

Success Formula: Nourish - Balance - Cleanse



PHILOSOPHY OF REGENERATION

“When we give our bodies ENOUGH of the RIGHT KINDS of WHOLE FOODS our body has the ability to heal itself.”

5 Daily Basics

1. NOURISH: Nuplus - 12 Specific Foods giving Internal Energy for Cell Level Regeneration. pdf (pdf)[Download](#)

2. BALANCE: QUINARY – 50 System Specific Foods to Restore Balance to the 5 Life-Support Systems. pdf (pdf)[Download](#)

3. CLEANSE: CALLI - Daily Detox - Nourishes the 5 Cleansing Organs: Liver, Colon, Kidneys, Lungs, Sk (pdf)[Download](#)

4. CLEANSE: FORTUNE DELIGHT – Super Hydrates the cells and Cleanses the Digestive System (5 foods) (pdf)[Download](#)

5. HEALTHY SWEET: SUNNYDEW / SUNECTAR – Nourishes Pancreas, Anti-Inflammatory (2 foods). (pdf)

NOURISH: *NUPLUS*

NuPlus—The Key that Unlocks the Door to Regeneration...Internal Energy! Angel Food!



- Turn the internal clock back- Slow down or stop aging – **Regenerate!**

- Millions of our cells die every day and are replaced with new cells.

- The question is, **WILL OUR NEXT CELLS BE STRONGER OR WEAKER?**
- **NuPlus is the perfect food for NOURISHING** at the cellular level with **Internal Energy** so that the next cell can be stronger.
- **NuPlus is complete, instant BALANCED nourishment:**
 - 65% complex carbohydrates (glucose)
 - 20% protein (amino acids)
 - 15% fat (good, essential fatty acids)
 - Naturally occurring micro-nutrients such as vitamins, minerals, antioxidants, phytonutrients, and bioflavonoids.
 - 55 parts potassium to 5 parts sodium
- **NuPlus is perfect for the entire family—full body regeneration!**
 - Pregnancy and strong, healthy kids
 - Athletes, bodybuilders, people on the go: strength, endurance, build lean muscle & burns fat
 - Hormonal Balancing: smooths teen, mid-life, and menopause years. NuPlus called the “happy food”!
 - Weight Loss: A healthy body doesn’t hold onto fat. NuPlus provides

glycogen so fat can be burned; eat before meals to help lose weight!

- It helps eliminate cravings and addictions, nourishes and satisfies.
- Brain food! Natural brain power for regeneration.
- Speeds illness recovery
- Loved by the elderly.

The more NuPlus you eat, the more Regeneration.

- **Complex carbs:** convenient, high-powered fuel that’s ready to go! Fights fatigue and sustains the energy level. No crash!
- **Protein:** all 21 amino acids. 5 kinds of beans (prepared for easy assimilation) that nourish five key organs: (red) the heart, (white) lungs, (green) liver, (yellow) spleen, and (black) kidneys.
- **Fatty Acids:** Balanced for brain & nerves.
- **Vitamins & Minerals in tact** – No isolates! Naturally occurring, hundreds of phytonutrients are known to build the body’s immune system, protecting it against viruses, bacteria, and environmental influences. Is loaded with antioxidants for cellular health!
- **Convenient nutrition to go.** Great for camping and backpacking. Great shelf life -- A food you can live on!
Six delicious choices:
 - *Regular:* the original formula, ideal for weak digestion & newborns,
 - *Simply Herbs:* Most Regenerative the Original plus 5 specially prepared beans
 - *Naturally Plain, Apple Cinnamon, Piña Banana, and Mixed Berry:* fruit added to Simply Herbs:

***The more I eat, the younger and better I feel, I could live on it”
Donna***

Weight Loss: A healthy body doesn't hold onto fat. NuPlus provides glycogen so fat can be burned. Eat it before meals to help lose weight!

