

# 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**"

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

### 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**

## ***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 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:**

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## The body responds with:

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- 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***

# 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***

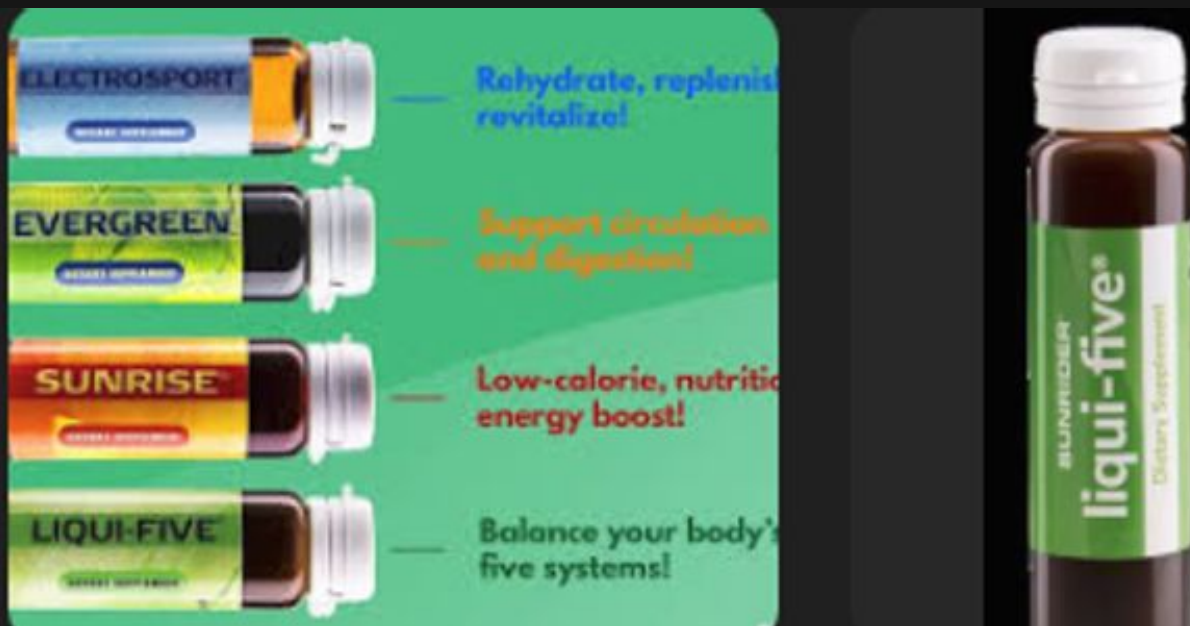


Spirulina is an edible Blue Green Micro-Algae. It contains all the essential and non-essential amino acids and is a very easy-to-digest protein. It is a balanced whole food.

- **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**

# The 5 WOWS - "LIQUI GOLD"



LIQUID FOOD IN "VIALS" FOR IMMEDIATE ASSIMILATION

EVERGREEN – Liquid Chlorophyll - Purify, Alkalize, & Oxygenate- Healthy Blood, Gut, & most challenge (pdf)[Download](#)

ELECTROSPORT – Instant Electrolyte Replacement "Mineral Toddy" TRUCK carries nourishment into cells. (pdf)[Download](#)

SUNNYFRESH - Excellent For Throat, Coughs, and Respiratory System...Delicious! (pdf)[Download](#)

SUNRISE - Fuel for Overcoming Hurdles, “On the Go” Energy Booster. (pdf) (pdf)[Download](#)

VITAFRUIT - Exotic Fruits – Many Exotic Fruits – Skin & Internal Tissue Repair. (pdf) (pdf)[Download](#)

LIQUI 5 - Liquid Quinary + more Immune Food – see Quinary. Almost immediate nourishing. (pdf) (pdf)[Download](#)

## ***Evergreen—The Life Essence (Blood) of Plants...Purify and Alkalize Your Body!***



- **Evergreen** is a refreshing alkaline liquid made of concentrated chlorophyll, the same ingredient in plants that captures sunlight and converts it into energy.
- **Evergreen** is a highly assimilable chlorophyll source. The key word is assimilable! One vial of **Evergreen** contains as much usable and assimilable chlorophyll as an entire quart of other liquid chlorophyll.
- The highly concentrated chlorophyll in **Evergreen** addresses the body's circulatory system and fortifies the blood. It helps bring oxygen and then repair to the cells.
- The chlorophyll in Evergreen is very healing to the digestive system—it's like a super AloeVera. It improves the absorption of nutrients and neutralizes gas.
- Dr. Chen began researching **Evergreen**, understanding that the human body can only use chlorophyll in its natural, oil-soluble state. However, to remain stable and not spoil, all other liquid chlorophyll supplements are chemically altered into a water-soluble state during processing, and the body does not receive as much benefit from them. **Evergreen is unique in that it enters the body in the oil-soluble form.**
- **Evergreen** is the first chlorophyll product to utilize Dr. Chen's exclusive purity-sealed single-serve bottle design, thus naturally preserving this concentrated chlorophyll source. This technology allows the chlorophyll to remain in a natural oil-soluble state, which the body can use. One vial of **Evergreen** is more potent and digestible than a whole bottle of most water-based chlorophyll products available commercially.

### **Among many chlorophyll benefits:**

- Promotes better circulation and digestion, renews tissues, promotes healthful intestinal flora, cleansing and healing to the intestinal tract, improves liver function, helps cleanse radiation, inhibits bacteria and fungus (such as Candida), sweetens the breath, neutralizes body odors,
- **Evergreen** is an effective internal and external antiseptic, cell stimulator and rejuvenator, and red blood cell builder.
- It is valuable in lubricating the ileocecal valve and preventing constipation. This is so essential to life!
- **Enhances the immune system, helping to ward off infection**
- **Evergreen** is excellent for allergy sufferers.
- **Evergreen** is like a lubricant for the whole body to run smoothly; it moisturizes and even smoothies the skin.
- Great for athletes and for everyone to keep fit and healthy!

- A healthcare professional tested **Evergreen** and compared it to *Barley Green* by putting it on a scale of one to ten. *Barley Green* tested out as a three in terms of health benefits. **Evergreen** tested as a 13.
- Because Evergreen is so concentrated, it is much darker, and the liquid is thicker and richer than many other chlorophyll products.
- **“Evergreen” July 2006 TOTM** Dr. Steven Smith says: “Think for a minute of what is chlorophyll’s function. It is made through photosynthesis and is similar to the oxygen-carrying Hemoglobin molecule in our blood. Think of how animals graze on some fashion of chlorophyll-laden plants by which they stay extremely healthy. I have researched this chlorophyll phenomenon, which must have foundational beneficial effects. I inspire my clients to take it as well. Sunrider’s half an ounce of concentrated liquid **Evergreen** is, in my opinion, equal to a quart and a half to 2 quarts of fresh organic carrot juice. I mix a vial of Sunrider’s **Evergreen** in a cup of water and get the exact same feeling of health and energy that I derived from all the juicing I used to do.”
- **Morning Zinger:** An excellent morning drink upon rising to flush the kidneys and keep them functional is warm water, some organic lemon juice, and some **Evergreen**. This will break up crystals and stones while it cleans out uric acid. This morning’s “zinger” is perfect if you have a propensity toward kidney or bladder infections. 1 Vial + 8 lemons squeezed and drunk slowly within half an hour is great for dissolving stones.
- **Evergreen** begins to lose its nutritional effectiveness once the bottle is opened. Therefore, it is recommended that the **Evergreen** be consumed within 24 hours of opening the vial. Add one vial of **Evergreen** to one or two eight-ounce glasses/cups of Calli, Fortune Delight, or water. The ideal intake is two to three vials per day.

**Ingredients:** Copper Chlorophyllin (from Alfalfa), Peppermint Oil, Zinc Amino Chelate, Iron Amino Acid Chelate.

***Rich in minerals, it is an excellent substitute when it is difficult to include the 4-5 suggested greens in a daily diet.***

## ***ElectroSport—“Gatorade” (Electrolyte) Replacement...“Mineral Toddy***



- ***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; nutrients bind with electrolytes to be carried into and utilized within the cells. Therefore, **effective electrolytes are the TRUCK needed to transport nutrition into the cells.**
- This makes all your other SR foods more effective if you can add some **ElectroSport** to your beverages.
- The minerals (electrolytes) in *ElectroSport* **nourish and help restore our electrical system**
- This mixture is very healing when the body is under stress of any kind. When the body perspires because of physical activity, when in high temperatures, when under stress, and in high altitudes, it upsets the water balance inside and outside the cell walls. ***ElectroSport*** acts quickly to restore the electrolyte balance. So the body can function unimpaired.
- It is an ionized solution containing no sugar, sweeteners, preservatives, or artificial ingredients

### **How to enjoy:**

Because of its high mineral taste, most people mix 1 vial of ***ElectroSport*** with 2 quarts of any liquid, preferably ***Fortune Delight*** or ***Calli***. ***Lemon Fortune Delight*** is an excellent super-charged electrolyte and mineral drink for hydration. Consume within 24 hrs.

### **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 of water and a few drops of ***SunnyDew*** and apply with a cotton ball.

