

MEN / WOMEN / TEENS



“If Mamma Ain’t Happy Ain’t Nobody Happy”

Restore the Hormonal Balance in the Whole Family –
We all need it!

Beauty Pearl - Guys & Gals – Skin & Mood Food; Hormonal
Teens thru Menopause (pdf)[Download](#)

Bella - Perfect Formula for Women over 40 – ease through
menopause (pdf)[Download](#)

Dong Quai - Queen herb – Return Woman to Normalcy (pdf)[Download](#)

Men_s Formula - Prostate Health...for Men over 45 (pdf)[Download](#)

NuPlus - Super cell food – "happy food" (pdf)[Download](#)

Veros - Bring Back Man's "Spring" Stamina & Sexual Health (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

Beauty Pearl—Hormonal and Skin Food...



- Beauty Pearl is known to help balance hormonal mood swings, puberty, teen and mid-life challenges, and acne and skin-related problems.
 - ***Beauty Pearl*** is named for both its purpose and its appearance. Its one-of-a-kind formulation is designed to nourish the skin from within so you can stay young, look young, and feel young.
 - It contains very assimilable calcium and is terrific for repairing and having strong bones.
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- As with all Sunrider formulations, each ingredient in the ***Beauty Pearl Supplement*** is chosen for its unique beneficial qualities; however, the combined combination makes it and each Sunrider product exclusive.
 - **The exotic food herbs, extracts, and unique ingredients are:**
 - ***Honey*** is a natural sweetener that has been used in skin care and personal care products for centuries in both Eastern and Western cultures.
 - ***Korean Ginseng (Korean White ginseng and Panax Ginseng)*** is a regenerative food, especially for the hormonal system and reproductive organs. It is also very nourishing for the mind and nervous system. Chinese people eat it for energy, strength, and endurance. For about 5,000 years, it has been used as a qi (vital essence) tonic in Chinese medicine. Panax Ginseng is the most powerful of the ginsengs.
 - It strengthens the heart's actions, lowers blood sugar, improves digestion, lowers blood cholesterol, increases the good kind of cholesterol (HDL), inhibits allergies, and improves concentration, memory, and work efficiency.
 - It helps improve your mental and physical well-being and strengthens your resistance to stress.
 - This ginseng is often the choice for older folks (over 45). It is effective at improving memory and learning due to its neuromodulating action.
 - Panax also helps prevent clotting, reducing the risk of heart attack, stroke, and many circulatory problems, such as varicose veins.
 - It helps regulate metabolic function and protects the metabolism against various toxins.
 - In other words, it helps the body “adapt” to stress; hence, the label “adaptogen.”
 - Sunrider only uses pure, unadulterated root powder. This is rare in the market, as most companies cut their herb formulas with rice powder since the roots are rare and expensive, selling for thousands of dollars apiece. After 100 years of refinement of cultivation practices and seed selection, good quality cultivated roots are produced more cost-effectively but still expensive.

- **Royal Jelly Extract** is the food of the queen bee that prolongs her life 30x that of the other bees.
 - Royal jelly is considered perhaps the most complete food;
 - proven to have healing and regenerative qualities.
 - 18 amino acids (protein), pantothenic acid, B vitamins, and other minerals benefit the skin.
 - Used in cosmetics, royal jelly extract is touted as a potent stimulator of the skin.
- **Chrysanthemum Flower** is very calming, anti-infection, and anti-inflammatory.
 - It is also attributed to the ability to help soothe skin while having cell-nourishing properties.

Enjoy: For attractive, healthy, new skin, strong bones, and significant emotional support, chew or swallow 1-2 **Beauty Pearls daily**.

Ingredients: Honey, Ginseng, Chrysanthemum Flower, Royal Jelly Extract.

“My husband said never run out of Beauty Pearl for our daughter...” Michelle

Dong Quai —“**Queen of female herbs. Compelled to ...return women to normalcy**



- The scientific name is *Angelica Sinensis*; some say it helps females act like angels!
 - It has been cultivated in China for thousands of years as a treatment for women’s health and is considered a nutrition for girls from childhood.
 - Its primary benefits are hormonal: helping to maintain the proper balance of female hormones, regulating the monthly periods, relieving monthly pain, relieving PMS, smoothing menopause, and preparing the uterus for delivery (during pregnancy, eat only the last 2 weeks).
 - Modern research affirms its muscle-relaxing, pain-relieving, immuno-modulating, and antibacterial activity.
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- ***Dong Quai*** contains Vitamins A, E, and B₁₂, nutrients that feed the glands, which produce female hormones.
 - A Japanese study showed that ***Dong Quai*** increased both estrogen and progesterone levels in women with insufficient ovarian function. However, if women don’t need more estrogen, the body does not use it as such.
 - In menopause, for assistance with hot flashes, many women eat 4-5 capsules a day.
 - ***Dong Quai*** is now part of the revolutionary new Sunrider formula, ***Bella***, for women over 40. Best known as an herb for female problems, ***Dong Quai*** also aids in healing for both men and women by improving blood circulation.
 - Research conducted by Dr. C. P. Li, M.D., for the U.S. Department of Health Education and Welfare, showed that this herb was favorable to female problems, helped overcome symptoms induced by Vitamin E deficiency, and produced a tranquilizing effect on the cerebral nerves.

