

# MORE SUPER FOODS



- Super Nourish your cells for Regeneration with more Super Foods.

VitaShake – 44 vitamins and minerals packed into a whole food herbal shake...so delicious! (pdf)[Download](#)

Sunfit Protein Plus – Rice and Pea protein in a superfood shake...for muscle building and weight loss, (pdf)[Download](#)

Nuplus in a bar, significant fiber, prebiotic, meal replacement, or a delicious snack. (pdf)[Download](#)

Metashaper – Truly Anti-Aging whole food combo. (pdf)[Download](#)

Spirulina – Close to being nature's perfect food. A great protein source - highly digestible. pd (pdf)

## ***VitaShake—The Answer for the Highest Nutrition in the Shortest Time!***



- This delicious shake is super *NuPlus* with added nutrition and soluble fiber!
- Each packet of **VitaShake** contains 1) one serving of Original *NuPlus*, 2) whole soy protein, 3) bonded vitamins and minerals, and 4) FOS fiber. It comes in Strawberry and Cocoa.
- **FOS** is a prebiotic, soluble fiber carbohydrate that supports the growth of beneficial bacteria and a healthy GI tract. (Read about FOS also in the *SunBar*.)
- **ASSIMILATION:** In the formulation process, Dr. Chen has bonded the vitamins and minerals in *Metabalance 44* with *NuPlus* for maximum assimilation!
- **SHAKES:** Compare **VitaShake** with shake products full of cellulose, sugars, isolated soy protein (which the body cannot digest), unnatural vitamins and minerals, artificial flavors, colors, sweeteners, chemicals, and preservatives that upset the delicate balance in the body. ! What a choice! **VitaShake** is real food!
- **ISOLATES:** Isolated soy drinks are indigestible and clog the lymphatic system. Dr. Chen prepares his whole soy protein (not isolates) like it has been prepared in the Orient for thousands of years (slightly fermented).
- **BREAKFASTS:** is designed for people on the go! According to several national surveys, five out of six Americans do not eat three meals a day, and nine out of ten don't eat breakfast. **VitaShake** is the perfect breakfast that will help your day be more successful.
- **WEIGHT LOSS:** is great for weight management! Eating whole, regenerative nourishment is critical for weight loss. Holding onto weight is the body's way of protecting itself from starvation. Nourish it well and restore the internal energy and balance of the body so that the weight will come off.
- **SENIORS:** who desire nutrition but have trouble with solid food will find this delicious and easy to swallow when mixed with water (hot or cold), *Calli*, *Fortune Delight*, or *Calli/Delight*.
- It is delicious in any of the milks. Add *SunnyDew* if desired! **VitaShake** combined with *SunBars*, *Calli*, and *Fortune Delight* is a great food plan!
- An unbelievable BALANCED BODY boost anytime is one **VitaShake** in *Calli* with a powdered *Quinary* packet! Stay balanced. Eat whole foods.

***“Love, Love, Love this Shake.... Breakfast to go!” Mary***

## ***Sunfit Protein Plus—Assimilable Protein Nutrition for the Day!***



**Boost your protein intake** with this all-natural, delicious NuPlus-like powder base with added pea and rice protein, yielding 20 grams of protein per serving (2 scoops).

Unlike most high-protein powders:

- Rich in critical nutrients for healthy vitality
- It is an easy-to-digest protein vs. *isolated* proteins that stress the liver & kidneys
- It delivers the high-protein benefits of a dairy/whey protein but is an all-vegan formula
- Supplies those excellent extra vitamins and minerals bonded to whole food vs. added isolates.
- There are no sugar, dairy, artificial sweeteners, or chemical additives available.

### **So many Benefits:**

- NuPlus base with additional easy-to-digest protein
- Helps with healthy digestion and supports the kidneys
- Satisfies the appetite
- Helps curb cravings
- Tastes great
- Supports muscle growth and recovery
- For those wanting to lose fat, we want to build muscle, not lose muscle, like in a typical diet program. Fat is burned in the muscle, so we want to build, not lose, muscle

### **Some Ingredient highlights:**

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

**COIX Fruit** – Antioxidant-rich grain - twice the protein of rice. It is very good for the digestive system and weight loss and helps support the kidneys as it filters all the extra waste 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:**

- For 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, alternative kinds of milk, yogurt, etc.
- Natural Vanilla, Caramel Macchiato, and Ginger-Tumeric are all great-tasting favorites.