**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***

## ***Sunny Fresh—Excellent for Throat, Coughs, and Respiratory System...So Delicious!***



**Respiratory System's Godsent!** Sunny Fresh is a delicious mint liquid extract designed to soothe and invigorate the **mouth, throat, and upper respiratory tract (promoting more unrestricted breathing).**

- **Fresh is great for singers and public speakers or those who just like to talk!**
- It is excellent for coughs. It contains 20% honey, compared to most loquat cough syrups, which contain 70% honey.
- It supports the respiratory system. It is incredibly delicious and effective in a cup of hot Calli. It can also be mixed with **SunBreeze** and applied topically to relieve chest congestion.
- This skin and throat food is very rich in antioxidants, so it is very regenerative throughout the entire body.
- In the five-element tradition, the Chinese taught that the elements are pairs; for example, the health of the lungs (metal element) is related to the health of the skin. Thus, **Sunny Fresh** helps enhance the skin's natural beauty.
- **Sunny Fresh** has also been effective in relieving food poisoning, as it has traditionally been used to aid digestion, soothe the stomach, and freshen the breath.
- **SunnyFresh** nourishes Qi, the breath of life! So **SunnyFresh** is very regenerative for everyone!

### **Key Ingredients:**

- **Fennel Seed:** Used today primarily as an aid to digestion.
- **Loquat:** eaten to halt vomiting and thirst. Excellent for throat health!!!
- **Asparagus Root:** Used to regulate hormones for men and women, affecting emotions, helping prevent gastric ulcers, dyspepsia, and diarrhea, nourishing the liver and the nervous system, cleansing excess water and toxins from the body, and immune-enhancing effects.
- **Snakegourd Fruit:** used to help clear the lung.
- **Codonopsis Root (Pilosula):** one of the most famous and widely used Chinese Tonic herbs. It's blood-building for those weakened due to illness. Many women use it to build blood, which is ideally suited for nursing mothers, babies, and children, it builds strong muscle in children, builds Qi, strengthens the immune system, nourishes blood, and strengthens digestion & respiration.
- **Chrysanthemum Flower:** Chrysanthemum is associated with the Lung and Liver meridians. Its three main functions are to pacify the liver, to release toxins, and dispel wind and clear heat.
- **Licorice Root, Almond Nut Extract, Menthol, Mint Herb Extract Oil, Peppermint Oil, Cinnamon Bark Oil, and Clove Flower Bud Oil.**

***I had lots of sore throats growing up; I keep this handy for the first signs of throat or voice issues...Lela***

## ***Sunrise—“The Energy Booster”***



- **Experience a Natural Energy Boost & overcome hurdles**
- **Sunrise** is for overcoming hurdles, whether 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 great 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.
- *As we age, adding 1-3 vials of Sunrise a day can make a big difference.* 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. Developing muscle tone and definition is a struggle, no matter how hard you work.
- If digestion is harmonious and adequately transports nutrients to the muscles, 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***

## ***VitaFruit—Concentrated Chinese Fruit Extracts...Repair Juice!***



- **VitaFruit** is the live “nectar” concentrated juice from many exotic herbs, many picked in the wilds of western China.
- **LIFE FORCE:** Dr. Chen, in his brilliance and technological expertise, extracts and concentrates this herbal fruit juice while retaining its “life force” and its rich content of vitamins, minerals, and amino acids.
- **VitaFruit** contains thousands of phytonutrients that have yet to be discovered. It is formulated without added enzymes, preservatives, artificial sweeteners, or chemical isolates from raw whole foods.
- **VitaFruit** is naturally rich in whole-food antioxidants, Vitamins A and E, a stable C, hundreds of bioflavonoids, B-complex, minerals, 2000-3000 carotenoids, amino acids, and *live fruit enzymes*.
- **NO PRESERVATIVES:** To keep the incredible amounts of **VitaFruit** micro-nutrients stable at full value, without the addition of isolates or preservatives, Dr. Chen preserves this very concentrated product in a honey base.
- **ANTI-AGING:** Unlike vitamin pills, which provide only known antioxidants, **VitaFruit** provides known and hundreds of unknown antioxidant nutrients in balanced amounts - Antioxidants, natural tissue protectors, are known to slow down the aging process, assist the body in healing, and stop the body from progressing to debilitating diseases.) Thus, **VitaFruit** is very anti-aging
- **TISSUE REPAIR:** **VitaFruit** is not a synthesized chemical product created and manufactured by man. Its most outstanding work is doing tissue repair to the damage done to the cells by free radicals.
- **IMMUNE FOOD:** **VitaFruit** increases the army of white blood cells in your bloodstream, making it a great immune system food.
- **FACE LIFT:** **VitaFruit** significantly benefits the skin and helps restore luster, radiance, and softness to prematurely aging skin for a more youthful and healthy appearance. **VitaFruit** is part of **Rebuild Cream** and **Supreme Emulsion!**

Legend has it that Genghis Khan discovered new fruits while conquering Asia. When he was in Mongolia, he fed his soldiers a combination of these rare fruits and noticed they had more energy, could march longer, and could cope with the heat and humidity. Dr. Chen reintroduced these fruits to the world and named the product **VitaFruit**.

**VitaFruit** is an excellent replacement for canned and frozen juices, bottled drinks, and sodas. You may also put **It** in any cold beverage or smoothie of your choice. It adds a tasty new flavor to fruit salads, smoothies, or as a fruit topping. Never heat. This destroys the live bioflavonoids, Vitamin C, and antioxidants. Since **VitaFruit** supplies so many nutrients for healing, we consider it part of our Sunrider Basics.

***“3 boxes for a month -- for a facelift...” Donna***

# ACTIVE LIFESTYLE



5Fortune Delight - Energy, Super Hydrating, Acid Flushing, Great Sports Instant Beverage (5 foods) (pdf)[Download](#)

Ci Wu - #1 Ancient Nourishment for Muscles, Joints, Ligaments, and Tendons (pdf)[Download](#)

ElectroSport - Electrolyte - "Mineral Toddy" Gatorade Replacement. Move nourishment to cells. (pdf)[Download](#)

Energy Plus - Natural Energy Boost, Endurance, and Stamina from whole food nourishment (pdf)[Download](#)

Metabooster - Turn Back the Clock of Time!! Anti-Aging with Energy (pdf)[Download](#)

SportCaps - Muscular System Food – Tone, Strength, Endurance and Repair (pdf)[Download](#)

Sunbreeze - First Aid in a Bottle, Instant Pain Relief, One Essential Oil does it all , Open up the (pdf)[Download](#)

Sunrise - “The Energy Booster” in a liquid vial - Overcome Hurdles! (pdf)[Download](#)

Veros - Stronger Bones, Circulation, Bring Back the “Spring” and Stamina especially to men (pdf)

## 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, Imperata 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.<sup>1</sup>
  - 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***

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<sup>1</sup> 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.<sup>1</sup>

#### **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***

<sup>1</sup> 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 6<sup>th</sup> 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.<sup>1</sup>
  - 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***

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<sup>1</sup> The Men’s Formula by Dr. Stephen Smith

# NERVOUS SYSTEM



Optimal health requires mental agility and strength, too. Our foods help you stay sharp, so you can live every day to the fullest.

TOP, JOI, ESE – The Nervous System Foods - JET Set! (pdf)[Download](#)

METABOOSTER - Anti Aging - Stronger Nervous System (pdf)[Download](#)

NUPLUS – Nerve, Brain, Muscle – next cell stronger,  
internal energy (pdf)[Download](#)

VITASPRAY – One puff – 200% of needed B12 and Stable  
C (pdf)[Download](#)

WHITE WILLOW BARK – Natural Pain Relief, For  
Excruciating Pain...Nature's aspirin (pdf)[Download](#)

## ***The 3 Nervous System Foods: TOP JOI ESE – The JET Set***

***“TOP in the Morning, JOI at noon, and ESE at bedtime!” Dr. Oi-Lin Chen***



**TOP** nourishes all the functions in the head. TOP is food for the brain!

- Increased mental clarity for studying & memory with increased focus and concentration.
- Increases creativity.
- It helps maintain emotional & mental balance & brain chemistry.
- Increases production of endorphins.
- Increases confidence and positive attitude.
- Promotes calmness.
- Helps clear sinus congestion.
- Relief of pain, including migraine and other headaches.
- Soothing To the Head- everything from shoulders up.
- Complements JOI and ESE.

**Ingredients:** Mint Herb, Honeysuckle Flower, Chinese Lovage, Yeuan Wu Root, Angelica Root, Golden Bell Fruit, Ji Tsau Herb, White Willow Bark.

***For mental clarity, memory, and all brain functions, “think” TOP.***



**JOI** is the Brain-Nerve-Muscle connection food:

- Strengthens the nerve connection of the musculoskeletal system with the ligaments, joints, discs, and entire structure.
- Relief of pain and discomfort in muscles, bones, and joints
- It may also give relief from degenerative conditions in the spinal column.
- It is like a “natural muscle relaxant,” soothing soreness and tension in the entire frame, from the neck down.
- For those painful joint conditions – **Joi, Calli, & NuPlus**
- For serious repair from degeneration and injuries. **TOP, ESE, SportCaps, and Sunrise**

**Ingredients:** Honeysuckle Flower, Yeuan Wu Root, Chinese Lovage, Angelica Root, Golden Bell Fruit.

***Certainly, one of life’s “joys” is to live without the stress of body pain.***

**ESE** is our body's central nervous system's food



- Help with challenging emotional struggles: This can be used for hyperactive children or nervous adults.
- It can be most helpful to those with nervous systems out of balance.
- More apparent concentration: A calm and FOCUSED mind.
- Natural sleep **helps** clear out the busy thoughts of the day to experience a restful sleep.
- Stressful lifestyle: Increased capacity to handle stress & relax
- Relief of addictive cravings: Drug, alcohol & smoking withdrawal is minimized.
- **ESE** is effective: 1-2 capsules at a time is sufficient.
- Complements **TOP** and **JOI**.

**Ingredients:** Gou Teng, Ji Tsau Root Herb, Japanese Sophora Flower, Yeuan Wu Root, Mandarin Orange Peel, Pinellia Root.