This formula has been time-tested for centuries...originally considered "**Angel Food**" or "**Manna**"

NuPlus Ingredients	Traditional Uses
<i>Coix Fruit</i>	(Main ingredient in NuPlus) Extremely regenerative; restores energy; counters diarrhea; helps eliminate excess water; strengthens defense and nervous systems; U of CA reports lowers cholesterol better than oats; stabilizes blood sugar levels, reduces muscle tension; expels poisons; beautifies skin. Tokyo Univ. found their top choice to nourish defense system and prevent degenerative diseases. <u>The most nutritious herb in the world!</u>
<i>Yellow Bean (soybean)</i>	(Second ingredient in NuPlus) Delays aging; eases menopause (has good, harmless plant estrogen); beneficial to weight management; fights fatigue; helps regulate blood sugar; strengthens the spleen; lessens indigestion; and lowers harmful LDL cholesterol without affecting beneficial HDL (soy compound genistein helps block formation of fatty plaques, reducing a risk of heart disease). <i>Note: Not indigestible soy protein isolate, but specially-processed fermented whole soybean to ensure ease of assimilation.</i>
<i>Chinese Yam</i>	Counters coughing; helps correct hormonal imbalance; helps reduce inflammation; strengthens kidneys, stomach, spleen, lungs, adrenal glands, and reproductive system. (Sunrider will use only Chinese Yam since Mexican Yam contains saponin, which is medicinal and can be poisonous.)
<i>Fox Nut</i>	Helps relieve joint pains in legs and back, diarrhea, and chronic fever; increases energy.
<i>Lotus Seed</i>	Nourishes deficient spleen; strengthens heart and circulation; and helps peristalsis. Reinforce the kidneys and nourish the blood.
<i>Lotus Root</i>	Absorbs clots and bruises; stops bleeding; and aids in circulation.
<i>Water Lily Bulb</i>	Benefits poor circulation; helps relieve joint pains, diarrhea, incontinence, thirst, dizziness, restlessness, chronic fever, and stomach disorders; increases energy and systemic balance.
<i>Green Bean</i>	Nourishes and strengthens the liver; helps reduce age spots.
<i>Red Bean</i>	Nourishes and strengthens the heart.
<i>Black Bean</i>	Nourishes and strengthens the kidneys, reproductive system, and immune system.
<i>White Bean</i>	Nourishes and strengthens the kidneys and immune system; strengthens the pancreas; and helps to eliminate mucous.
<i>Imperate Root</i>	Is highly nourishing; anti-inflammatory; anti-viral.

NuPlus for Internal Energy for Regeneration. You can eat as many NuPlus a day as you choose. The more you eat, the more regeneration takes place.

Ingredients (Simply Herbs): Coix Fruit, Soybean, Chinese Yam, Fox Nut, Lotus Seed, Lotus Root, Waterlily Bulb, Green Bean, Red Bean, Black Bean, White Bean, Imperate Root.

My Gift to you!

Enjoy 3 Days with Calli

Natural – Non Stressful – Daily Detox...We love it every day!!!

Look for more:

- *mental clarity,*
- *calm energy, and an*
- *overall feeling of well-being, and of course*
- *prevention is everything!*

On the first day..."I enjoyed it." On the second, "I think I feel a difference." On the third, "I do feel the difference". We drink 8 cups through the day from 1 tea bag. So smooth and delicious. We never want to be without our Calli.

What is this wonderful beverage!

Calli—Not Ordinary Tea! ... Cell Cleansing, Great-Tasting Gourmet Beverage!

What a great alternative for caffeine-filled drinks, such as colas, teas, and coffee that steal your *true* energy and dollars. Enjoy and be refreshed! Enjoy hot or cold. This is much more than a tea. This is a delicious gourmet beverage and daily detox combined



• **Calli** is a delicious, whole-food beverage – exotic herbs concentrated down to herbal nectar sprayed onto Camellia carrier leaves (green tea leaves). We want the wonderful benefits of green tea but without the caffeine and tannic acids in green tea. The way **Calli** is prepared and with the addition of other herbs, these negatives are negated, so we don't experience the caffeine & tannic acid effects and yet experience the wonderful benefits of green tea.

- Based upon 5000 years Ancient Chinese Wisdom and the latest in cutting edge research and development, each food in Calli complements the other, overcoming the weaknesses of any one food and bringing out the strengths of each food more powerfully.



- Why a daily detox? Rather than an occasional stressful cleanse, **Calli** nourishes the 5 cleansing organs: liver, kidneys, colon, lungs, and skin, so that they do their work of cleansing the body more effectively and naturally every day.

- What does it cleanse? **Calli** cleanses the blood, tissues, and cells of toxins, poisons and fats stored in our body, along with what we experience every day. It Cleanses by Nourishing the body with its rich combination of flavonoids, catechins, and strong antioxidants, which nourish the body's ability to cleanse.