**Love a daily scoop or two in our fruit smoothie...like desert!” *Brian***

## ***SunBar— Super Snack! Energy! Meal on the go! High Fiber! Move out the toxins!***

**Ready-to-eat, completely balanced, and delicious meal in a bar.** Not high in fat or sodium, no excitotoxins, nor sugar and corn sweeteners or artificial sugars. Yea!



- The **SunBar** is only full of wholesome ingredients—whole soy protein, **Regular NuPlus**, herbs, nuts, grains, FOS fiber, honey, and freeze-dried fruits.
- The **SunBar** contains **plant fiber** from soluble (digestible) life-giving Fructooligosaccharide (FOS) extract from Chicory Root and bamboo fiber. FOS helps in digestion, absorbs fats, stimulates the growth of good bacteria, such as Acidophilus, Bifidus, and Faecium, helps (without negatively affecting the HDL or good cholesterol) and triglycerides, helps suppress the appetite, and helps mediate the assimilation of carbohydrates over a long period of time (helping blood sugar levels). FOS makes an intestinal environment to support the “good guys” and eliminate the “bad guys”!
- Reduces Candida Albicans, minimizes bloating, reduces LDL or bad cholesterol. It takes about 15 days of consistently eating FOS to make a significant difference in the colon. If one should notice any gas, increase fluids, eat smaller amounts of the bar at a time, and know that the FOS is working to clean and restore a healthy intestinal tract, your body will normalize soon.
- Think of SunBar as a **sponge** that adsorbs the poisons and toxins in the digestive tract. We drink Fortune with our bar to help get the poisons, toxins, and fat out of the body.
- The food herbs in **SunBar** are held together with thick, extra-concentrated **Sunrise**, which is noted for its energy and physical strength (see **Sunrise**). Dr. Tei Fu Chen says **Sunrise** is for longevity and youthfulness.
- The herbs in **Sunrise** and **SunBars**, as well as the food herbs in **NuPlus**, are great for helping children grow healthy and strong.
- **SunBars** also contains **6 grams of protein** (vegetable source,) macadamia nuts (**Chocolate SunBar**), and almonds.
- The **SunBar** makes a great addition to breakfast, lunch, or dinner! One bar is also an excellent choice for a snack. The **SunBar** is ready-to-go, fills our nutritional needs, and fits our busy lifestyle.
- The **SunBar** has only 120 calories, which makes it perfect for weight management. It fills you up, but not out!
- For a complete fat-loss program, add **VitaShake** or Protein Plus, **Calli**, **Fortune Delight**, **SunnyDew**, and **MetaShaper** to your regimen! A great snack or meal replacement. Enjoy with a shake!
- The bars are so delicious that we want to eat them all day long! **Fortune Delight** is the perfect drink complement, removing fat, poisons, and toxins.

***The healthy bar that doesn't have that “healthy” taste” Love them! Tina***



- **MetaShaper – “Truly Anti-Aging!” Whole food - could be used as a temporary NuPlus Workaround! Eye & Brain Health, Inflammation, Weight Loss, Cardiovascular and Longevity!**
  - Dr. Chen studied cultures and diets around the world to create this formula.
  - This is a whole-food formula! Uniquely concentrated with a state-of-the-art fermentation process and perfect calibration.
  - Dr. Chen’s new fermentation extraction process raises the level of resveratrol in **each capsule to the amount found in 30-50 cups of wine.**
- MetaShaper is truly anti-aging and promotes longevity.
- As the body’s health improves, it sheds unwanted fat. As muscles tighten, the body gradually begins to transform into a new and leaner figure by losing inches where needed, especially around the waist and hips.
- Aids in brain function.
- Helpful for a healthy gut microbiome.
- Helps to reduce inflammation.