***ESE is a food to calm and allow you to be more “at ease” and “ease on down the road”!***

**“These 3 nervous system foods have become part of a beautiful daily maintenance lifestyle, of keeping our nervous system strong and balanced”**

***Again, “TOP in the Morning, JOI at noon, and ESE at bedtime!” Dr. Oi-Lin Chen***

## ***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 6<sup>th</sup> 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*

# 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**"

<b>NuPlus Ingredients</b>	<b>Traditional Uses</b>
<i>Coix Fruit</i>	(Main ingredient in <b>NuPlus</b> ) 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 <b>NuPlus</b> ) 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.

## ***VitaSpray—A Revolutionary Vitamin And Mineral Spray... Revitalize with VitaSpray!***



- One “spritz” of **VitaSpray** delivers 200% of the recommended daily Vitamin B<sub>12</sub>, the essential B-complex vitamins, a *stable* Vitamin C, antioxidants, and necessary minerals. One **VitaSpray** bottle is equal to 80 injections of B<sub>12</sub>.
  - Is it a delicious breath freshener or a multi-vitamin spray? It’s both! One spray in your mouth, and you will have a pleasant, tasty surprise. It is very refreshing!
  - **VitaSpray** absorbs quickly and efficiently through the mucous membranes in the mouth, avoiding nutrient loss from acids in the digestive tract.
  - **VitaSpray** boosts energy, the immune system, and mental clarity
  - It is excellent for stress and environmental sensitivities.
  - Instant relief has been seen from headaches, nausea, and muscle pain.
  - **VitaSpray** also promotes oral health.
- 
- **VitaSpray** is a 100% all-natural formula with no artificial ingredients, colors, or flavors. It is also calorie—and sugar-free. Highly concentrated, **VitaSpray** is an effective, easy, and refreshing way to receive daily vitamin and mineral Requirements. Since there are no capsules to swallow, kids love **VitaSpray**, too!
  - Spray as desired under the tongue for 100% assimilation. You can use **VitaSpray** as many times during the day as you like without harmful build-up. It refreshes your mouth, giving our bodies a quick nutritional boost with almost instant assimilation.
  - This fantastic product comes in a tiny 0.42-ounce spray bottle, which is convenient to carry with you at all times. It will easily fit into your purse or pocket. Like **Sunbreeze**, you won’t want to leave home without it! It’s a lovely energy “pick-up” (and breath freshener!).
  - Take a spray after your meal to ensure the efficient processing of your carbohydrates. Without B vitamins, our bodies cannot extract the nutrients from our foods.
  - Especially important for vegetarians! B12 is essential for a healthy body and mind.

***“Nice way to get a B-12 shot,” Mandy***

## ***White Willow Bark— Natural Pain Relief...For Excruciating Pain...***



- **White Willow Bark**, according to pharmacological research, reduces fever and relieves pain.
- **White Willow Bark** is the source of Salicin, aspirin's basic chemical. Salicin naturally helps the body deal with aches and discomforts.
- This is a medicinal herb but without the side effects.
- It helps relieve discomfort while you are waiting for regeneration to take place. (Included in **TOP** and **JOI**.)
- A team of German researchers conducted a four-week clinical trial designed to compare the effectiveness and safety of Willow Bark extract for alleviating flare-ups of low back pain. (Chrubasik et al., 2000). According to the researchers, the results of this trial support earlier reports that Willow Bark extract “standardized to yield 240 mg. of salicin” is an effective pain reliever. (Schaffner, 1997, Schmid, 1998).

***“I’m so grateful for a natural pain reliever,”*** Marsha

# WEIGHT MANAGEMENT - DIGESTION



Weight will come off naturally as the body comes into balance! Always include the “Basics” to restore the balance in the body. Use any of the following as ADDITIONAL help to restore and maintain that balance and healthy weight for life. The body will not release unwanted at if it is unhealthy.

## Basics First

***A Body out of Balance won't let go of unwanted fat. Increase the Basics!***

NuPlus - Internal Energy! Weight management is the body's 4th priority – needs enough internal ene (pdf)[Download](#)

Sunfit Protein Plus - Nuplus plus more assimilable protein for more fat-burning muscle. (pdf)[Download](#)

Quinary - 5 System Balancing - stronger systems more weight loss (pdf)[Download](#)

Calli - Pulls out toxins fat stored in cells, natural weight loss (pdf)[Download](#)

Fortune Delight - Emulsifies fat, (pdf)[Download](#)

## **Additional**

Action Caps - Burn the Fat in the muscle cells (pdf)[Download](#)

Dandelion Root - Liver Detox - Healthy liver critical for weight loss (pdf)[Download](#)

Evergreen - Healthy gut, healthy weight loss (pdf)[Download](#)

Fibertone - Fiber in Convenient Capsule Form ...Reduces Intestinal Toxicity - Move out fat & toxins (pdf)[Download](#)

Metabooster - Metabolism Booster & soooo much more – lots of Resveratrol (pdf)[Download](#)

MetaShaper - Work on the inner balance. Return to your beautiful self, such a great food! (pdf)[Download](#)

Slim Caps - Elimination! Fat and Waste Cleansing! (pdf)[Download](#)

SunTrim - Natural Appetite Suppressant (pdf)[Download](#)

VitaDophilus - Probiotic - Apple Pectin protected so Good Live Bacteria Gets to the gut – Delicious! (pdf)[Download](#)

VitaTaste - Craving control - All-Natural sugar/simple carbs absorption is blocked! Taste buds c (pdf)[Download](#)

## NOURISH: **NUPLUS**

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

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- **NuPlus is the perfect food for NOURISHING at the cellular level with Internal Energy so that the next cell can be stronger.**
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  - 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 it before meals to help lose weight!

- It helps eliminate cravings and addictions, nourishes and satisfies.
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**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.

# 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**

## ***Sunfit Protein Plus—Assimilable Protein, Metabolism speeds up! Nutrition for the Day***



- 20 grams of protein per serving. Boost your protein intake with the best digestible proteins in an all-natural formula. 20 grams of protein per serving (2 scoops)
- Increase Metabolism: The faster your metabolism, the more quickly your body processes food and burns calories.
- Easy to digest protein (no isolated proteins)
- Supplies ALL 9 of the essential amino acids needed for a complete protein.
- All-vegan formula: 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 those wonderful extra vitamins and minerals bonded to whole food
- No added sugar, dairy, artificial sweeteners, or chemical additives

### **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:**

- 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 milk, yogurt, etc.
- The 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
- 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. To burn fat in the muscle, we want to build muscle, not lose muscle, as happens in a typical diet program.

**Love a daily scoop in our fruit smoothie...like a desert!" *Brian***

## ***Action Caps— Energy...For Digestion and Fat Transformation...Breaks Down The Fat!***



- Processes Proteins and Fats: An ephedra-free, high-performance formula of herbal concentrates that supports the body's ability to digest and process dietary fats (metabolism).
- Increases Metabolism: The faster your metabolism, the more efficiently your body processes food and burns calories.
- Moves Out Stored Fat: Action Caps also assist the body in mobilizing existing stored fat in the cells, allowing it to be burned in the muscles and utilized for energy.
- Helps Alleviate Hunger and Fatigue: Drinking Fortune Delight when taking Action Caps is very important.

### **Enjoy the Benefits:**

Action Caps are the fat movers, while Fortune Delight is the fat flusher. Action Caps initiate the cleansing of fat from the body and promote elimination. Maintain your weight with Action Caps! They are perfect to consume before exercising or energize you throughout the day! Take Action Caps after meals high in fat or if you experience indigestion. They're also great for enhancing mental alertness and providing calm energy.

To avoid overwhelming your elimination system with fat and toxins, start slowly. Eat 1 to 6 capsules 15 minutes before each meal or consume a few as part of your morning pick-me-up.

Ingredients: Camellia Leaf, Tora Seed, Akebia Stem, Alisma Root Extract, Chinese Lovage, Bai Zhu Root, Siler, Magnolia Flower.

***"No longer afraid I'm not digesting fats and proteins..." - Sonya***

## ***Dandelion Root— Gentle, Mild, Natural Antibiotic...***



- **Dandelion Root** is one of the most effective detoxifying herbs.
  - **Dandelion Root** is a phenomenal food for the liver. The liver has some 70 functions, and when nourishing, it can clean itself up.
  - **Dandelion Root** helps resolve a sluggish liver, which is clogged with fats and toxins. This causes hot flashes, sweating, fever, constipation, chronic thirst, dry lips and mouth, rapid pulse and irritability, and arthritic conditions. These are all indicators of a fatty or sluggish liver that needs healing and cleansing.
  - **Dandelion Root** strengthens the liver to balance out estrogen and progesterone before menopause and helps with healthy estrogen after menopause.
  - **Dandelion Root** helps to resolve all skin challenges caused by a fatty or sluggish liver, such as acne, eczema, and psoriasis, as well as arthritic conditions, which are all indicators of a liver that is fatty or sluggish and need healing and cleansing.
- **Dandelion Root** moves inflammation in the body to the digestive system where it is converted to hydrochloric acid for healthy digestion.
  - **Dandelion Root** is rich in flavonoids, iron, potassium, and calcium. It is excellent for treating anemia, iron deficiencies, and skin problems.
  - Unlike other companies, Sunrider uses the root, not just the leaves, which are dried and put into capsules or tea. Dr. Chen extracts 4-7 pounds of Dandelion root to make ½ lb. of Dandelion concentrate! **SR Dandelion Root** is 3 to 4 times more concentrated than other brands.
  - **Dandelion Root** Recipe for Spring Cleaning or Housecleaning anytime: 10 caps/day for 10 days, drinking Fortune Delight with it, or Open 2-3 capsules **Sunrider Dandelion Root** mix in 8 oz. warm or hot water or Fortune Delight & drink 3-4 cups per day.
  - For the ultimate in liver cleaning, **Dandelion Root** + **Slim Caps**, plus **Goldenseal** + **Fortune Delight**.