“My husband says his angel has returned,” Joan

Dr. Chen's Men's Formula—For the Prostate...Designed for Men over 45



- Developed personally by Dr. Chen for men 40 years of age and older, this formula promotes a healthy prostate and life. It includes herbs, antioxidants, and carotenoids, representing a unique blend of Eastern herbal expertise and Western nutritional science.
- The first ingredient is, not surprisingly, Saw Palmetto fatty acids, which have been concentrated down to where they are 100% available to the body. This herb has been used to promote prostate health throughout the world for many years. It inhibits the conversion of testosterone to dihydrotestosterone (DHT) and prevents the binding of DHT to androgen receptors. Thus, it would tend to shrink the prostate, heal the bladder, and stabilize urinary output. Saw Palmetto can be called an anti-androgen.
- The second ingredient is Anemarrhena Root. This herb has a cooling effect and is antiseptic.
- Next is Codonopsis Root, a blood-tonifying herb that nourishes the blood, stops spontaneous sweating and swelling, and clears toxins.
- Astragalus Root helps fortify and strengthen the immune system and cleanses the liver and kidneys.
- Guinea Hen Flower Root promotes the cleansing of toxins and calming of emotion.
- Angelica Root nourishes and replenishes blood; and
- Phellodendron Bark is used to clear heat and toxins. And, finally,
- Lutein and lycopene are potent antioxidants and carotenoids (Vitamin A—500 IU per gel cap); many studies have shown that carotenoids are effective against prostate cancer.
- The effectiveness is further enhanced with Vitamin E (100 IU) in each cap. “Prostate Dilemmas”, U.S. News & World Report, 5/22/2000
- All of the herbs in synergy within this formula are safe to eat for a lifetime!

Suggested amounts: Prevention – 1 capsule 3x per day; Maintenance – 2 capsules 3x per day; Extra support – 3 capsules 3x per day.

“I want to keep my man healthy; he eats Men's Formula,” Donna.

Veros—To Bring Back the “Spring” and Stamina in a Man’s Life!



- Dr. Chen’s **Veros** increases vigor in men who are concerned with their performance due to age.
 - The natural, herbal-based formula (including the vegetable capsule) contains no stimulants or synthetic hormones, often resulting in unwanted side effects.
 - Gentlemen field-testing this product say their circulation, stamina, cholesterol levels, muscular strength, skin tone, and, yes, romantic lives have markedly improved! This is in contrast to Viagra, which creates a “one-way street” of blood flow.
 - **Veros** encourages a healthy blood pressure and a strong heart so it can pump more blood.
 - The muscles are fed throughout the body. **Veros** is also designed to increase mental and physical capacity for exercise.
 - Also, the calcium density in the bones may increase.
- **Veros** will help men make a testosterone-type substance, which will act like a hormone and help them feel younger!
 - Developed by Dr. Chen to significantly help men, **Veros** is an all-natural formula that helps increase sexual desire and improve sexual performance.
 - In traditional Chinese medicine, the liver and kidney are believed to be the two of the five key organs that affect hormonal balance. The **Veros** formula contains key herbs to address those organs, including Dipsacus Root and Marsh Parsley Leaf.
 - Contrast **Veros**, which has no caffeine but will give real energy, with caffeine products such as guarana, with 10 - 15 X more caffeine than coffee!
 - **Veros** is concentrated 30 times, rather than our usual 4 – 8 times, so even a couple of capsules a day can make a big difference!
 - **Sunrider’s** superior research and development matches the ingredients for consistent, optimal results.¹
 - When exercising, women benefit from one **Veros** a day, too!

Proprietary Blend: Barren wort leaf; Marsh parsley leaf; White cornel fruits; Chinese ginseng root; Leek seed; Mongoliavine fruit; Boschniakia herb; Cnidium seed.

General Usage: One capsule two times per day.

‘My husband says “thank you” for feeding him Veros every day,’ Donna

¹ The Men’s Formula by Dr. Stephen Smith