- Weight Loss naturally occurs as toxic water is pulled out of the body. Fat is stored in toxic water. A clean body is an energized body.
- **Calli** nourishes the brain's frontal lobe, making it great for studying, decision-making, and memory enhancement.

Through optimal nourishment and alkaline pH, the body is better enabled to cleanse itself of:

- | | |
|--|---|
| <ul style="list-style-type: none"> • unwanted fat and cholesterol • accumulation of toxic metabolic wastes • heavy metals (i.e. aluminum, mercury) • fermentation and putrefaction from negative diet • radiation • chemotherapy residue • nicotine and caffeine • drinking water impurities | <ul style="list-style-type: none"> • Uric acid, unwanted joint deposit • Impurities from kidneys, liver, lymph, lungs, skin, colon (cleansing organs) • Pesticides, chemicals, preservatives • Bacteria • Free radicals • Drugs |
|--|---|

The body responds with:

- Stronger cell regeneration
- Cleaner organs, systems, and entire body
- Increased energy & enhanced mental clarity
- Greater emotional stability
- increased alkaline pH
- More natural slenderness, fat digestion
- Better circulation, blood, and arterial plaque cleansing

How to increase the benefits of Calli:

- A coffee maker makes this very simple **OR** steep 1 tea bag (unbleached bag) in 4-10 cups of hot (not boiling) water for approximately 5 minutes.: Eventually, you can increase to 10 minutes and then several bags of Calli a day. Enjoy hot or cold. Drink freely within 24 hours or refrigerate for longer use. **THE MORE YOU DRINK THE BETTER YOU FEEL.**

- If you believe yourself to be very toxic, to lessen the cleansing effect, you may choose to steep the **Calli** bag for 1-2 minutes, remove it, and dilute it with water to make 1 gallon.
- **Never reuse the tea bag** because the water has washed the **Calli** formula off the carrier leaf Camellia leaf and will start to pick up the negatives left in the single herb. NEVER MICROWAVE.
- The purer the water, the fewer residues there will be. Dr. Chen has said that Calli picks up residues. This is what it does in the body and carries them out of the body. Purified or distilled water is the best for preparing **Calli**.
- Never steep or drink in aluminum or soft plastic containers, as it will pull toxic residues from these. PBF plastics and glass or stainless steel are best for preparing, storing, and drinking from.
- **Calli** is great with meals and throughout the day. Drink it, especially in the morning, during the body's natural cleansing cycle, but better yet, all day long. You have made your water more effective in the body.
- **Calli** can be drunk alone or combined with other Sunrider foods for more significant benefit.
 - Delicious hot or cold mixed with **Fortune Delight** (called **CalliDelight**) and a drop or two of **SunnyDew or Sunectar**.
 - **NuPlus** can be added to Calli for a complete meal.
 - **Calli Night**, similar to **Calli**, contains soothing and relaxing ingredients that nourish the nervous system and have aided many in getting a good night's sleep!
- **Calli** is available in *Regular, Mint, or Cinnamon* as real plant flavors.
- **Save your used tea bags.** The **Calli** bag can be used externally as a very effective poultice to draw out poisons and inflammation. **Calli** bags soaked in water make a great tea for watering plants. **Calli** tea bags put into animal foods are powerfully wonderful for animals' health and beauty.
- **For chelation effect** – Steep & drink 1 bag to 1 cup water steeped for 10 min; follow the strong cup drinking 8 cups Calli throughout the day to help wash the heavy metals and toxins out of the body. If chelating for heavy metals, eat 3-4 capsules of SR's Spirulina to help carry the heavy metals out of the body so that they don't settle in some other place (they are heavy).

Ingredients: Camellia Leaf, Perilla Leaf, Mori Bark Extract, Alisma Root Extract, Imperate Root.

Calli, so much more than regular tea, is a delicious gourmet beverage that can powerfully change your life. Drinking at least 8 cups a day is a habit you will want for life.