***This is a fantastic herb that affects just about every function in the body.***

## ***Evergreen—The Life Essence (Blood) of Plants...Purify and Alkalize Your Body!***



- **Evergreen** is a refreshing alkaline liquid made of concentrated chlorophyll, the same ingredient in plants that captures sunlight and converts it into energy.
- **Evergreen** is a highly assimilable chlorophyll source. The key word is assimilable! One vial of **Evergreen** contains as much usable and assimilable chlorophyll as an entire quart of other liquid chlorophyll.
- The highly concentrated chlorophyll in **Evergreen** addresses the body's circulatory system and fortifies the blood. It helps bring oxygen and then repair to the cells.
- The chlorophyll in Evergreen is very healing to the digestive system—it's like a super AloeVera. It improves the absorption of nutrients and neutralizes gas.
- Dr. Chen began researching **Evergreen**, understanding that the human body can only use chlorophyll in its natural, oil-soluble state. However, to remain stable and not spoil, all other liquid chlorophyll supplements are chemically altered into a water-soluble state during processing, and the body does not receive as much benefit from them. **Evergreen is unique in that it enters the body in the oil-soluble form.**
- **Evergreen** is the first chlorophyll product to utilize Dr. Chen's exclusive purity-sealed single-serve bottle design, thus naturally preserving this concentrated chlorophyll source. This technology allows the chlorophyll to remain in a natural oil-soluble state, which the body can use. One vial of **Evergreen** is more potent and digestible than a whole bottle of most water-based chlorophyll products available commercially.

### **Among many chlorophyll benefits:**

- Promotes better circulation and digestion, renews tissues, promotes healthful intestinal flora, cleansing and healing to the intestinal tract, improves liver function, helps cleanse radiation, inhibits bacteria and fungus (such as Candida), sweetens the breath, neutralizes body odors,
- **Evergreen** is an effective internal and external antiseptic, cell stimulator and rejuvenator, and red blood cell builder.
- It is valuable in lubricating the ileocecal valve and preventing constipation. This is so essential to life!
- **Enhances the immune system, helping to ward off infection**
- **Evergreen** is excellent for allergy sufferers.
- **Evergreen** is like a lubricant for the whole body to run smoothly; it moisturizes and even smoothies the skin.
- Great for athletes and for everyone to keep fit and healthy!

- A healthcare professional tested **Evergreen** and compared it to *Barley Green* by putting it on a scale of one to ten. *Barley Green* tested out as a three in terms of health benefits. **Evergreen** tested as a 13.
- Because Evergreen is so concentrated, it is much darker, and the liquid is thicker and richer than many other chlorophyll products.
- **“Evergreen” July 2006 TOTM** Dr. Steven Smith says: “Think for a minute of what is chlorophyll’s function. It is made through photosynthesis and is similar to the oxygen-carrying Hemoglobin molecule in our blood. Think of how animals graze on some fashion of chlorophyll-laden plants by which they stay extremely healthy. I have researched this chlorophyll phenomenon, which must have foundational beneficial effects. I inspire my clients to take it as well. Sunrider’s half an ounce of concentrated liquid **Evergreen** is, in my opinion, equal to a quart and a half to 2 quarts of fresh organic carrot juice. I mix a vial of Sunrider’s **Evergreen** in a cup of water and get the exact same feeling of health and energy that I derived from all the juicing I used to do.”
- **Morning Zinger:** An excellent morning drink upon rising to flush the kidneys and keep them functional is warm water, some organic lemon juice, and some **Evergreen**. This will break up crystals and stones while it cleans out uric acid. This morning’s “zinger” is perfect if you have a propensity toward kidney or bladder infections. 1 Vial + 8 lemons squeezed and drunk slowly within half an hour is great for dissolving stones.
- **Evergreen** begins to lose its nutritional effectiveness once the bottle is opened. Therefore, it is recommended that the **Evergreen** be consumed within 24 hours of opening the vial. Add one vial of **Evergreen** to one or two eight-ounce glasses/cups of Calli, Fortune Delight, or water. The ideal intake is two to three vials per day.

**Ingredients:** Copper Chlorophyllin (from Alfalfa), Peppermint Oil, Zinc Amino Chelate, Iron Amino Acid Chelate.

***Rich in minerals, it is an excellent substitute when it is difficult to include the 4-5 suggested greens in a daily diet.***

## ***Fibertone—Fiber in Convenient Capsule Form... Reduces Intestinal Toxicity...***



- ***Fibertone*** is a unique soluble and insoluble fiber concentration that helps maintain efficient digestion.
- ***Fibertone primarily aims*** to tone and clean the intestinal walls and action. Improves bowel functioning. Pulls out acid waste. It helps stabilize blood sugar. Excellent with ***Action Caps***, ***SunBar***, and ***Fortune Delight!***
- ***It is important to begin the regimen slowly. To break The weight loss plateau, it is suggested that you*** take 1-3 capsules with every meal or 5 capsules (on a full stomach) three times daily.

### **Possible Benefits:**

- Better absorption of nutrients
- Quicker and more pronounced benefits from other regenerating herbal food formulas
- More regular elimination
- Relief from digestive discomfort
- Decreased desire for salty and fatty foods
- More rapid weight loss

**Ingredients:** Oat Bran, Tora Seed, Psyllium Seed, Sesame Seed, Shun Seng Root.

***“I don’t spend so long in the restroom....trying!” Marla***

## ***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's 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 more nutritious – their DNA is being repaired. The cells have 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.
- Normalized nitric oxide levels in the cells reactivate dysfunctional cells and regulate 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 helps improve memory.
- Chelates chemo and radiation effects. Shorten healing time from wounds.
- Amplifies **Quinary** and other Sunrider formulas – called the 6<sup>th</sup> 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, 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 - Major antioxidant plus it recharges other antioxidants, for example, glutathione, and Vitamin C in that it enables the cells to utilize more oxygen.
- Exciting ingredient repairs mitochondria damage (energy producers in the cells and a major contributor to aging), heals mutations. Recent study of rats concludes that carnitine and lipoic acid will lead to an improvement in the quality of living during the later stages of life by preventing free radical induced damage to proteins.

### **L-Lysine:**

- 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 - 3rd highest amino acid in muscles, needed for body to produce antibodies and enzymes.
- Improves 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** two or three times a day. Start Slow, such as 2 capsules a day - fractions from food don't need a lot, but need a long time for results to appear. 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! Mar***



- **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 transforms 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.
- It 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 that is 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., the dizziness and having to hang on for balance disappeared.

## ***Slim Caps—Slim with Slim Caps! Ephedra and Guarana-Free, Fat and Waste Cleansing!***



- **Slim Caps** are excellent for colon/liver cleansing and/or a weight loss program.
  - Finally, an herbal capsule that truly works to help the body “squeeze out the fat” is also very healthful for the entire body. It is a “liver cleanser” that helps clean the whole intestinal tract and colon.
  - Health experts have said keeping a clean liver is essential for cancer prevention. We also know that keeping a clean intestinal tract and colon helps prevent many degenerative conditions caused by a “toxic gut.” The average person carries up to 15 pounds of old impacted waste on the bowel wall.
  - The Slim Caps formula has a **slight** “push,” noticeable when several capsules are eaten simultaneously.
- Many have experienced losing inches quickly “around the middle” in days from cleaning the upper gastrointestinal tract and colon.
  - Individuals have reported lower cholesterol and triglyceride Levels. The good news is that while people are experiencing fat loss, they also feel better and more balanced.
  - The healthful benefits continue with nourishment and cleansing for the whole body. For example, toning the stomach reduces the viscosity of bile (helps to “grab” fats and eliminate them easier), helps remove fats from valves in the body, is good for blood sugar, and is anti-parasitic.
  - Cleansing and fat-loss foods should not be eaten during pregnancy.
  - Start with 1 cap in the morning and 1 cap in the afternoon. Increase as desired for smooth movements. One to two **SunBars** a day enhance the total colon cleansing program.
  - When eating **SlimCaps**, one should take a week or two breaks now and then.

### **Ingredients:**

- **Capillary Artemisia Stem:** Digestive tonic, expels worms, antibiotic, bile stimulant, antiseptic, stimulates the liver and digestive system.
- **Gardenia Flower** (a specialty flower from Taiwan that contains crocetin, which enhances the performance of the human detoxification gene): Cooling, helps blood pressure, sedative, and antibacterial.
- **Chinese Rhubarb Root:** Used for constipation and diarrhea. Aid to digestion. Tonic to the small intestines and stomach. Promotes blood circulation. Helps disorders of the colon, spleen, and liver. Eliminates worms. Supports healing of duodenal ulcers. Enhances gallbladder function.
- **White Peony Root:** Anti-spasmodic, purifies the blood. Liver tonic. Used for treating all diseases stemming from an imbalanced liver function. Nourishing to the blood. Used to treat anemia.

