

ACTIVE LIFESTYLE



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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

Ci Wu Jai—Strengthens Joints, Ligaments, and Tendons...Siberian Ginseng



- So many people are in awe of this Plant! It is loved and cherished in all countries of the Far East. For the Chinese, it has been the “single most powerful and beneficial herb” for almost five thousand years.
 - They claim it gives endurance, energy, resistance, and stamina.
 - It helps with metabolism, strengthening the circulatory system.
 - Nourishes and strengthens liver, bone marrow & adrenal glands.
 - It contains precursors to human metabolites that build muscle.
 - It helps all connective tissue, muscles, ligaments, bones, and joints.
 - It has long been used to improve athletic performance and occasional sleeplessness.
- According to pharmacological research, it improves rheumatic and arthritic conditions, relieves fatigue, and improves resistance.¹
 - Enhances mental activity and physical endurance.
 - This spiny shrub is not in the same family as Asian and American ginseng and is less costly than these varieties. It helps the body “adapt” to stress and is often used to improve athletic performance.
 - CI Wu Jai is part of the ***SportCaps*** and ***JOI food formulas***.
 - Great before and after workouts with ***SportCaps***, ***Sunrise*** and ***JOI!***

“2 days after my car accident, I didn’t feel any soreness,” Loretta

“This is a keeper” Love it when I don’t have Sportcaps” Donna

¹ Healthway Plant Issues, Chinese Herbal Medicine, Natural Health, June 2000

ElectroSport—“Gatorade” (Electrolyte) Replacement...“Mineral Toddy” in a Clear Form!



- **ElectroSport** is a complete integration of 10 minerals/electrolytes carefully formulated to create water balance inside and outside the cell walls while aiding in the absorption and utilization of nutrients.
 - Electrolytes act as catalysts in the metabolic process. They are the TRUCK needed to carry nutrition into the cells because nutrients bind with electrolytes to be taken into and utilized within the cells. To make all your other SR foods more effective, add some ElectroSport to your beverages.
 - The minerals (electrolytes) in *ElectroSport* nourish and help restore our electrical system.
- Electrolytes play a critical role in fighting naturally-occurring toxins in the body.
 - This mixture is very healing when the body is under stress.
 - ElectroSport is especially effective during high temperatures, when bodily fluids and electrolytes may be depleted through perspiration, stress, or high altitudes. These conditions upset the water balance inside and outside the cell walls.
 - **ElectroSport** acts quickly in the body, and electrolytes can function unimpaired because it is an ionized solution that contains no sugar, sweeteners, preservatives, or artificial ingredients.
 - **Special Note:** Applied topically, **ElectroSport** is very healing to any wound, cut or burn. It even helps the body heal chronic hemorrhoids or anal fissures. Mix ¼ vial in 2 tablespoons water and a few drops of **SunnyDew** and apply with a cotton ball.

How to enjoy:

- While the other herbal food liquid concentrates can be consumed directly from their vials because ElectroSport has a high mineral taste, most people mix one vial with **Fortune Delight**, Calli, or even Vitafruit with some Sunnydew.
- **Add to Lemon Fortune Delight** for a significant super-charged electrolyte and mineral drink for hydration.
- Be sure to use the entire vial within 24 hours. As this formula is a food, it spoils within that time if not used.

Ingredients: Water, Chloride, Calcium, Potassium, Sodium, Magnesium, Zinc, Iron, Manganese, Chromium, Selenium, Lemon Oil.

“I hop on this “Truck” to deliver Sunrider to my cells.” George

Energy Plus— Vit. E Source!

Natural Energy Boost, Endurance, and Stamina



5 POTENT ENERGY-BOOSTERS in a single, well-balanced combination

- **Energy Plus** includes Vitamin E bonded with Lecithin, Korean White Ginseng, Bee Pollen
- The Korean White Ginseng, Bee Pollen, and Wheat Germ Oil provide a context of wholeness for the isolate Vitamin E and semi-isolate Lecithin, a fat emulsifier (which helps the body utilize fat as a source of energy, hence the name “**Energy Plus**”).

BETTER “LIFT” THAN CAFFEINE

- The **Energy Plus** will give you a natural energy boost without caffeine, stimulants, or other side effects that can leave you jittery. Vitamin E plays a vital role in energy production and increases endurance and stamina.
- When you need energy immediately, chew the **Energy Plus** soft gel capsule rather than swallowing it; it tastes like peanut butter.

HEART HEALTHY FOOD SUPPLEMENT:

- Because of the wholeness of the Vitamin E.
- Energy Plus contains 200 IU of Vitamin E.
- Vitamin E is essential for heart protection because it dilates the blood vessels, permitting a fuller blood flow to the heart.
- It also helps to prevent blood clots from forming.
- It can help reduce edema (swelling)
- It can help lower elevated blood pressure.