Enjoy our 3 Day Calli Natural Daily – Non Stressful Detox: *Look for more mental clarity, calm energy, and an overall feeling of well-being. On the first day..."I enjoyed it." On the second, "I think I feel a difference." On the third, "I do feel the difference".*

Let's Connect: *You can enjoy these benefits every day. We have more good news if you want more. It's all about Regeneration the Natural Way. Love to help you enjoy quality of life. It's changed my life, and I can't wait to make a difference in your life.*

BALANCE: *Quinary* + 5 Systems

Quinary — Nourish the “Working Balance” of the 5 Life Support Systems



- **QUINARY IS UNIQUE TO THE MARKETPLACE.** This terrific whole-food nourishment does not treat symptoms but restores Balance in the body, allowing the body to heal itself as it achieves Balance.
- **These 50 VERY SPECIFIC FOOD HERBS nourish the 5 Life Support Organ Systems:** Immune System, Digestive, Respiratory, Circulatory and Glandular (Endocrine System).
- **A “SYMPTOM” IS A SYSTEM OUT OF BALANCE.** When the balance is restored, the symptom quietly goes away.
- **BASED ON 5000-YEAR-OLD FORMULAS.**

- **FEED ALL 5 SYSTEMS WITH QUINARY:** There are approximately 10 very specific foods nourishing each of the 5 Systems. We feed all 5 systems with the combined food combination Quinary rather than just the weakened system because each system is so dependent upon the other, and when one is weakened, it weakens the others too.

- **TO SPEED UP REGENERATION:** First, feed all five systems with Quinary. If you choose to nourish the weak system (where the symptoms are), you can also feed that individual system.
- The Quinary comes in a powder, in capsules and in Liqui 5. Because these are whole foods, properly combined to restore balance, you can eat aggressively of any of the foods without concern of overdoing it. (10 *Quinary* capsules = 1 *Quinary* powder packet = 1 *Liqui-Five* vial)



How to eat *Quinary*:

- Maintenance: 3-4 caps throughout the day or 1 pkg. a day. Exciting Changes: 2 pkg. or 20 caps. Full Speed Regeneration: 3 pkgs or 30 caps a day.
- *Quinary* powder is the most popular form of *Quinary*. It dissolves instantly in liquid or is eaten straight from the packet. Enjoy in warm water, in your smoothies, or Meal in a mug. SunnyDew/Sunnectar adds a delicious taste. Enjoy in between meals for sustained nourishment, at bedtime, for deeper, longer sleep. Or increase at the first sign of imbalance.
- *Liqui-Five* (liquid in vials) is *Quinary* plus extra immune-system food. It is Dr. Chen’s personal favorite, and he regularly drinks a vial and follows it with a *Sunrise* vial for an even greater energy boost!

“Can’t believe the convenience & balancing of these 50 very specific foods – concentrated 8-10xs... Certainly unique top the market,” Donna

The following Five individual herbal formulas that make *Quinary* & *Liqui-Five*

1. IMMUNE SYSTEM: Alpha 20C — Defense, Protects the Body...



- **Alpha 20C** is 8 very important system-specific concentrated whole foods for building a strong and healthy immune system ... whether overactive or underactive, restoring the balance. It nourishes the ability to “fight.”
- Alpha 20-C strengthens the fighter T-cells that are critical to
 - Fight infections
 - Control the growth of dangerous and destructive extraneous cells, such as cysts and tumors
- Alpha 20-C nourishes the immune system through the bone marrow, liver, and adrenals.

In ancient China, a similar formula was used to:

- detoxify the body and help expel fever and illness
- reduce vulnerability to viral and bacterial infections
- help resist parasites and yeast overgrowth
- govern the body’s resilience and adaptability; assist in an appropriate response to environmental stresses
- fortify the body as **emotional food for anger, irritability, and depression.**
- positive emotion from a system in balance: **planning and decision-making**

Enjoy: **Alpha 20C** has a delicious “mocha” taste and can be eaten as is or added to any Sunrider food. It is a great as a bedtime beverage—sleep like a baby.
Available in capsules and powder stick packs (1 powder packet = 10 capsules).

Extra Protection: Eaten throughout the day, together with **Conco**, Sunrider’s **Goldenseal**, and Sunrider’s **Spirulina**, promotes a strong immune response.

Ingredients: Chinese White Flower, Paris Herb, Scutellaria Herb, Dandelion Root, Imperate.

“In this world where we don’t know what we are being exposed to, keeping a strong immune system is critical....prevention is key! I super strengthen this system every day!”