- **Rehmannia Root:** A vital herb encountered frequently in Chinese herb formulas. It is used to purify and nourish the blood, strengthen the kidneys, and heal the bones and tendons. Eliminates excess acids from the body. It helps treat anemia, heart weakness, and fatigue.
- **Chinese Goldenseal Root:** Traditional healing herb. Anti-inflammatory. Aids indigestion and constipation. Used for gastritis, colitis, duodenal ulcers, and eczema. Dries and cleanses the mucus membranes, Healing the liver; Digestive and bile stimulant, reduces phlegm, healing gastric mucous membranes.
- **Baikal Skullcap Root:** This is an essential calming herb for the nerves. The cooling herb sedates by removing the congestion of heat toxins from the heart, lungs, and liver. Diuretic, laxative, and astringent. Clears heat from the respiratory and digestive systems. Promotes bile flow. Relieves pain, stress, muscle cramps, and spasms. It improves circulation and strengthens the heart muscle.
- **Aloe Vera Leaf:** Vitalizing tonic. Promotes general healing. Traditionally used to treat constipation and internal worms. Benefits the liver and skin. It is known to aid in the healing of stomach disorders, ulcers, constipation, hemorrhoids, colitis, and all colon problems.
- **Saigon Cinnamon Bark:** Stimulating, Addresses the liver, kidneys, bladder, and spleen, and Helps lower high blood pressure. Warms the organs to treat chronic diarrhea, cramps, and heart and abdominal pains. Stops indigestion and gas. Kills bacteria.
- **Mushroom Powder:** Diuretic. Purifies body fluids. Strengthens the spleen. Warming tonic for the kidneys and spleen. Strengthens digestion.
- **Tree Peony Root:** Cools the blood, moves stagnating blood, and relieves pain. Antibacterial, antispasmodic, anti-inflammatory, tranquilizing, helps lower blood pressure.
- **And Chinese Thoroughwax Fruit and Phellodendron bark.**

***“A deeper cleaning than I’ve ever experienced,” Joan***

## ***Sunfit Protein Plus—Assimilable Protein, Metabolism speeds up! Nutrition for the Day***



- 20 grams of protein per serving. Boost your protein intake with the best digestible proteins in an all-natural formula. 20 grams of protein per serving (2 scoops)
- Increase Metabolism: The faster your metabolism, the more quickly your body processes food and burns calories.
- Easy to digest protein (no isolated proteins)
- Supplies ALL 9 of the essential amino acids needed for a complete protein.
- All-vegan formula: 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 those wonderful extra vitamins and minerals bonded to whole food
- No added sugar, dairy, artificial sweeteners, or chemical additives

### **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:**

- 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 milk, yogurt, etc.
- The 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
- 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. To burn fat in the muscle, we want to build muscle, not lose muscle, as happens in a typical diet program.

**Love a daily scoop in our fruit smoothie...like a desert!" *Brian***

## ***SunTrim Plus++ —Accelerates Fat Loss...Natural Appetite Suppressant...***

**SunTrim** is a special herbal formula to help you curb overeating and snacking to help you attain and keep the shape you want



- **SunTrim** works in the stomach, releasing herbs that signal to the digestive system that you are full. You still want to eat, but not as much.
  - These same herbs are excellent for blood sugar irregularities.
  - **SunTrim's** primary ingredient is Garcinia Indica, an Asian fruit containing HCA (Hydroxycitric Acid). This acid helps suppress appetite and inhibits the production of fat and cholesterol.
  - When eating Garcinia, excess carbohydrates are converted into glycogen, which the body can use for energy and burning fat.
  - The nutrition found within **SunTrim** includes, besides Garcinia, orange peel and herbs found in **Fortune Delight**.
- No harmful stimulants or dangerous drugs are used, only **Sunrider's** safe and regenerative food-grade herbs.
  - For weight management, add **SunTrim** to the **Sunrider** basics of **NuPlus**, **Fortune Delight**, **Calli**, and **Quinary**, for even more success: **Action Caps**, **SunFit**, and **Vitalite SunBars**. The body has many reasons for not letting go of fat. Be sure you build your health vs. just trying to lose weight; otherwise, it will all return with even more fat. Experiment and find what YOUR body needs to lose weight and KEEP IT OFF.

**Ingredients:** Garcinia Indica Flake, Orange Peel, Camellia Extract, Chrysanthemum Flower Extract, Jasmine Extract, Lalang Grass Root Extract

## ***VitaDophilus—Good, “Friendly,” Live Bacteria... Probiotic***



- Sunrider's VitaDophilus Probiotic is uniquely encased in a tasty, protective apple coating. This coating ensures that the good bacteria reach the small intestine and are not broken down and destroyed by strong stomach acids.
  - Most other company's probiotics provide billions of bacteria because they hope some will reach the small intestine. **Sunrider's** superior lactobacillus acidophilus powder supplies the body with a minimum of 20 million live culture bacteria to help break down food and bring bacterial balance to the lower intestinal tract.
  - These friendly bacteria help the body maintain proper digestion and break down food so the body can efficiently absorb the nutrients in the digestive tract. They can also help decrease non-beneficial microorganisms, some of which can lead to fermentation, thereby causing bloating and gas.
- 
- When the last part of the small intestine, the ileum, has enough friendly bacteria, the body produces its needed B vitamins.
  - Medical scientific data shows a high rate of cancer when the intestinal tract is lacking healthful bacteria.
  - Do not heat, as this would destroy the live cultures.
  - It's delicious, added to cold beverages or smoothies, or, for best results, eat right out of the package on an empty stomach.
  - **VitaDophilus** is eaten 30 minutes before meals, which promotes healthy digestion.
  - For maximum benefit in the intestinal tract and to promote good elimination, eat one package every hour for two days or until regular elimination is resumed. One package upon arising and one at bedtime are suggested for excellent maintenance.
  - Those with Candida yeast overgrowth and resultant conditions may eat ten packages a day for ten days and then one or two for several weeks or months as needed. The product can also be added to smoothies or cold beverages. It tastes like apple candy—it is delicious! Never heat it!

**Ingredients:** Apple Powder, Apple Flake, Acidophilus Bacteria.

***“It all starts in the gut...  
our bodies sometimes need help with these good guys,” Laura***

## ***VitaTaste—The “Vital Taste” To Overcome Cravings...Blocks Sugar Absorption***



- **VitaTaste** promotes life-giving tastes and helps change eating habits.
- It helps balance blood sugar and assists the body in properly assimilation of sugar. **VitaTaste also** helps block sugar intake.
- **Nourishes the pancreas and adrenal glands.** **VitaTaste** is designed to keep sugar from going too high in your bloodstream and prevent irritating the pancreas.
- **Overcome the cravings** for sugar, drugs, alcohol, smoking, overeating, unhealthful food, etc. This unique food herb concentrate is formulated with special ingredients that inhibit the taste of sugar, assisting you to focus on nutrition rather than taste.
- **VitaTaste** is very nutritious, and many of the same food herbs are found in **NuPlus**.
- **VitaTaste** will assist in recovery from issues creating Candida overgrowth.
- Eating **VitaTaste** before meals will help the body withdraw from sugar and fats, changing the taste of the food and the body's response.
- Eat **VitaTaste** capsules as needed to stop cravings. In case of severe addictions, eat lots often!
- Dr. Chen says that if you eat two VitaTaste three times daily for two months (or much, much sooner), your sugar cravings will be significantly diminished or even gone! 1 in the morning, 2 at noon, and 2 at evening meal.

**Ingredients:** Lycii Fruit, Ho-Shou Wu, Coix Fruit, Lotus Seed, Lotus Root, Waterlily Bulb, Imperate Root, Fox Nut.

***“No more cravings for the bad guys...” Amy***

# 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**"

<b>NuPlus Ingredients</b>	<b>Traditional Uses</b>
<i>Coix Fruit</i>	(Main ingredient in <b>NuPlus</b> ) 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 <b>NuPlus</b> ) 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.
- 
- 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.
- 
- ***Dong Quai*** contains Vitamins A, E, and B<sub>12</sub>, 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.<sup>1</sup>
  - 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***

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<sup>1</sup> The Men’s Formula by Dr. Stephen Smith

# IMMUNE BUILDING



**Always Basics First – Increase as needed!**

In this world where we don't know what we are being exposed to, keeping a strong immune system is critical....prevention is key!

## Basics First

***Always Basics First – Increase as needed!***

Alpha 20C - Restore working balance to the Immune System. (1/5th of Quinary) 8 foods (pdf)[Download](#)

Conco - Restore working balance to the Respiratory and Lymphatic Systems. (1/5th of Quinary) 10 food (pdf)[Download](#)

NuPlus - “Angel Food” Internal Energy for next cell to be stronger - New Cell Regeneration (pdf)[Download](#)

Calli - Delicious Gourmet Daily Detox Beverage - drink all day long! 1 tea bag to 4-8 cups. (pdf)[Download](#)

Fortune Delight - Clean the gut – where disease begins, instant beverage - add to Calli or alone (pdf)[Download](#)

## Prevention is Key!

Citric C Tab - Whole Food Vt. C Tabs – Delicious & Chewable (pdf)[Download](#)

Dandelion Root - Liver Detox - 10/day for 10 days (pdf)[Download](#)

Goldenseal Root - Natural Antibiotic – Viral & Bacterial, won't interfere with meds (pdf)[Download](#)

Herb Cal Tab - Achy Joints-Hurting Anywhere, 3 Types of Calcium - Won't settle in joints (pdf)[Download](#)

Metabooster - DNA Repair, Regenerates Mitochondria, Anti-Aging (pdf)[Download](#)

Spirulina - Incredible Balanced Whole Food, –Excellent Protein Source - Helps Chelation (pdf)[Download](#)

Sunbreeze - Instant relief! Miracle in a Bottle – This Essential Oil does it all! (pdf)[Download](#)

Sunrise - Overcoming Life's Hurdles - Liquid Vial (pdf)[Download](#)

VitaFruit - Amazing Tissue Repair & Immune Building - Liquid Vial (pdf)[Download](#)

Vitamin D3 - Sunshine in a bottle, capsules (pdf)[Download](#)

VitaDophilus - Gut & Immune Health – Probiotics - Guardians of the Gut! (pdf)

## ***Alpha 20C—Food for the Immune (Defense) System...Part of the Quinary Food Combo***



- **Alpha 20C** is eight system-specific concentrated whole food herbs for building a strong and healthy immune system ... whether overactive or underactive, it is designed to restore 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 also great as a bedtime beverage—sleep like a baby.  
Available in capsules and in 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 a 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!”***

## **Conco—Food for the Respiratory & Lymphatic System...Part of the Quinary Food Combo**



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

**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)
- ease 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’s **Goldenseal**, and Sunrider’s **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

***"Conco, the ancient shield against modern-day respiratory and lymphatic challenges. Embrace wellness and breathe freely every day."***

## 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. Excellent 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**”

<b>NuPlus Ingredients</b>	<b>Traditional Uses</b>
<i>Coix Fruit</i>	(Main ingredient in <b>NuPlus</b> ) 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 <b>NuPlus</b> ) 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.

