

SunRider National Slim down challenge

★ ★ ★ NATIONAL ★ ★ ★
SLIM Y DOWN
challenge



U.S. Product

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4 Healthy Digestive System Foods

#1 [SunTrim Shake](#)

Sip your way to satisfaction and a leaner body with our delicious SunTrim Shake.

Benefits:

- Rich in flavor, helps control your hunger for hours and feel fuller
- Goes way beyond a protein shake or powder. Each handy pack supplies the power of an exclusive blend of concentrated whole foods to fuel your body with complete protein, complex carbs, fatty acids, vitamins and minerals, fiber, antioxidants.
- Totally different from NuPlus, VitaShake and other weight loss product on the market. Sunrider develop a totally new process to concentrate and keep the vitality high, costing 3x that of even NuPlus & Vitashake.
- Most meal replacement and protein shakes are made with chemical additives and artificial flavors, colors, sweeteners. SunTrim Shake is free from all of these harmful ingredients.
- Easy to digest. Again, unlike many chemically processed or animal based protein, there's no lactose, no gluten, no common allergens normally found in dairy and eggs.
- Easy to digest and absorb, no drawbacks, no bloating or discomfort.



Highlights of 3 main ingredients:

PEA PROTEIN – All 9 essential amino acids, including branched chain amino acids that help you effectively build muscle

LYCIUM BERRIES – Excellent fruit for the body, has cleansing antioxidants, Vitamins A, C, E – More than 30 essential and trace minerals

GARCINIA FRUIT – Natural source of hydroxycitric Acid HC – Helps control appetite, support healthy metabolisms. Used safely for centuries in S. East Asia to make meals more filling.

How to enjoy:

Simply add to 2 cups of water in a shaker bottle. Drink as is or sweeten to taste with SunnyDew.

Sum it up:

- Helps control hunger for hours
- Feel fuller and satisfied
- Curb cravings
- No bloating or heavy feeling
- Fuels your body for energy and weight loss
- 100% vegan
- Complete protein
- Rich in essential nutrients and complex carbs
- All from whole foods
- Easy to digest
- No artificial flavors and colors, or sweeteners

#2 SunTrim Protein Plus

Boost your protein intake with the best natural formula available.

20 grams of protein per serving (2 scoops)

Benefits:

- Easy to digest protein
- Supplies ALL 9 of the essential amino acids need for a complete protein
- It delivers the high-protein benefits of a dairy/whey protein but is an all vegan formula
- Ample protein to fuel muscles, support energy, and aid recovery
- Supplies complex carbs, vitamins and minerals
- No added sugar, dairy, artificial sweeteners or chemical additives



Ingredient highlights:

PEA PROTEIN – Complete protein – All 9 essential amino acids, including branched-chain amino acids – Needed to effectively build lean muscle

COIX Fruit – Antioxidant rich grain - twice the protein of rice. Very good for the digestive system, weight loss, and helps support the kidneys as it filters all the extra wastes so you don't have to go to the bathroom so often.

BAMBOO FIBER – This plant fiber aids in digestion and enhances the sensation of feeling full

How to enjoy:

As a healthy snack or meal replacement, add 1-2 scoops in 2 cups of water, or Fortune Delight, Calli, VitaShake or NuPlus.

Add to smoothies, sprinkle on oatmeal, cereal, in yogurt, etc.

Natural vanilla flavor makes it easy to add to just about anything.

Sum it up:

- Nuplus base with additional easy to digest protein
- Helps with healthy digestion and supports the kidneys
- Satisfies the appetite
- Helps curb cravings
- Tastes great
- Really supports muscle growth and recovery
- For those wanting to lose fat, we don't want to lose muscle, which would leave a person looking flabby. In order to burn fat in the muscle, we want to build muscle, not lose muscle like happens on typical diets.

#3 VitaTaste

Natural way to block sugar and carb absorption and eliminate your cravings with concentrated whole food herbs.