#### **Powerful Ingredients:**

##### **Garcinia:**

- The amount of food you eat decreases
- Significant increase in fat-burning
- Helps balance metabolism, especially related to the fat
- Muscles tighten
- The cardiovascular system is strengthened

##### **Resveratrol:** (in the Polygonum)

- Each capsule has the amount of resveratrol of 30-50 cups of wine.
- Anti-carcinogenic, Glaucoma, Macular Degeneration, microcirculation of eyes-anti-inflammatory – Doctors recommend for Macular Degeneration etc.
- Resveratrol is nature’s way of fighting disease, fungus and bacteria.
- Resveratrol suppresses inflammation and fights aging.

##### **Non-GMO Soy Concentrate:** (Never Soy Protein Isolate)

- Dr. Chen developed a new fermentation process with good bacteria similar to the process of making yogurt or tofu. Soy has a protective and beneficial effect. May help improve adipose and glucose metabolism resulting in reduced body fat accumulation and insulin resistance;

##### **Green Tea catechins:**

- It contains a significant ingredient that promotes thermogenesis and weight loss, reduces lipids and fats, and scavenges free radicals before they damage cells.
- **Recommended** 2-3 caps with each meal.
- **Story:** After eating 3 caps 3xs a day within 24 hr. eliminated being dizzy and having to hang on for balance.



## ***Spirulina...Whole Food...Easy to Digest Protein...Nourish & Cleanse***



Spirulina is an edible Blue Green Micro-Algae. It contains all the essential and non-essential amino acids and is a very easy-to-digest protein. It is a balanced whole food.

- **NOURISHES AND CLEANSSES:** *Because of its rich chlorophyll content, Spirulina* is unique in that it nourishes and also cleanses.
- **NATURALLY OCCURRING VIT AND MINERALS:** As a whole food, it does so much more for our health than taking vitamins and minerals. It is rich in the B vitamins and Pro-Vit. A, which is converted to Vit. A by the body, high in chlorophyll, iron, carotenoids, antioxidants, micronutrients, trace minerals, and lipids – all naturally occurring.
- **ANSWER TO MALNUTRITION:** Because it provides 20 times the amount of protein as that of soybeans on an equal land area and is effective against a series of viruses, it is being studied as the answer to underdeveloped countries' malnutrition.
- **HYGENIC CULTIVATION:** *Unlike* many brands, **Sunrider's** blue-green algae, **Spirulina**, is cultivated in hygienic tanks and ponds under the latest scientific conditions and then concentrated 4xs. It also smells fresh.
- **HEAVY METALS:** **Spirulina helps** carry heavy metals out of the body (especially aluminum) by chelating them out of the cells, tissues, and blood so they do not settle elsewhere. Chelate with strong Calli, followed by weaker Calli throughout the day.
- **SO MANY BENEFITS:**
  - excellent for weak **digestive** systems & **glandular**, particularly the **thyroid**, needs
  - detoxifies the **kidney** and **liver**, builds and enriches the **blood**, cleanses the **arteries**
  - feeds the beneficial **intestinal flora**; inhibits the **overgrowth of fungi, bacteria, and yeast**.
- **Key Facts:**
  - Healthy Blood – the world's richest natural source of B<sub>12</sub> needed for healthy blood cells.
  - Meat Protein - 300 percent more protein than fish, meat or poultry, without the cholesterol
  - Assimilable Protein - 62 percent amino-acid vegetable assimilable protein, the highest known source., more protein than tofu, yet easy to digest
  - Amino Acids- perfectly balanced essential amino acids in almost the same proportions as in the human body.
  - Iron-rich spinach - more energy-boosting iron than spinach.
  - Calories - virtually no calories.
  - Endorphins - neuro-peptides—food for the brain and nervous system to produce endorphins.
  - Carrots for fighting cancer - 10 times more cancer risk-reducing carotenoids and beta carotene than carrots
  - Calcium - 26 times more calcium than milk.
  - Immune system - GLA (gamma-linolenic acid) essential fatty acid—feeds the immune system (studied in arthritis)
  - Bone Marrow – stem cells - rich in Phycocyanin, which affects the stem cells found in bone marrow.
  - Eye health - contains Zeaxanthin and Lutein, which support eye health

**“Such an easy way to eat enough green vegetables,” Mori**