

# Moderating Your Health Balance



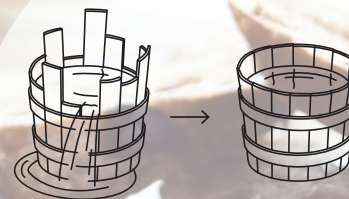
EM·X  
GOLD

 EM Research Organization, Inc.

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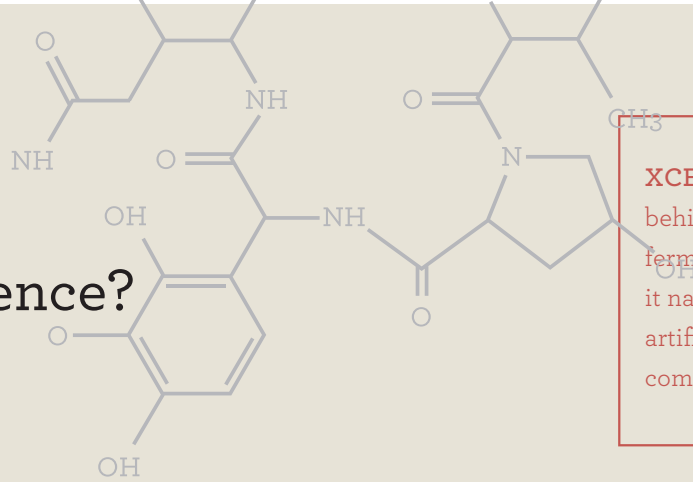
EMX GOLD's main ingredient is XCEM (eXtracted from Culture of Effective Microorganisms), the fermentation extract of beneficial microorganisms such as lactic acid bacteria, yeast, and phototrophic bacteria. People are subjected to many stressors in modern life and this can cause imbalance in the body. XCEM will re-balance your body but in a natural way and enhance its innate healing ability. Natural immunity, inner organs, skin cells, and blood etc. work in a balanced manner to maintain our health. It's like the relationship between water and a wooden bucket. Water will run off if the wooden slat is too high or too low. Unlike medicine which treats a certain condition or supplements which provide certain nutrients, XCEM balances the healthy functioning of the entire body.



Wooden Bucket Theory

# What is the difference?

COMPARISON BETWEEN MEDICINE,  
SUPPLEMENTS AND EM·X GOLD



**XCEM** contains various nutrients left behind by microorganisms during the fermentation process. We strive to keep it natural by not concentrating or artificially manufacturing one specific component. These nutrients are safe

both for you and the environment. Therefore, there are neither any particular limits nor any instructions for daily doses of EM·X GOLD, unlike medicine which contains high amounts of one specific ingredient.



**Medicine**



**Supplement**



**EM·X GOLD**

**Purpose**

To yield a certain effect.

To supplement a certain nutrient

To support the body to recover to its original good health

**Component**

One main component in high concentration

Only one kind of nutrient or mineral in large doses.

Variety of nutrients in smaller amounts

**Dosage**

Must be taken under medical supervision

Should not be consumed more than necessary.

No limitation

**Side Effect**

★★★★★

☆☆☆ (if overdosed)

None

**Target**

Those with certain conditions

Those in need of nutritional support

Anyone with any level of health; from babies to the elderly



# Ingredients

RAW MATERIALS FOR XCEM  
AND MANUFACTURING  
PROCESS



XCEM, which is EMX GOLD' s main ingredient, is produced by the world' s leading microbial technology. Raw materials are carefully chosen to maximize the fermentation ability of microorganisms. Commitment to sophisticated techniques involving the compounding of raw materials and meticulous quality control produces the best XCEM.

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EM(Effective Microorganisms) is used to achieve high-quality fermentation. EM is a combination of microorganisms such as Yeast, Phototrophic Bacteria, and Lactic Acid Bacteria. EM works synergistically with local and native beneficial microorganisms.

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## RAW MATERIALS FOR XCEM

### Molasses

Molasses is a by product of sugar production. It is also used as stroma (feed) for the EM (Effective Microorganisms).

### Yeast Extract

Yeast is a safe ingredient that has been a part of our diet for a very long time. Its fermentation helps make bread, liquor, miso, and soy sauce. Yeast produces many nutrients that are beneficial for humans.

### Coral Calcium

Coral calcium is fossilized coral in powder form. It is high in natural calcium and also contains magnesium, sodium, and potassium. XCEM uses Okinawan coral, legally approved for consumption.

### Natural seawater-based magnesium chloride

Natural seawater-based magnesium chloride is liquid left over from the boiling and evaporation of sea water after the removal of its crystalized salts (left-over sea water with salt removed). It is very high in minerals and also known as "Nigari" and has been used as a coagulant for making tofu.



## FIRST HALF OF MANUFACTURING PROCESS



# FAQ

Q: What does it taste like?