SLOW AGING:

- There is also some evidence to suggest that Vitamin E may help slow the aging process since cell aging is primarily due to oxidation, and Vitamin E is so effective as an antioxidant.¹

BURN MORE FAT

- You will burn 50% less fat if you do not have Vitamin E in your daily diet.

SOFT GEL

- Sunrider is one of only four companies in America—the other three are pharmaceutical companies—that manufacture soft gels using this machine!

ENJOY

- The benefits are most significant when the formula is consistently recommended: 2 caps daily.

“My kids say, Momma, go get some Energy Plus; you need energy,” Rose

¹ Nutrition Almanac, Kirschmann

Dr. Chen MetaBooster—Turn Back the Clock of Time!! YOUR REPAIR KIT!



- **FOUNTAIN OF YOUTH:** Dr. Chen may have found the “fountain of youth” with this formula. Before introducing this product, he ate 10 capsules a day for three years and turned back the clock for himself about 10 years! Both Drs. Chen look amazingly younger since adding **MetaBooster** and the **Refining and Lifting Crème** to their regimen.
- **A METABOLISM BOOSTER:** A sound metabolism is crucial to maintaining optimum health. This specially developed formula acts as a “booster” to the metabolism and a powerful antioxidant. This formula is for anyone who wants energy and a faster, more efficient metabolism.
- **DNA REPAIR:** **MetaBooster** helps maintain the structural integrity of the cell membrane. It also assists with transporting nutrients into and out of the cell. As we age, the cells divide, and the DNA becomes less healthy. In research, animals receiving the nutrients found in **MetaBooster** live longer and healthier – their DNA is being repaired. The cells become more normal with increased energy at the core of the cells. Better performance and longevity have been the result.
- **REGENERATES MITOCHONDRIA:** **MetaBooster** regenerates the mitochondria in cells.
- **ANTI-AGING:** **MetaBooster** may be one of our most exciting anti-aging foods for regeneration. Allow two weeks to begin to see and feel the difference.

Specific Benefits:

- Supports all bodily functions that require energy. It is ideal for active people and those susceptible to stress.
- It enhances metabolism deep down at the cellular level with an exclusive combination of ingredients that promotes the transformation of nutrients into energy.
- Normalizing nitric oxide levels in cells reactivates dysfunctional cells and regulates cell metabolism under physical stress.
- It contains an easily absorbable antioxidant, alpha lipoic acid, which fights free radicals, helps dissolve heavy metals and other toxic substances, and enhances the benefits of Vitamins C and E.
- Decreases fat mass and waist circumference.
- It contains essential amino acids to help support and improve the body’s natural immune defenses.
- It could help improve memory.
- Chelates chemo and radiation effects. Shorten healing time from wounds.
- Amplifies **Quinary** and other Sunrider formulas – called the 6th Basic!

- Combine with **Sunrise** for clear thinking and energy – great for students!

Ingredients:

Niacinamide (B-3):

- Vasodilator, free radical scavenger, antihistamine;
- It helps normalize blood sugar levels, smoothes skin, helps form sex hormones, reduces auto-immune diseases, converts tryptophan into serotonin in the body, repairs and regulates DNA, and converts food into energy.

Zinc:

- It assists with metabolizing B vitamins, which are anti-inflammatory, immune system-building, and anti-histamine.

L-Arginine:

- An essential amino acid that increases nitrous oxide—relaxing blood vessels, another vasodilator; Helps to reduce blood pressure, #1 ingredient in sexual potency formulas -- Assists the body in producing growth hormone. Studied for the body's ability to increase muscle mass and immune function.

Carnitine:

- Antioxidant, anti-toxin
- It helps transport fatty acids across mitochondrial membranes and maintain cell structure. It also promotes more efficient energy production in the cell, repels radio rays, and regenerates nerves and the liver.

Magnesium Stearate:

- A necessary mineral.

Alpha Lipoic Acid:

- ALA is a significant antioxidant. It also recharges other antioxidants, such as glutathione and Vitamin C, by enabling the cells to utilize more oxygen.
- Exciting ingredients repair mitochondria damage (energy producers in cells and a major contributor to aging) and heal mutations. A recent study of rats concludes that carnitine and lipoic acid improve the quality of life during the later stages of life by preventing free radical-induced damage to proteins.

L-Lysine:

- The most abundant amino acid in the human body -- about 2 lbs. in the body at any given time.
- It assists in the repair of damaged cells and helps to inactivate viruses and bacteria.
- Found in beans and yeast, the third-highest amino acid in muscles, it is needed for the body to produce antibodies and enzymes.
- It improves the absorption of calcium and may increase bone-building cells.
- Studied for relieving pain, migraine headaches, and painful periods.