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

What an excellent alternative to caffeine-filled drinks, such as colas, teas, and coffee, which steal your energy and dollars. Enjoy and be refreshed! Enjoy hot or cold. This is much more than a tea. It is a delicious gourmet beverage combined with daily detox.



- **Calli** is a delicious, whole-food beverage. Exotic herbs are concentrated in herbal nectar and sprayed onto Camellia carrier leaves (green tea leaves). We want the incredible benefits of green tea without the caffeine and tannic acids. The way **Calli** is prepared and with the addition of other herbs, so we don't experience the caffeine and tannic acid effects and yet experience the incredible 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-consuming procedure to make **Calli** further reduces the possibility of the adverse effects of caffeine and tannic acids. **Calli** is alkaline. (Note: Coffee and black are both "acidic." For every cup of Coffee, one must drink 2 cups of 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 potent 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 poisonous water. A clean body is an energized body.
- **Calli** nourishes the brain's frontal lobe, which is excellent for studying, decision-making, and enhancing memory.

### **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
- Fortune Delight is very thirst-quenching **and** is considered “wetter than water.” It 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 use it. However, dilute your Fortune Delight and drink it separately from **Calli** to lessen the cleansing effect, especially for parasites, Candida yeast overgrowth, or a weak elimination system.
- 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**

## ***Citric C Tab—A Delicious Chewable Vitamin C Tablet from Whole Food Sources...***



- Vitamin C is a very popular supplement used by adults and children alike. However, the quality of different Vitamin C tablets varies greatly. Unlike other Vitamin C tablets, **Sunrider's formulation, Citric C Tabs, contains citrus bioflavonoids, rose hips, and green tea extract**, each known for their antioxidant properties for Vitamin C, which makes it more likely to be absorbed and made available to our bodies.
- Bio-flavonoids perform antiviral, anti-carcinogenic, anti-inflammatory, anti-histamine, and antioxidant activities.
- There is a special class of bio-flavonoids called polyphenols. The most important of these polyphenols are the catechins, and these are found abundantly in the green tea leaf extract. These bio-flavonoids also increase Vitamin C absorption.
- Vitamin C helps boost immunity, assists in healing (especially the skin and connective tissues), and helps form red blood cells.
- According to Dr. Van Beveran, Sunrider's Vitamin C contains all nine parts of the Vitamin C complex, the most important of which is the enzyme in the center.
- **Citric C Tab's** delicious, sweet-tart citrus flavor makes it a real treat!
- Two or three tabs a day should be plenty! **Citric C Tabs** are the best choice for Vitamin C—chewable, assimilable, with a delicious orange taste!

***“This is our family's favorite dessert after a meal...We could eat them like candy-whole food Vitamin-C Candy” Marsha***

## ***Dandelion Root— Gentle, Mild, Natural Antibiotic...***



- **Dandelion Root** is one of the most effective detoxifying herbs.
  - **Dandelion Root** is a phenomenal food for the liver. The liver has some 70 functions, and when it is nourished, it can clean itself up to perform those functions well.
  - **Dandelion Root** helps resolve a sluggish liver clogged with fats and toxins. This condition causes hot flashes, sweating, fever, constipation, chronic thirst, dry lips and mouth, rapid pulse, and irritability, as well as arthritic conditions. These are all indicators of a fatty or sluggish liver that needs healing and cleansing.
  - **Dandelion Root** strengthens the liver to balance out estrogen and progesterone before menopause and helps with healthy estrogen after menopause.
- 
- **Dandelion Root** helps resolve skin challenges. Most skin challenges, such as rashes, acne, eczema, psoriasis, liver spots, and even skin cancer, result from challenges with the liver.
  - Arthritic conditions are indicators of a liver that is fatty or sluggish and needs healing and cleansing.
  - **Dandelion Root** moves inflammation in the body to the digestive system, which converts it to hydrochloric acid for healthy digestion.
  - **Dandelion Root** is rich in flavonoids, iron, potassium, and calcium, which are excellent for anemia and iron deficiencies.
  - Most companies just dry Dandelion leaves, put them into capsules, or use them for tea. Dr. Chen uses the root and extracts 4-7 pounds of Dandelion root to make ½ lb. of Dandelion concentrate, making **SR Dandelion Root** three to four times more concentrated than other brands.
  - **Dandelion Root** Recipe for Spring Cleaning or Housecleaning anytime: 10 caps/day for 10 days, drinking 3-4 cups of Fortune Delight with it, or open 2-3 capsules **Sunrider Dandelion Root** mixed in 8 oz. warm or hot water.
  - For the ultimate in liver cleaning, **Dandelion Root + Slim Caps + Goldenseal + Fortune Delight**.

***This amazing herb affects just about every function in the body.***

## ***Chinese Goldenseal Root—Safe, Natural, Effective Antibiotic...Anti-Inflammatory Properties***



- ***Sunrider's Chinese Goldenseal Root*** is our best weapon against bacterial and viral invasion.
- It helps those who wish to avoid antibiotics when infections are threatened.
- Safe for children and pregnant women.
- ***Sunrider*** uses only ***Chinese Goldenseal***, which does not have the side effects of the Canadian (American) variety. Only the root of the plant is used, which is the most potent part of the herb.
- Although ***Goldenseal*** acts like a medicinal herb, ***Sunrider's*** enhancement process makes it a balanced food. It is safe to take whenever the first signs of infection, abscesses, or fever appear.
- It is also 4x more potent than other brands and extremely powerful and effective.
- ***Chinese Goldenseal Root*** contains Berberin and Coptisin, which are effective in soothing the mucous membranes and respiratory tract.
- ***Chinese Goldenseal Root*** has anti-inflammatory properties.
- Serious Challenges: 10/day for 10 days.
- Consider our "***Sunrider Medicine Chest***": Goldenseal, Alpha 20-C, Conco, and Spirulina for total fortification. Two of each every hour until the challenge is stopped!

***"Love having a safe and effective alternative," Marla.***

## ***Herb Cal Tab—A Unique, Assimilable Combination of Calcium and Herbs...***

What makes **Sunrider's Herb Cal Tabs** unique to the marketplace? Achy joints? Hurting anywhere in the body? Herb Cal!



- **Herb Cal Tabs** include three forms of calcium: calcium carbonate, calcium citrate, and calcium gluconate. Each type of calcium has different absorption characteristics. This makes it possible for the body to assimilate and utilize the calcium for maximum benefit. For example,
- Calcium citrate requires less hydrochloric acid for absorption, which makes it a good choice for the elderly, who often have lower levels of hydrochloric acid in their stomachs.
- Calcium carbonate, from coral calcium, has a high amount of elemental calcium.
- Unlike other calcium tablets on the market, **Sunrider's Herb Cal Tab is formulated with concentrated calcium-rich dandelion and alfalfa.** Flaxseed oil and enzymes, such as papain (from papaya) and bromelain (from pineapple), aid in digestion.

### **Benefits**

- Free of calcium from oyster shell, which may contain lead, mercury, arsenic, and other heavy metals
- Easy-to-take chewable tablet
- **Each Herb Cal Tab** contains 250 mg of calcium (25% of the daily value), along with 40 IU of Vitamin D and magnesium, which aid calcium absorption.
- Great nourishment for 1) muscles, joints, and bone density. Sharon Farnsworth suggests **Herb Cal Tab** if one is hurting anywhere – 5-12 per day
- Highly Recommended: 4 Herb Cal tabs daily, delicious with Citric C for even better absorption.

**“Hurting anywhere in the body? Herb Cal helps to restore my balance!” Sonya**

## ***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's 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 more nutritious – their DNA is being repaired. The cells have 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.
- Normalized nitric oxide levels in the cells reactivate dysfunctional cells and regulate 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 helps improve memory.
- Chelates chemo and radiation effects. Shorten healing time from wounds.
- Amplifies **Quinary** and other Sunrider formulas – called the 6<sup>th</sup> 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, 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 - Major antioxidant plus it recharges other antioxidants, for example, glutathione, and Vitamin C in that it enables the cells to utilize more oxygen.
- Exciting ingredient repairs mitochondria damage (energy producers in the cells and a major contributor to aging), heals mutations. Recent study of rats concludes that carnitine and lipoic acid will lead to an improvement in the quality of living during the later stages of life by preventing free radical induced damage to proteins.

### **L-Lysine:**

- 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 - 3rd highest amino acid in muscles, needed for body to produce antibodies and enzymes.
- Improves 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** two or three times a day. Start Slow, such as 2 capsules a day - fractions from food don't need a lot, but need a long time for results to appear. 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! Mar***

## ***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.
- **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**.
- **HEAVY METALS:** **Spirulina helps** carry heavy metals out of the body (especially aluminum) once they have been chelated out of the cells, tissues, and blood, so that they do not settle elsewhere. Chelate with strong Calli, 1 bag/1 c. water, followed by weaker Calli throughout the day + 3-4 Spirulina.

