

ENJOI™

• **Featuring Wholesome Plant Foods** •

Enjoi™ is a delightful, vegetarian, botanical powdered beverage which is low in sugar. Formulated with sacred lotus leaf, reishi mushroom, pearl and barley, this delicious botanical beverage is an excellent option for those who are allergic to soy.



Rice



Apple



Blueberry



Strawberry



Pineapple



Reishi Mushroom



Sacred Lotus



Pearl



Barley

- Low calorie
- Low fat
- Convenient single serve packaging, mixes well with water
- Only 60 calories
- Vegetarian
- No artificial colors, stimulants, or preservatives
- Cholesterol free
- Very low sodium
- Tasty and delicious
- Soy free

One packet of Enjoi™ contains zero saturated fat, cholesterol, or soy. Enjoi™ is very low in sodium and total fat and does not contain any preservatives.



Nutrition Facts	
Valeur Nutritive	
30 Servings Per Container	
Serving Size: 1 Packet (15 g) / Pour : 1 Sachet (15 g)	
Amount Per Serving	
Calories	60
	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides <1 g	1%
Saturated Fat / saturés 0 g	0%
Trans Fat 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium 10 mg	1%
Total Carbohydrate / Glucides 13 g	5%
Dietary Fiber / Fibres 1 g	4%
Total Sugars / Sucres 3 g	
Includes 2 g Added Sugar	4%
Protein / Protéines <1 g	1%
Vitamin D 0 mcg 0%	• Iron / Fer 0.7 mg 4%
Calcium 26 mg 2%	• Potassium 53 mg 1%

*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 product container.

30 packets | Code: 610050

The Science

Behind The Ingredients



Sacred lotus leaf offers a distinctive flavor profile. The combination of sacred lotus leaf with these diverse ingredients may contribute to a complex and multi-dimensional taste experience that appeals to adventurous palates. Sacred lotus leaf has cultural significance and a touch of mystique, offering balance to the day.



The **pineapple** is a tropical plant with edible fruit. Indigenous to South America, it made its way to Europe in the 17th century and became a cultural icon of luxury. Pineapples grow as a small shrub; the individual flowers of the unpollinated plant fuse to form a multiple fruit. In the wild, pineapples are pollinated primarily by hummingbirds. Raw pineapple is a rich source of manganese and vitamin C.



Blueberries (*Vaccinium corymbosum*) are a popular native North American fruit which grow on small bushes. Blueberries get their distinguishing blue hue from a type of flavonoid called anthocyanin which has an antioxidant effect. Blueberries are known as a superfood to support bones, skin, digestion, mental health, heart and overall wellness.



Ganoderma or **Reishi** – The Chinese thought so highly of this interesting fungus that many still believe it contains a healing spirit. The high esteem of the ganoderma mushroom, in fact, approaches that of ginseng in Chinese culture. Research shows that reishi mushroom may help support the lungs and respiratory system.



Pearls are revered by women in the Orient as one of the most precious ingredients available to bestow beauty. In ancient times, pearls were considered to be a royal treat. Fresh water pearls are cold in nature. Pearl contains many trace elements necessary for the human body and has been traditionally used to enhance beauty and benefit health. Research shows that it can help improve memory and enhance nervous system function. They are also known to contain calcium.



Barley is a grain that has been a staple in many cultures, including those of the ancient Greeks, Romans, Egyptians, Chinese, and Vikings, and was even used as currency in ancient Mesopotamia. Barley is an excellent source of fiber and protein when eaten as a whole grain, and has a lower glycemic index than processed grains like refined flours. Barley is also an excellent source of nutrients like selenium and niacin, and one cup of cooked pearled barley contains more than 3.5 grams of protein. Barley water has traditionally been used for medicinal purposes since ancient times.*

Questions & Answers



Why should I take Enjoi™?



Enjoi™ contains prime ingredients to help support a healthy lifestyle and is ideal for those who are allergic to soy.



What companion products can I take with Enjoi™?



Enjoi™ works well with any of E. EXCEL's signature products designed to support the immune system and overall wellness. E. EXCEL's signature products include Celebration™, Daily Nutritional Capsules, Millennium®, Millennium® Red, Millennium® Powder, Millennium® Gold, Poly 5®, and toTHINK™. * In addition, Enjoi™ works well with Vegecolor® for added fruits and vegetables.*



Why should this product be part of a healthy lifestyle?