Benefits:

- Nourishes the body help overcome cravings for:
 - sugar
 - drugs
 - alcohol
 - smoking
 - overeating
 - unhealthful foods
- Inhibits the taste of sugar, allowing you to focus on nutrition rather than taste, helping the body withdraw from sugar and fats.
- Inhibits the absorption of sugars and simple carbs by blockings the access to the receptors in the intestines that normally absorb or attach to sugars
- By blocking these receptors, VitaTaste stops the absorption of sugar:
 - which can then be excreted by the body before it can be stored as fat.
 - which helps keep sugar from going too high in your bloodstream and prevent irritating the pancreas.
 - which helps balance the blood sugar in the body
- Rich in antioxidants to help cleanse the body from the inside, protecting from free radicals and assisting in the removal of fat and toxins
- Nourishes the pancreas and adrenal glands
- Includes many of the same food herbs as NuPlus, which also helps stop cravings because the body is being highly nourished.
- Assists recovery from Candida which is often at the base of weight gain.
- Helps individuals who desire to overcome smoking without weight gain: 3-6 per day for 1-2 months. sugar and smoking cravings will be greatly diminished or even gone



How to enjoy:

Eat before, with, or after your meals and even between meals if cravings persist.

Sum it up:

- Blocks sugar and carb absorption
- Helps eliminates cravings

#4 Fortune Delight

Crash-free alternative to weight loss drinks, energy drinks and high-calorie sport drinks.

With 5,000 years of research behind Sunrider's Chinese formulations, we can enjoy Fortune Delight as a great energy food with all the benefits of green tea extracts but without the negative caffeine effects.

Benefits:

- Concentrated, specially-formulated herbs, not just chopped up plant parts.
- Nourishes the entire digestive system
- Promotes great assimilation of food
- Metabolizes stored and consumed fat & cholesterol
- Flushes out fat
- Counters Candida overgrowth
- Promotes alkaline pH
- Very hydrating to the body
- Very high in antioxidants, important catechins & flavonoids
- Assists the body's natural elimination processes
- Helps to remove impurities that may be stored in fat cells
- Breaks up the lactic acid in the muscles



How to enjoy:

An instant powerful beverage in a convenient powder pack, simply add to 1-4 cups water. Enjoy hot or cold!

5 flavor choices: Lemon, peach, raspberry, regular (especially good cold or in your shakes) cinnamon (especially good hot).

Sum it up:

- Fantastic and delicious alternative to sodas and iced teas that leave you empty, stressed and bloated, rather than energized.
- Helps all the organs and processes of the digestive system.
- Super hydration "wetter than water"
- Excellent for energy and alertness
- Removes toxic residue as you burn fat
- Flushes fat, refreshes, restores!

Q & A

QUESTION (I emailed Dr. Reuben Chen)

There are people who want to join the Slim Down Challenge to lose weight who have never eaten any of the Sunrider products. We've always encouraged 30-90 days of Nourish-Balance-Cleanse with the Basics (NuPlus, Quinary, Calli) to bring the body more into balance before starting a weight loss program per se.

Is this still the best way, or can people still have great success and not gain it all back after their 4 or more weeks? Also, can people eat these 4 products indefinitely and replace the NuPlus, VitaShake and other products?

ANSWER

Good question about the products. The NOURISH portion of the Philosophy of Regeneration is handled by the SunFit Protein Plus, which also has NuPlus along with other herbs and vegan protein to help make it a great meal replacement. The Fortune Delight can help with the CLEANSE aspect of the Philosophy of Regeneration along with the VitaTaste. SunTrim Shake has both cleansing and nourishing aspects in the unique formulation. **So people can definitely start with these 4 products and do great with NOURISH, BALANCE and CLEANSE.**

After the Slim Down Challenge, they can choose to continue on those products or add in additional products later. But those 4 products are pretty good to get started with Sunrider. But thank you for your enthusiasm and testimonials. We really appreciate it. If you need additional support, Elise and Josh (call Sunrider Customer Service) are available to help out. Thanks! --Reuben