### **Key Facts:**

- B12- the world's richest natural source of B<sub>12</sub> needed for healthy blood cells.
- Protein - 300 percent more protein than fish, meat, or poultry, without the cholesterol
- Assimilable Protein - 62 percent amino-acid (protein), the highest known source of vegetable protein, more protein than tofu, yet easy to digest
- Essential Amino Acids - perfectly balanced essential amino acids in almost the same proportions as the human body.
- Iron-rich - more energy-boosting iron than spinach.
- Endorphins - neuro-peptides—food for the brain and nervous system to produce endorphins.
- Cancer-fighting - 10 times more cancer risk-reducing carotenoids and beta carotene than carrots
- Calcium - 26 times more calcium than milk.
- Essential Fatty Acid - GLA (gamma-linolenic acid) essential fatty acid—feeds the immune system (studied in arthritis)
- Stem Cells in Bone Marrow - rich in Phycocyanin, which affects the stem cells found in bone marrow.
- Eye health - contains Zeaxanthin and Lutein, which support eye health.
- Virtually no calories.

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

# 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 - Natural Energy Booster – Overcoming Hurdles***



- **Sunrise** is for overcoming hurdles, whether 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 great for athletes or any exercise program and will help you go the “extra mile.”

- 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.
- We have seen benefits in auto-immune challenges. In Chinese medicine, chronic fatigue is deficient spleen Chi (Energy.) Feed the spleen **Sunrise** for energy!
- **Sunrise** is great for helping children grow strong.
- *As we age, add 1-3 vials of **Sunrise** daily.* It is very regenerative and promotes longevity!
- The Chinese believed that if the spleen and digestion are out of balance, the muscles lose tone and appear thin or even wasted. Developing muscle tone and definition will be a struggle, no matter how hard you work. If digestion is harmonious and adequately transports nutrients to the muscles, the muscles will respond well to exercise.
- Formulated from herb food extracts in the liquid form, it is digested quickly and rapidly absorbed into the body system.
- **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
  - Combine with *MetaBooster* for a clear mind and energy!
  - *Sunrise* enhances the benefits of the *SportCaps* when eaten together.
- **Key Ingredient of Lycii & its benefits: (Note Lycii Fruit is #1 Ingredient in NuPlus also)**
  - 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***

## ***VitaDophilus—Good, “Friendly,” Live Bacteria... Probiotic***



- Sunrider's VitaDophilus Probiotic is uniquely encased in a tasty, protective apple coating. This coating ensures that the good bacteria reach the small intestine and are not broken down and destroyed by strong stomach acids.
  - Most other company's probiotics provide billions of bacteria because they hope some will reach the small intestine. **Sunrider's** superior lactobacillus acidophilus powder supplies the body with a minimum of 20 million live culture bacteria to help break down food and bring bacterial balance to the lower intestinal tract.
  - These friendly bacteria help the body maintain proper digestion and break down food so the body can efficiently absorb the nutrients in the digestive tract. They can also help decrease non-beneficial microorganisms, some of which can lead to fermentation, thereby causing bloating and gas.
- 
- When the last part of the small intestine, the ileum, has enough friendly bacteria, the body produces its needed B vitamins.
  - Medical scientific data shows a high rate of cancer when the intestinal tract is lacking healthful bacteria.
  - Do not heat, as this would destroy the live cultures.
  - It's delicious, added to cold beverages or smoothies, or, for best results, eat right out of the package on an empty stomach.
  - **VitaDophilus** is eaten 30 minutes before meals, which promotes healthy digestion.
  - For maximum benefit in the intestinal tract and to promote good elimination, eat one package every hour for two days or until regular elimination is resumed. For excellent maintenance, eat one package upon arising and one at bedtime.
  - Those with Candida yeast overgrowth and resultant conditions may eat ten packages a day for ten days and then one or two for several weeks or months as needed. The product can also be added to smoothies or cold beverages. It tastes like apple candy—it is delicious! Never heat it!

**Ingredients:** Apple Powder, Apple Flake, Acidophilus Bacteria.

***“It all starts in the gut...  
our bodies sometimes need help with these good guys,” Laura***

## ***VitaFruit—Concentrated Chinese Fruit Extracts...Repair Juice!***



- **VitaFruit** is the live “nectar” concentrated juice from many exotic herbs, many picked in the wilds of western China.
- **LIFE FORCE:** Dr. Chen, in his brilliance and technological expertise, extracts and concentrates this herbal fruit juice while retaining its “life force” and its rich content of vitamins, minerals, and amino acids.
- **VitaFruit** contains thousands of yet-to-be-discovered phytonutrients. It is formulated without added enzymes, preservatives, artificial sweeteners, or chemical isolates from raw whole foods.
- **VitaFruit** is naturally rich in whole-food antioxidants, Vitamins A and E, a stable C, hundreds of bioflavonoids, B-complex, minerals, 2000-3000 carotenoids, amino acids, and *live fruit enzymes*.
- **NO PRESERVATIVES:** To keep the incredible amounts of **VitaFruit** micro-nutrients stable at full value, without the addition of isolates or preservatives, Dr. Chen preserves this very concentrated product in a honey base.
- **ANTI-AGING:** Unlike vitamin pills, which provide only known antioxidants, **VitaFruit** provides known and hundreds of unknown antioxidant nutrients in balanced amounts - Antioxidants, natural tissue protectors, are known to slow down the aging process, assist the body in healing, and stop the body from progressing to debilitating diseases.) Thus, **VitaFruit** is very anti-aging
- **TISSUE REPAIR:** **VitaFruit** is not a synthesized chemical product created and manufactured by man. Its most outstanding work is doing tissue repair to the damage done to the cells by free radicals.
- **IMMUNE FOOD:** **VitaFruit** increases the army of white blood cells in your bloodstream, making it a great immune system food.
- **FACE LIFT:** **VitaFruit** significantly benefits the skin and helps restore luster, radiance, and softness to prematurely aging skin for a more youthful and healthy appearance. **VitaFruit** is part of **Rebuild Cream** and **Supreme Emulsion!**

Legend has it that Genghis Khan discovered new fruits while conquering Asia. When he was in Mongolia, he fed his soldiers a combination of these rare fruits and noticed they had more energy, could march longer, and could cope with the heat and humidity. Dr. Chen reintroduced these fruits to the world and named the product **VitaFruit**.

**VitaFruit** is an excellent replacement for canned and frozen juices, bottled drinks, and sodas. You may also put **It** in any cold beverage or smoothie. It adds a tasty new flavor to fruit salads, smoothies, or as a fruit topping. Never heat. This destroys the live bioflavonoids, Vitamin C, and antioxidants. Since **VitaFruit** supplies so many nutrients for healing, we consider it part of our Sunrider Basics.

***“3 boxes for a month -- for a facelift...” Donna***

## **Vitamin D3 – Sunshine in a Bottle: Natural Support for Strong Bones and Immune Function – Replicates the benefits of vitamin D3 derived from sunshine.**



Vit. D deficiency is a global health problem. An estimated 1 billion people suffer from severe vitamin D deficiency, while up to half of the worldwide population doesn't have adequate levels of Vitamin D. Limited exposure to sunshine, sunscreen use, malabsorption, dietary habits, and a busy lifestyle can all contribute to inadequate vitamin D levels.

Your body can produce vitamin D through skin cells in response to sun exposure. However, a sluggish liver can affect this process. If you cannot get enough sunshine or want to avoid exposing your skin to UV rays, Vitamin D3 is a great choice.

Vitamin D3 is an Ultra-high quality, fat-soluble vitamin that supports bone health, immune function, cell growth, and more in the preferred D3 (cholecalciferol) form.

### **Ingredients:**

- **Vit. E:** a potent antioxidant that protects against potentially damaging free radicals.
- **Safflower oil:** a plant-rich source of unsaturated fatty acids, including monounsaturated and polyunsaturated fats, that enhance D absorption. Also rich in antioxidant polyphenols.
- **Fractionated Coconut Oil:** This whole food oil contains medium-chain triglycerides instead of long-chain fatty acids, making it more stable and extending its shelf life. It also provides an instant energy source or turned into ketones, which provide an alternative energy source for the brain.

### **Benefits:**

- The D3 Difference: Strong Bones, Stronger You.
- Immune Armor: Shield Your Wellness with Vit D.
- Supports calcium absorption
- It helps maintain healthy levels of phosphorus
- Supports healthy nervous system function
- Helps improve mood

**"Harness the Power of Sunshine: Vitamin D3 for Strength, Vitality, and Defense!"**

# SKELETAL SYSTEM



Prevention is Key but Recovery from Accidents & Degeneration are also Top Priorities

High performance foods, no sugars, preservatives, or artificial anything—all real food for sustained energy and strength to prevent and heal injuries.

Ci Wu Jia - Strengthens bones, joints, ligaments tendons and circulation (pdf)[Download](#)

Herb Cal Tab - Unique, assimilable combination of calcium and herbs (pdf)[Download](#)

NuPlus - New Cell Regeneration, Internal Energy – The more you eat the faster you heal (pdf)[Download](#)

SportCaps - Food for muscles-preserving strength and healing even when you can't move. (pdf)[Download](#)

Sunbreeze - Instant soothe, relax & heal...we never leave home without it. A miracle in a bottle (pdf)[Download](#)

Sunrise - Whatever the hurdle, give body extra internal energy (pdf)[Download](#)

Veros and Mens Formula - Circulation, Stamina and Strong Bones (pdf)[Download](#)

White Willow Bark - Natural Pain Relief...with nature's aspirin. (pdf)[Download](#)

## ***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.
  - It gives endurance, energy, resistance, and stamina.
  - Enhances mental activity.
  - It helps with metabolism, strengthening the circulatory system.
  - Nourishes and strengthens liver, bone marrow & adrenal glands.
  - It contains precursors to human anabolites 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.
  - It helps your body “adapt” to stress;
  - It is often used to improve athletic performance.
  - According to pharmacological research, it improves rheumatic and arthritic conditions, relieves fatigue, and improves resistance.<sup>1</sup>
  - This spiny shrub is not in the same family as Asian and American ginseng and is less costly than these varieties.
  - Included in ***SportCaps*** and ***JOI***.
  - Great before and after workouts along 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.***

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<sup>1</sup> Healthway Plant Issues, Chinese Herbal Medicine, Natural Health, June 2000

## ***Herb Cal Tab—A Unique, Assimilable Combination of Calcium and Herbs...***

What makes **Sunrider's Herb Cal Tabs** unique to the marketplace?