A wholesome plant-based diet helps to obtain a healthy lifestyle. E. EXCEL products are intended to help nourish and strengthen the body. Our ingredients are as close to nature as we can get. 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 overall wellness 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

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

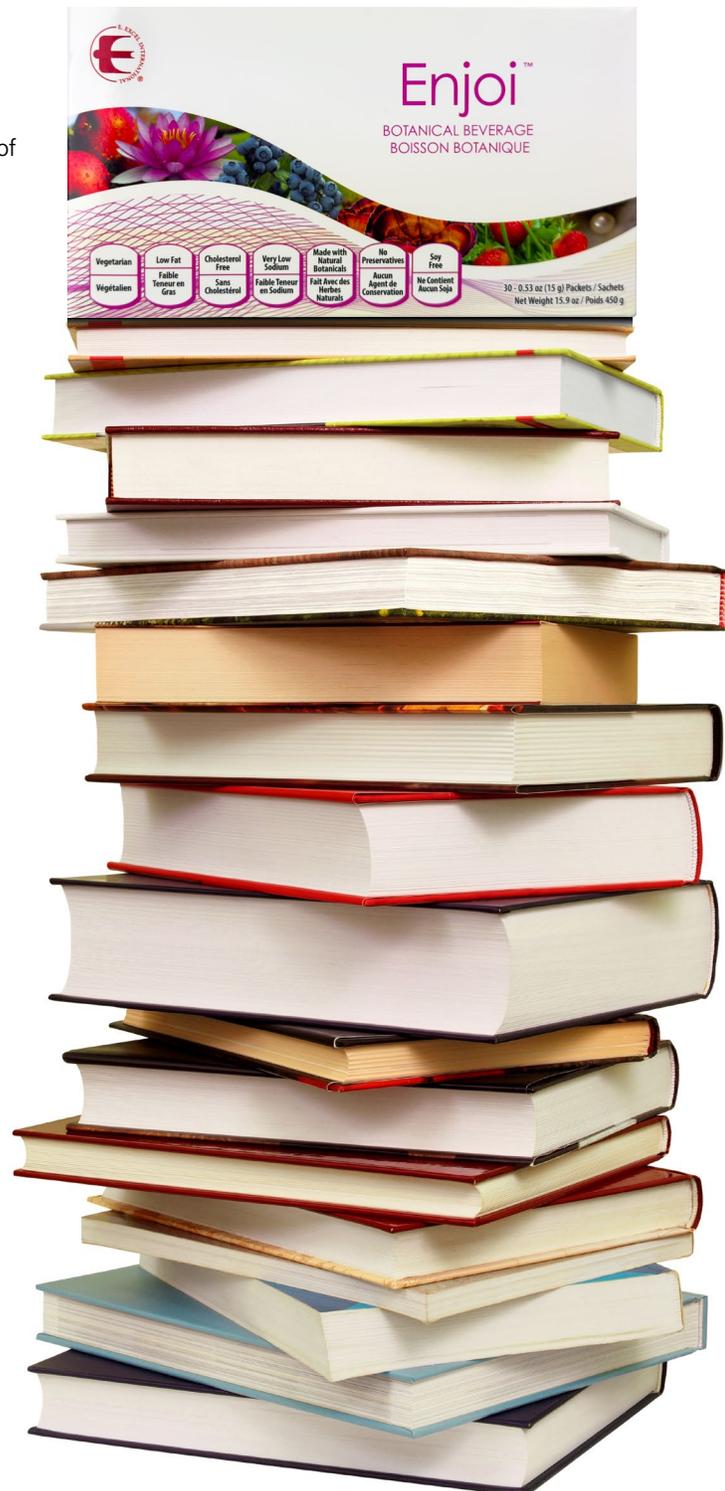
- ChooseMyPlate – Dietary guidelines for Americans
- Dietary Health
- Nutrition.gov
- Usda.gov/topics/food-and-nutrition

U.S. Food and Drug Administration - Food

[www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=101.54#:~:text=\(1\)%20The%20terms%20%22high,DRV%20per%20reference%20amount%20customarily](http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=101.54#:~:text=(1)%20The%20terms%20%22high,DRV%20per%20reference%20amount%20customarily)

World Health Organization - Nutrition

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*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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