Recommendation: Take 1-2 capsules **at mealtimes** twice or thrice daily. Start Slowly, such as 2 capsules a day—fractions from food don't need much, but they need a longer time for results to appear. This Combination is excellent with **MetaShaper** and **Veros** or **Bella**.

Call your **MetaBooster** your REPAIR KIT!!!

“Love this food; I’m getting younger on the inside and out! Mary

Sportcaps—Muscular System Food – Tone, Strength, Endurance and Repair



Story: *"I was pleasantly surprised when I saw the x-rays of my spine. I ate 10 Sportcaps a day with 1 evergreen for 6 months and restored my back completely. I had a ruptured disk, and my spine had a lot of degeneration in it. I was in constant pain. It was worth every penny!" Trudi*

- Beyond the *Sunrider Basics*, **Sportcaps** are the first additional nutritional support to consider. This nourishes the Muscular System of the Body. **Sportcaps** are for everyone, significantly benefiting athletes and people on the go.
- It is a terrific source of assimilable calcium and iron and an excellent broad spectrum of naturally occurring vitamins and minerals in whole foods.

So Many Benefits:

- Tone, define, and strengthen the muscles
- For muscle tissue repair & quicker recuperation
- Promotes increased stamina and endurance
- Strengthens & repairs lean muscle and tissue in the cardiovascular and reproductive systems
- Strengthens the muscles throughout the body, helping hold the organs in place. It complements **JOI** in therapy for muscular, neck, and back regeneration (two of each every 3-4 hours for serious injury).
- It helps with structural issues like joints, backaches, spine and neck, etc.
- Helps rebuild muscle tissue destroyed from unhealthy weight loss programs, "lifetime dieters," chemicals and drugs
- Helps with weight loss - with greater muscle mass, fat is burned more easily
- Flushes out the acid, causing sore muscles. When we have a structural problem, it stresses the muscles and lactic acid gets stuck in them, creating sore muscles. Sportcaps help move the lactic acid out **of the muscles, especially when** drinking Fortune Delight; adding ElectroSport helps flush the acid out even more.
- Significantly calming to the nervous system

Sportcaps is an excellent body-strengthening combination of beneficial “superfoods,” including

- **Bee Pollen** is the first ingredient. It is a blood-builder with many naturally occurring vitamins and minerals. It is also used as a remedy for allergies like hay fever, and its protein is great for endurance.
- **Ginseng** (Wu Chia Pi) boosts the body’s energy, helps the metabolism, and is a very good tonic for the cardiovascular system. It also strengthens the liver, bone marrow, and adrenals. For Centuries, ginseng has been a staple for the Chinese.
- **Alfalfa** aids in the digestion and assimilation of nutrients. It is rich in trace minerals.
- **Japanese Dodder** is an overall tonic for the body. It helps brighten the eyes by giving needed nutrients. This herb has been known to help prolong life.
- **Chinese Knot Grass** helps eliminate uric acid and lactic acid (which cause pain and stiffness in the muscles when trapped there). Boosts the kidney function. Helps prevent muscle cramping and helps shorten recovery time after strenuous activity.
- **Kelp** comes from the ocean. It nourishes thyroid function because of its many minerals, one of which is natural iodine.
- **Rose Hips** adds an all-natural source of Vitamin C.
- **Codonopsis Root** helps improve circulation, assists with oxygen transport in the body, and cleanses the lungs for freer breathing.
- **Boschniakia Herb**, It helps the cells retain moisture and prevent dehydration. This herb also helps to activate hormone secretion. (This is great for women’s problems, as well as for men.)

Important Note: Each herb’s individual benefit is magnified when it is correctly combined or formulated with other herbs; the synergistic effect of all the herbs together is even greater than the benefit of just one herb.

Enjoy:

For optimum benefit and body shape, men should take 10-15 capsules daily, women 4-9 capsules daily, and children 2-4 capsules daily. **Sunrise** complements **Sportcaps** when eaten together.

Ingredients: Bee Pollen, Wu Chia Pi, Alfalfa, Japanese Dodder, Chinese Knot Grass Root, Kelp, Rose Hips, Chinese Teasel, Codonopsis

“Sportcaps helped me keep my spinal alignment like nothing else,” Donna

Sunbreeze Oil... Instant Relief!

One bottle does it all! Heavenly Smell!

Ancient Chinese Wisdom & Modern Technology



Sunbreeze is the number-one, all-in-one essential oil and balm formula on the market. It is distilled from flowers, bark, roots, peels, seeds, and herbs and is uniquely based on herbal manuscripts of ancient Chinese emperors.