A: EM·X GOLD is almost flavorless and odorless like water. Some users may taste some saltiness as we use natural seawater-based magnesium chloride as one of our ingredients. You can mix it with water or tea, in which case you would not taste it at all; it would actually mellow out the flavor.

Q: Is there an effective way to drink it?

A: It is recommended to drink it warm. EM·X GOLD's effectiveness increases by heating it up. Mixing and heating with water to about 80 to 100°C, blending with tea or coffee, or pouring it into rice or miso soup before cooking increases its effectiveness.

Q: Doesn't the heating process during production kill the microorganisms?

A: EM·X GOLD is a beverage that makes use of beneficial nutrients produced by Effective Microorganisms (EM) and not the microorganisms themselves. EM·X GOLD undergoes a pasturization process during production. We harness the fermentation power of EM and extract nutrients that can withstand immense amounts of thermal stress. Such nutrients contain various types of biologically active substances. These microscopic nutrients, which have survived the stress, revitalize us by penetrating deeply into our cells and other microorganisms in our bodies. EM·X GOLD does not attempt to improve the health of its users by using live microorganisms. It does so with by-products of EM.

Q: What exactly are "microscopic nutrients?"

A: They are heat-resistant nutrients with a molecular weight lower than 500Da. The size of proteins are measured in molecular weights (Da) and anything lower than 10'000 Da is considered to be low molecular weight.

For comparison, the meat-softening enzyme found in pineapples have a molecular weight of 33'000. It is said that digestive organs can only absorb molecules less than 3'000 to 4'000, maybe even under 1'000 Da. Ninety five percent of the compounds found in XCEM are less than 3'000, and half of which are less than 500. The manufacturer, EM Research Organization, Inc. is currently attempting to identify those useful components in conjunction with various universities and research institutes.

Q: How much should I drink?

A: For maintaining a healthy lifestyle, we recommend drinking about 10mL to 30mL per day.

EM·X GOLD is a health drink so there isn't a specific dose you need to take. You can drink as much or as little as you want to match your condition or lifestyle. For the purpose of maintaining your health, drink 10 mL to 30 mL as a general guideline.

Some people show diarrhea-like symptoms after drinking. Adjust the amount to suit your physical condition.

Q: How long should I continue to drink it?

A: It is recommended that you drink it for 3 months. EM·X GOLD is a health drink, the effects of which are felt through continued use. There are various opinions, but it is believed that most cells in our bodies are replaced within 3 to 4 months. It is recommended that you try it initially for three months, though results may vary. There are users who have been drinking it since the original EM·X was developed in 1994.

# FAQ

## Q: When should I drink it?

**A:** It is recommended that you make a habit of drinking EM·X GOLD according to your lifestyle. Since it is a health drink, you can consume it anytime you want. The important thing is to make it a habit. Some like to drink it as soon as they wake up, some after dinner, some before bed. Making it a part of your daily routine will help you remember to drink it everyday.

## Q: Is it safe for infants and mothers during pregnancy?

**A.** EM · X GOLD can be consumed safely by infants and women during pregnancy. Only the safest natural ingredients are selected to increase the effectiveness of microorganisms. As such, breast-feeding mothers can drink EM·X GOLD without worry. The recommended amount for adults is 10mL to 30mL. Children and toddlers should drink 1/3 to 1/2 of that to account for the difference in bodyweight.

### **\*Breast-feeding mothers\***

Before breast-feeding, some mothers spray EM·X GOLD on their breast.

### **\*For children\***

It is recommended that you pour about a tablespoonful of EM·X GOLD in the rice cooker or miso soup so the whole family can enjoy the benefits naturally.

EM·X GOLD is not a medication. There is no specific dose or time to drink it. You can enjoy it any way that fits your lifestyle.

## Q: Do you conduct radioactivity inspection? Please tell me how safe this product is.

**A:** Each lot is inspected and shipped out only if the lot is below the minimum detectable activity (0.5Bq/kg). We inspect radioactivity by lot when we acquire the ingredients (conducted by third-party institutes) and at shipment (conducted by company and third-party institutes). Please rest assured that in the unlikely event that radioactive materials (Cs134, Cs137) are detected, the lot will not be shipped out.

## Q. What is the shelf life?

**A:** Its shelf life is 1 year (12 months) from production, unopened.

The best-before date is labeled on the bottom of the container and the bottom of the box. Furthermore, please refrigerate once opened and consume within 1 month as it does not contain preservatives.

## Q: How do I store it?

### **A: \*Unopened\***

Avoid direct sunlight and keep in stable room temperature.

### **\*Opened\***

Please store in the refrigerator and drink within 1 month after opening as it does not contain preservatives. Once open, please wipe off any EM·X GOLD from the cap before resealing. Resealing the cap without doing so could result in bad odor and mould. If resealing, please do not drink from the bottle; pour into a cup or other container.