2. ENDOCRINE SYSTEM: *Prime Again* — Coordinates All Systems...



- **COORDINATES ALL 5 SYSTEMS:** 13 system-specific concentrated foods nourishes the endocrine system. This system is vital as the body's communication messenger. Prime Again was Sunrider's first single formula in **Quinary**, significantly affecting all the others.
- **MAJOR ORGANS FED:** Heart, small intestines, pituitary, hypothalamus, thyroid, and hormonal system.
- **INTERNAL ENERGY:** The thyroid and adrenals are keys to having energy. The more **Prime Again** you eat, the better you feel!

In ancient China, a similar formula was used to:

- nourish the general processes by which body cells reproduce (regeneration)
- regenerates the endocrine glands, including adrenals, thyroid, and reproductive glands
- strengthens the nervous system and adrenal's ability to handle stress
- regulate hormonal secretions, and enhance sexual response and reproductive processes
- build muscle strength; helps regulate growth and development
- decreases allergic reactions
- relieves PMS and menopausal symptoms
- enhances the body's ability to recover from illness or injury
- fortifies the body as emotional food for **anxiety, lack of joy**

Positive emotion as the system is balanced: making things happen, manifesting joyfulness.

Prime Again means " putting you in your prime again" and promoting youthfulness and longevity!

Ingredients: Chinese Yam, Forty Knot Root, Leek Seed, Poria, Cornel Fruit, Paper Mulberry, Eucommia Bark, Mongoliavine Fruit, Morinda Root, Broomrape, Senega Root, Fennel Seed, Lycii Fruit.

***"I started with this before we had Bella – so thankful for the renewed hormonal balance,"
Donna***

3. RESPIRATORY-LYMPH: *Conco* – handles the Air...



- This phenomenal formula of 12 system specific concentrated foods primarily nourishes the functions associated with respiration (breathing), smoothing the energy “in and out” for balance throughout the body.
- Our breathing/respiration is critically connected to the lymphatic systems’ ability to remove poisonous lymph from the body
- **Conco** comes from “con” meaning “against” and “co” short for “colds”. At the first sign of a cold or flu, eat **Conco** freely throughout the day.

Major organs fed: Lungs, large intestine, skin, thyroid

In ancient China, a similar formula was used to:

- resist viruses—phenomenal protection against influenza and colds
- build protection against environmental allergies (pollen, dust, etc.)
- relieve congestion of the air passages of the chest and head (sinus, bronchial, etc.)
- relieve fevers and headaches (including migraines)
- relieve muscle and joint pain accompanying influenza
- soothe the stomach and reduce nausea and vomiting
- rebuild and improve the immune system functions
- fortify the body as **emotional food for grief, melancholy, holding on, can’t let go.**
- Positive emotion when the system is in balance: creating order.

ENVIRONMENTAL & VIRAL ATTACKS: For a strong immune response to environmental and viral attacks, Eat throughout the day, along with **Alpha 20 C**, Sunrider **Goldenseal**, and Sunrider **Spirulina**.

Ingredients: Mint Herb, Honeysuckle Flower, Chinese Lovage, Golden Bell Fruit, Chinese Catnip, Bell Flower Root, American Lovage Root, Angelica Root, Licorice Root, Bamboo Leaf, Burdock Seed, Reed Root

“At the first sign of a cold or coming down with something...I stop it in its tracks,” Nancy

4. DIGESTIVE: Assimilaid – handles the food...



- 10 System-Specific concentrated foods that nourishes the functions associated with the digestion of food followed by the assimilation of food (absorbing the nutrients into the cells).
- Helps to restore and normalize acid secretions and enzyme production in the digestive system.
- Strengthens the liver's critical functions and all the processes through the gastrointestinal tract.
- Provide digestive healing to the stomach and lubricate the intestinal tract

Major organs fed: Stomach, spleen, pancreas, thymus

In ancient China, a similar formula was used to:

- alleviate heartburn, upset stomach, vomiting,
- help resolve indigestion, gastric ulcers, gastritis, colic
- relieve abdominal pain and distention
- aid sleep by reducing gastrointestinal tension
- fortify the body as **emotional food for worry, lack of contentment**
- positive emotion for a system in balance: imagination, sympathy

Enjoy:

*3 caps a day for great maintenance. **Assimilaid** makes a delicious hot beverage by itself; just open 1-2 capsules and add to a cup of hot water. Eating before meals aids digestion and is helpful for diarrhea and irritation of colon.*

Ingredients: Ginseng Root, Bai Zhu Root, Poria, Licorice Root, Pinellia Root, Orange Peel, Cinnamon Bark, Fennel Seed, Amomum Seed, Mint Herb.