Sunbreeze essential oil molecules are small enough to quickly diffuse through the skin, penetrating deeply and efficiently into the tissues and circulatory system. If your body needs cooling, it will turn cool. If you need heat, it will turn warm.

- It takes 200 lbs. of herbs to extract a single pint of **Sunbreeze Oil!**

Suggestions for Use:

- **On temples, forehead, and/or back of neck:** headache, muscle tension, drowsiness, motion sickness, insomnia
- **On area:** sinus congestion, strains/sprains, mosquito repellent, insect bites/stings, canker sores, toothache, muscle/back pain, around wounds, snoring, rheumatism, arthritis
- **On tongue:** sinus congestion, morning sickness, motion sickness, upset stomach, bad breath, heartburn, drowsiness, sore throat
- **Ears:** On Q-tip with drops applied to the ear for infections, water logging, wax buildup, motion sickness, and ear pain while flying
- **Burns:** Oil helps prevent blistering and relieve heat and soreness. If the skin is sore to the touch, mix it with lotion. Mix 10-15 drops of oil with water in a small spray bottle to spray or mist.
- **Air freshener:** Wonderful! Mist for cigarette smoke or other odors. You'll love it.
- **In shampoo:** Thinning hair, scalp problems, morning sluggishness, and headaches. Mix oil in shampoo or conditioner and wash as usual.
- **Delicate skin:** Mix with lotion for tiny babies, children, and the elderly; if the baby is constipated, apply it to the abdomen and bottom of the feet.
- **In Calli:** To open up sinuses, bowel cramps, sore throats, or upset stomachs, put a couple of drops of oil in a cup of Calli and sip.
- **Please avoid contact with eyes;** it won't harm eyes, but it will burn and tear.

Ingredients:

Oil: Menthol, Cassia Oil, Mint Extract, Eucalyptus Oil, Camphor; **Balm:** Menthol, Camphor, Cassia Oil (cinnamon bark tree), wax—uniqueness also in preparation.

"We love SunBreeze & always want it with us" Marty

"Sunbreeze is my number one essential oil formula!" Sheryl

Sunrise—“The Energy Booster”



- **Experience a Natural Energy Boost & overcome hurdles.**
- **Sunrise** is for overcoming hurdles as an athlete or with any physical (health) challenge. It gives the body extra strength to overcome weaknesses and naturally boosts energy throughout the day.
- **Sunrise** is a high-energy, high-impact food that provides a quick start, increases stamina and endurance, warms up or cools down muscles, and reduces recovery time. It is excellent for athletes or any exercise program and will help you go the “extra mile.”
- Formulated from herb food extracts in the liquid form, it is digested quickly and rapidly absorbed into the body system.
- **Sunrise** is excellent at helping children grow strong.
- It helps refresh your body before or after a hard workout or following a hard day’s work.
- **Sunrise** is especially helpful when under mental, physical, and emotional stress.
- *Adding 1-3 vials of Sunrise a day can make a big difference as we age.* It is very regenerative—and promotes longevity!
- We have seen benefits in auto-immune challenges. In Chinese medicine, chronic fatigue is deficient spleen Chi (Energy.) Feed the spleen **Sunrise** for energy!
- The Chinese believed that if the spleen and digestion are out of balance, the muscles lose tone and appear thin or even wasted, and developing muscle tone and definition is a struggle, no matter how hard you work.
- If digestion is harmonious and adequately transports nutrients, the muscles will respond well to exercise.
- **Enjoy many ways: Experience even more significant results when you:**
 - Drink your **Sunrise** immediately after drinking *Liqui-Five*.
 - Drink **Sunrise** with *Quinary* (or *Liqui-Five*) and *NuPlus* for Peak benefits
 - Add to *Calli*, *Fortune Delight*, smoothies, or sip on this vial of delicious
 - Combine with *MetaBooster* for a clear mind and energy!
 - *Sunrise* enhances the benefits of the *SportCaps* when eaten together.
- **Key Ingredient:**
Lycii Fruit, which is noted for assistance in:
 - renewing cells
 - balancing blood pressure & restoring kidneys
 - balancing blood sugar & increasing acidophilus in the intestines
 - assisting organs and functions
 - increasing body strength and endurance
 - strengthening male sexual stamina
 - strengthening the bones quicker illness recovery

Ingredients: Water, Lycii Fruit, Leek Seed, Boschniakia Herb, Chinese Ginseng, Eucommia Bark, Mongoliavine Fruit, White Cornel Fruit, Cnidium Seed, Mushroom, Lemon Fruit Extract.

“We all experience life’s hurdles at times...remember Sunrise” 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 perfectly 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