R., and Nazeran, H. (2013). Insight into the functional and medicinal properties of *Medicago sativa* (Alfalfa) leaves extract. *Journal of Medicinal Plants Research*;7(7):290-297.

Li, T.S.C. (2016). *Chinese and Related North American Herbs: Phytopharmacology and Therapeutic Values*. CRC Press.

Lin, Z.B., Zhang, H.N. (2004). Anti-tumor and immunoregulatory activities *Ganoderma lucidum* and its possible mechanisms. *Acta Pharmacologica Sinica*;25(11):1387-95.

Lv, X., Zhao, S., Ning, Z., Zeng, H., Shu, Y., Tao, O., Xiao, C., Lu, C., Liu, Y. (2015). Citrus fruits as a treasure trove of active natural metabolites that potentially provide benefits for human health. *Chemistry Central Journal*;9:68. 1-14.

Mielmann, A. (2013). The utilisation of lucerne (*Medicago sativa*): a review. *British Food Journal*;115(4):590-600.

"Monograph: Reishi—*Ganoderma lucidum*." Health Canada. Retrieved from: <http://webprod.hc-sc.gc.ca/nhpid-bdipsn/monoReq.do?id=1901&lang=eng>.

Rafiq, S., Kaul, R., Sofi, S., Bashir, N., Nazir, F., Nayik, G. (2016). "Citrus peel as a source of functional ingredient: A Review." *Journal of the Saudi Society of Agricultural Sciences*;17(4).

Tumbas, V.T., Četković, G.S., Djilas, S.M., Čanadanović-Brunet, J.M., Jelena J. Vulić, J.J., Knez, Z., Škerget, M. (2010). Antioxidant Activity of Mandarin (*Citrus reticulata*) Peel. *Acta Periodica Technologica*. 2010(41):195-203.

Wachtel-Galor S., Yuen J., Buswell J.A., et al. (2011). "*Ganoderma lucidum* (Lingzhi or Reishi): A Medicinal Mushroom." In: Benzie, I.F.F., Wachtel-Galor, S., editors. *Herbal Medicine: Biomolecular and Clinical Aspects*. 2nd edition. Boca Raton (FL): CRC Press/Taylor & Francis; Chapter 9.

Wang, J., Cao, B., Zhao, H., Feng, J. (2017). Emerging Roles of *Ganoderma Lucidum* in Anti-Aging. *Aging and Disease*; 8(6):691-707.

Wang, L., Wang, J., Fang, L., Zheng, Z., Zhi, D., Wang, S., Li, S., Ho, C.T., Zhao, H. (2014). Anticancer activities of citrus peel polymethoxyflavones related to angiogenesis and others. *BioMed Research International*; 2014:453972, 1-10.

Xu, Z.X., Li, L.Q., and Zu, F.Z. (1987). Antiviral effects of extracts of the *Luffa cylindrica* vine. In vivo and in vitro studies [article in Chinese]. *Zhong Xi Yi Jie He Za Zhi*; 7(7), 421-422.

Zhang, C., Li, Z., Zhang, C.Y., Li, M., Lee, Y., Zhang, G.G. (2019). Extract Methods, Molecular Characteristics, and Bioactivities of Polysaccharide from Alfalfa (*Medicago sativa* L.). *Nutrients*; 11(5).

*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 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.