Why am I a worrier? Perhaps I need to nourish my digestive system for emotional balance ” Sandy

5. **CARDIO-VASCULAR SYSTEM: *Lifestream*.**



- **Lifestream** denotes “the stream of life.” 10 System-Specific concentrated food for the circulatory system, nourishing functions associated with the fluid-related processes of the body (blood and water), affecting general circulation.
- **Lifestream** strengthens the heart’s blood flow and cleanses the vessels, allowing the capillaries to become strong and supple.
- Good circulation provides a plentiful oxygen supply, free-flowing blood, and efficient removal of toxic impurities.

Major SYSTEM organs fed: Kidneys, bladder, adrenals

In ancient China, a similar formula was used to:

- enable the body to regulate the blood pressure better
- cleanse the blood and reduce extraneous clotting
- reduce the level of free fat and cholesterol in the blood
- improve eyesight, reduce redness of the sclera
- effective with circulatory disorders, such as varicose veins and hardening of arteries
- strengthen the bowel and cleanse the intestinal system
- strengthen the nervous system, and relieve depression and poor memory
- fortify the body as **emotional food for fear**. “**Cup of Courage**”
- positive emotion when the system is in balance: perseverance, will, vitality

Ingredients: Tora Seed, Gou Teng, Sophora Flower, Chrysanthemum Flower, Orange Peel, Pinellia Root, Dwarf Lilyturf Root, mushroom powder, ginger root, ginseng root (panax)

“No need to fear!” Kathy

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What a great alternative for caffeine-filled drinks, such as colas, teas, and coffee that steal your *true* energy and dollars. Enjoy and be refreshed! Enjoy hot or cold. This is much more than a tea. This is a delicious gourmet beverage and daily detox combined



- **Calli** is a delicious, whole-food beverage – exotic herbs concentrated down to herbal nectar sprayed onto Camellia carrier leaves (green tea leaves). We want the wonderful benefits of green tea but without the caffeine and tannic acids in green tea. The way **Calli** is prepared and with the addition of other herbs, these negatives are negated, so we don't experience the caffeine & tannic acid effects and yet experience the wonderful benefits of green tea.

- Based upon 5000 years of research and wisdom in combining, each food in Calli complements the other, overcoming the weaknesses of any one food and bringing out the strengths of each food more powerfully.

- Dr. Chen adjusts **Calli** by adding other herbs milligram by milligram to decrease the tannic acid and increase the antioxidants. The time-taking procedure to make **Calli**, further decreases the possibilities of the negative effects of the caffeine and tannic acids. **Calli** is alkaline in nature, (Note: Coffee and black are both “acidic”. For every cup of Coffee, one must drink 2 cups water to overcome the acid-producing results in the body.)

- What does it cleanse? **Calli** cleanses the blood, tissues, and cells through its rich combination of flavonoids, catechins, and strong antioxidants, which nourish the body's ability to cleanse.
- Why a daily detox? Rather than an occasional stressful cleanse, **Calli** nourishes the five cleansing organs—the liver, kidneys, colon, lungs, and skin—so that they can cleanse the body more effectively and naturally every day.
- Weight Loss occurs naturally as toxic water is removed from the body. Fat is stored in toxic water. A clean body is an energized body.
- **Calli** nourishes the brain's frontal lobe, making it great for studying, decision-making, and memory enhancement.

Through optimal nourishment and alkaline pH, the body is better enabled to cleanse itself of:

- unwanted fat and cholesterol
- accumulation of toxic metabolic wastes
- heavy metals (i.e. aluminum, mercury)
- fermentation and putrefaction from negative diet
- radiation
- chemotherapy residue
- nicotine and caffeine
- drinking water impurities
- Uric acid, unwanted joint deposit
- Impurities from kidneys, liver, lymph, lungs, skin, colon (cleansing organs)
- Pesticides, chemicals, preservatives
- Bacteria
- Free radicals
- Drugs

The body responds with:

- Stronger cell regeneration
- Cleaner organs, systems, and entire body
- Increased energy & enhanced mental clarity
- Greater emotional stability
- increased alkaline pH
- More natural slenderness, fat digestion
- Better circulation, blood, and arterial plaque cleansing

How to increase the benefits of Calli:

- **Begin by** steeping 1 tea bag (unbleached bag) in 4-10 cups of hot (not boiling) water for approximately 5 minutes. Eventually, you can increase it to 10 minutes and then several bags of Calli daily. Enjoy hot or cold. Drink freely within 24 hours or refrigerate for longer use.
- If you believe yourself to be very toxic, to lessen the cleansing effect, you may steep the **Calli** bag for 1-2 minutes, remove it, and dilute it with water to make 1 gallon.
- **Never reuse the tea bag** because the water has washed the **Calli** formula off the carrier leaf Camellia leaf and will start to pick up the negatives left in the single herb. NEVER MICROWAVE.
- The purer the water, the fewer residues there will be. Dr. Chen has said that Calli picks up residues. This is what it does in the body and carries them out of the body. Purified or distilled water is the best for preparing **Calli**.
- Never steep in aluminum or soft plastic, as this will remove toxic residues. PBF plastics and glass or stainless steel are best for preparing, storing, and drinking from.
- **Calli** is great with meals and throughout the day. Drink it during the body's natural cleansing cycle, especially in the morning.
- **Calli** can be drunk alone or combined with other Sunrider foods for more significant benefit.
 - It's delicious hot or cold, mixed with **Fortune Delight** (called **Calli/Delight**) and a drop or two of **SunnyDew or Sunectar**.
 - **NuPlus** can be added to Calli for a complete meal.
 - **Similar to Calli**, **Calli Night** contains soothing and relaxing ingredients that nourish the nervous system and have aided many in getting a good night's sleep!
- **Calli** is available in *Regular*, *Mint*, or *Cinnamon* as authentic plant flavors.
- **Save your used tea bags.** The **Calli** bag can be used externally as an effective poultice to draw out poisons and inflammation. When soaked in water, Calli bags make an excellent tea for watering plants. **Calli** tea bags put into animal foods are powerful for animals' health and beauty.
- **For chelation effect** – Steep & drink 1 bag to 1 cup water steeped for 10 min; follow the strong cup drinking 8 cups Calli throughout the day to help wash the heavy metals and toxins out of the body. If chelating for heavy metals, eat 3-4 capsules of SR's Spirulina to help carry the heavy metals out of the body so that they don't settle in some other place (they are heavy).

Ingredients: Camellia Leaf, Perilla Leaf, Mori Bark Extract, Alisma Root Extract, Imperate Root.

Calli, so much more than regular tea, is a delicious gourmet beverage that can powerfully change your life. Drinking at least 8 cups daily is a habit you will want for life.

3 DAY CALLI CHALLENGE: look for more mental clarity, calm energy, and an overall feeling of well-being. On the first day..."I enjoyed it." On the second, "I think I feel a difference." On the third, "I do feel the difference".

CLEANSE: *Fortune Delight* — Nourishes Digestive System, Fat-Flushing, Energizes, Super Hydrating!



- Fortune Delight is a fantastic and delicious alternative to sodas, iced teas, and sports drinks, which can leave you empty, stressed, and bloated instead of energized!
 - Fortune Delight includes all the benefits of green tea antioxidants in a whole food form without the negatives of tannic acid and caffeine.
 - A healthy digestive system is essential for preventing and overcoming health Challenges. Fortune Delight helps clean up that system.
 - Need Energy? Do you work long days or do you need energy to exercise? Natural nourished energy!
 - Aching muscles? It breaks up the lactic acid, creating aching muscles.
 - Fortune Delight is much more than chopped-up plant parts. **It** is considered “vegetable soup” because the many specially formulated herbs create a delightful, alkaline pH, INSTANT beverage.
 - Prevent electrolyte loss by restoring and keeping the balance. Fortune Delight.
- Beat the uncomfortable heat and cold temperatures with **Fortune Delight**. It helps one deal with the temperature comfortably.
- Great for helping to keep the blood sugar balanced, cells efficiently absorb the glucose
- Very thirst-quenching, **Fortune Delight** is considered “wetter than water”. Chemically makes our water more easily hydrating the cells to move nutrients in and wash debris out
- Fat flusher by removing impurities stored in fat cells.
- Dinner beverages with meals and out-to-eat help food digest more effectively.

There are so many ways to enjoy and increase the benefits:

- **Fortune Delight** comes in 5 flavors: Regular, Peach, Raspberry, Lemon, and Cinnamon.
- **Fortune Delight** tastes excellent hot or cold and does not contain artificial sweeteners, preservatives, or chemical enhancers.
- Enjoy at least 2 quarts of hydrating **Fortune** or **Calli Delight (mixed with Calli)** all day.
- Mix with Calli for Calli/Delight, your Smoothies, or a quart of water, and you’re good to go!
- It is effective against Candida and parasites. Drink one small packet of Fortune Delight in one cup to one quart of water. To lessen the cleansing effect, especially for parasites, Candida yeast overgrowth, or a weak elimination system, dilute your **Fortune Delight** and drink it separately from Calli.
- To increase the electrolyte benefits, add a few drops to a vial of *Electrosport*.
- Beat the heat with **Fortune Delight!** Enjoy the fresh, energized feeling!

Ingredients: Camellia Extract, Lemon Extract, Chrysanthemum Extract, Jasmine Extract, Imperate Root

Message from Dr. Chen on Fortune Delight® and Calli®:

Each food has a good side and a bad side. One is *camellia sinensis*, which Asians have consumed for thousands of years. It has tea catechins (good), caffeine and tannic acid (bad). Nearly all teas contain ground-up, unclean, fumigated, and/or irradiated tea leaves and herbs. Sunrider herbal beverages are entirely different and a true art. We hand and machine clean the herbs to eliminate insects, dirt, rocks, and other things that would ruin your appetite. It’s a time-consuming process. Then, we extract and concentrate the beneficial nutrients, minimizing the harmful ingredients like caffeine and tannic acid. Finally, we spray-dry the concentrated extracts onto the concentrated tea catechins. The result is light years ahead of typical teas. **Fortune Delight®** and **Calli®** are nutrient-rich, enhanced herbal beverages

“This is our favorite instant drink to go - energy, thirst-quenching, sports - you go!” Barb

SWEET NOURISHMENT: SunnyDew and Sunectar ---Healthy Sweet...



- Stevia makes a wonderful healthful alternative to sugar and artificial chemical sweeteners that are toxic and promote increased sugar consumption.
- The entire body, but especially the BRAIN and LIVER need healthy carbs (complex vs simple sugars) to function optimally—It is their fuel

Research on Stevia shows it's benefits to be many:

Increases ability to:

- Relieve mental, emotional, and physical fatigue,
 - Help balance & maintain normal blood sugar levels for even energy flow
 - Assist metabolization of fats to help prevent insulin resistance.
 - Assist in fat loss by helping burn glucose
 - More consistent blood pressure
 - Improved thinking capacity
 - Faster healing of ulcers or lesions – topical
 - Effective for topical healing, even preventing scarring
 - Aid digestion and gastrointestinal functions
 - Increased ability to fight fatigue
- Sunrider is an early innovator in the manufacturing and marketing of products containing stevia, an herb indigenous to South America, and has helped popularize its use in many countries. In April 1995, **Dr. Tei-Fu Chen, Founder and Owner of Sunrider International**, successfully petitioned the Food and Drug Administration (FDA) to lift the import alert on the extract of stevia leaves, thereby clearing the way for Sunrider to use stevia as a dietary supplement in the United States.
 - **"SunnyDew® and Sunectar®** are two of our most popular products. Stevia is the primary ingredient in both dietary supplements, and Chrysanthemum Flower adds anti-inflammatory and calming properties.
 - **Sunectar** is our original, full-flavored, dark Stevia – it has a stronger flavor
SunnyDew is the clear, light-colored, advanced version of Sunectar with a lighter taste.
 - The natural extract from stevia leaves contains no calories and is 250-300 times sweeter than processed sugar. Sunrider uses 2500 gallons of extracted herbal liquid to make 20 gallons of **SunnyDew**.
 - Many companies now market stevia products. Rather than chemically extracting the Stevia, Sunrider uses a water extraction process and then highly concentrates it to increase its benefits. You can also taste the difference—**SunnyDew® and Sunectar®** have a unique, delicious flavor with no chemical aftertaste.
 - Heat and cold do not affect **SunnyDew or Sunectar's beneficial effects**, so they are excellent for cooking, canning, and baking.
 - Add as many drops as you desire to all your --- to your good health! **SunnyDew** is even delicious in a glass of water with a slice of lemon!

Ingredients: Stevia, Chrysanthemum Flower

"I love this delicious guilt-free whole food sweetness," Kathy