- First, **Herb Cal Tabs** include three forms of calcium: calcium carbonate, calcium citrate, and calcium gluconate. Each type of calcium has different absorption characteristics. This makes it easier for the body to assimilate and utilize the calcium for maximum benefit. For example,
  - Calcium citrate requires less hydrochloric acid for absorption, which makes it a good choice for the elderly, who often have lower levels of hydrochloric acid in their stomachs.
  - Calcium carbonate, from coral calcium, has a high amount of elemental calcium.
  - Unlike other calcium tablets on the market, **Sunrider's Herb Cal Tab** is formulated with concentrated calcium-rich dandelion and alfalfa, flaxseed oil, and enzymes, such as papain (from papaya) and bromelain (from pineapple), which aid in digestion by breaking down protein into amino acids.

### **Benefits**

- **Free of calcium from oyster shell, which may contain lead, mercury, arsenic, and other heavy metals**
- **Easy-to-take chewable tablet**
- **Each Herb Cal Tab** contains 250 mg of calcium (25% of daily value) with 40 IU of Vitamin D and magnesium, aiding calcium absorption.
- Sharon Farnsworth suggests taking a **Herb Cal Tab** if one hurts anywhere (5 per day). It Provides excellent nourishment for 1) muscles and joints and 2) bone density.
- Highly Recommended: 4 Herb Cal Tabs daily, delicious with Citric C.

**“Hurting anywhere in the body? Herb Cal helps to restore my balance!” Sonya**

# 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. Excellent 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**”

<b>NuPlus Ingredients</b>	<b>Traditional Uses</b>
<i>Coix Fruit</i>	(Main ingredient in <b>NuPlus</b> ) 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 <b>NuPlus</b> ) 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.

## **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 daily 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 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 perfect 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, including 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 more unrestricted 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 and men’s problems.)

**Important Note:** Each herb’s benefit is magnified when correctly combined or formulated with other herbs; the synergistic effect of all the herbs together is even more significant 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. **When** eaten together, Sunrise complements Sportcaps.

**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***

# SINGLE HERBS - WHOLE FOOD



The most essential part/s of each herb is extracted and concentrated 8-10xs, maintaining the whole food structure

Ci Wu Jai - Ancient herb for Strengthens Joints, Ligaments, & Tendons, is in Sport Caps (pdf)[Download](#)

Dandelion Root - Liver Cleansing – One of the most effective detoxing herbs - Inflammation! (pdf)[Download](#)

Dong Quai - “Compelled to return” ...women to normalcy (pdf)[Download](#)

Electroport - Instant (Electrolyte) Replacement...”Mineral Toddy” - The TRUCK to cells (pdf)[Download](#)

Goldenseal Root - Safe, Natural, Effective Antibiotic...- Viral & Bacterial, Anti-Inflammatory! (pdf)[Download](#)

Spirulina - A “Near” Perfect Food, great protein source (pdf)[Download](#)

White Willow Bark - Natural Pain Relief...Even Excruciating Pain (pdf)

## ***Dandelion Root— Gentle, Mild, Natural Antibiotic...***



- **Dandelion Root** is one of the most effective detoxifying herbs.
  - **Dandelion Root** is a phenomenal food for the liver. The liver has some 70 functions, and it can clean itself up when nourishing.
  - **Dandelion Root** helps resolve a sluggish liver clogged with fats and toxins. This causes hot flashes, sweating, fever, constipation, chronic thirst, dry lips and mouth, rapid pulse and irritability, and arthritic conditions. These indicators indicate a fatty or sluggish liver that needs healing and cleansing.
  - **Dandelion Root** strengthens the liver to balance out estrogen and progesterone before menopause and helps with healthy estrogen after menopause.
  - **Dandelion Root** helps to resolve all skin challenges caused by a fatty or sluggish liver, such as acne, eczema, and psoriasis, as well as arthritic conditions, which are all indicators of a liver that is fatty or sluggish and need healing and cleansing.
- **Dandelion Root** moves inflammation in the body to the digestive system, which converts it to hydrochloric acid for healthy digestion.
  - **Dandelion Root** is rich in flavonoids, iron, potassium, and calcium. It is excellent for treating anemia, iron deficiencies, and skin problems.
  - Unlike other companies, Sunrider uses roots, not just leaves, which are dried and put into capsules or tea. Dr. Chen extracts 4-7 pounds of Dandelion root to concentrate ½ lb. of Dandelion Root. **SR Dandelion Root** is 3 to 4 times more concentrated than other brands.
  - **Dandelion Root** Recipe for Spring Cleaning or Housecleaning anytime: 10 caps/day for 10 days, drinking Fortune Delight with it, or Open 2-3 capsules **Sunrider Dandelion Root** mix in 8 oz. warm or hot water or Fortune Delight & drink 3-4 cups per day.
  - For the ultimate in liver cleaning, **Dandelion Root** + **Slim Caps**, plus **Goldenseal** + **Fortune Delight**.

***This is a fantastic herb that affects just about every function in the body.***

## ***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 balancing nourishment for girls from childhood on.
  - Its primary benefits are hormonal: helping to maintain the proper balance of female hormones, regulating monthly periods, relieving monthly pain, relieving PMS, smoothing menopause, and preparing the uterus for delivery (during pregnancy, eat only the last two weeks).
  - Modern research affirms its muscle-relaxing, pain-relieving, immuno-modulating, and antibacterial activity.
- 
- ***Dong Quai*** contains Vitamins A, E, and B<sub>12</sub>, 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.***

## ***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 carried 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***

## ***Chinese Goldenseal Root—Safe, Natural, Effective Antibiotic...Anti-Inflammatory Properties***



- ***Sunrider's Chinese Goldenseal Root*** is our best weapon against bacterial and viral invasion.
- It helps those who wish to avoid antibiotics when infections are threatened.
- Safe for children and pregnant women.
- ***Sunrider*** uses only ***Chinese Goldenseal***, which does not have the side effects of the Canadian (American) variety. Only the root of the plant is used, which is the most potent part of the herb.
- Although ***Goldenseal*** acts like a medicinal herb, ***Sunrider's*** enhancement process makes it a balanced food. It is safe to take whenever the first signs of infection, abscesses, or fever appear.
- It is also 4x more potent than other brands and extremely powerful and effective.
- ***Chinese Goldenseal Root*** contains Berberin and Coptisin, which are effective in soothing the mucous membranes and respiratory tract.
- ***Chinese Goldenseal Root*** has anti-inflammatory properties.
- Serious Challenges: 10/day for 10 days.
- Consider our "***Sunrider Medicine Chest***": Goldenseal, Alpha 20-C, Conco, and Spirulina for total fortification. Two of each every hour until the challenge is stopped!

***"Love having a safe and effective alternative," Marla.***

## ***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) so they do not settle elsewhere. Chelate with strong Calli, followed by weaker Calli throughout the day, and 3-4 Spirulina caps.
- **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**

## ***White Willow Bark— Natural Pain Relief...For Excruciating Pain...***



- According to pharmacological research, White Willow Bark reduces fever and relieves pain.
- **White Willow Bark** is the source of Salicin, aspirin's basic chemical. Salicin naturally helps the body deal with aches and discomforts.
- This is a medicinal herb but without the side effects.
- It helps relieve discomfort while you are waiting for regeneration to take place. (Included in **TOP** and **JOI**.)
- A team of German researchers conducted a four-week clinical trial designed to compare Willow Bark extract's effectiveness and safety for alleviating low back pain flare-ups. (Chrubasik et al., 2000). According to the researchers, the results of this trial support earlier reports that Willow Bark extract "standardized to yield 240 mg. of salicin" is an effective pain reliever. (Schaffner, 1997, Schmid, 1998).

***"I'm so grateful for a natural pain reliever,"*** Marsha.

# WHOLE FOOD SUPPLEMENTS



Typically, supplements consist of isolated vitamins or minerals that are ineffective for regeneration because they are not whole foods, they are isolates—chemicals extracted from whole foods. To ensure the body recognizes them as “food” for regeneration, Sunrider utilizes whole food sources or bonds the vitamins and minerals to whole foods for effective regeneration.

Citric C - Delicious Chewable Vit C from whole Food Sources (pdf)[Download](#)

ElectroSport - Instant (Electrolyte) replacement “mineral toddy” (pdf)[Download](#)

Energy Plus - Vit. E Anti-Oxidant – Energy boost (pdf)[Download](#)

Herb Cal Tab - Unique Assimilable Combination of 3 kinds of Calcium combined & bonded to Herbs (pdf)[Download](#)

Metabalance 44 - Sunrider's Vitamin! - 44 Vitamins and Minerals bonded to Whole Foods - Prenatal! (pdf)[Download](#)

Metabooster - “Turn the clock back” – DNA Repair (pdf)[Download](#)

VitaSpray - 200% delivery of B12 in 1 puff, Stable C (pdf)[Download](#)

Vitamin D3 - Sunshine in a Bottle, Natural Support for Strong Bones and Immune Function (pdf)

## ***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.<sup>1</sup>
  - 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***

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<sup>1</sup> Healthway Plant Issues, Chinese Herbal Medicine, Natural Health, June 2000

## ***Citric C Tab—A Delicious Chewable Vitamin C Tablet from Whole Food Sources...***



- Vitamin C is a very popular supplement used by adults and children alike. However, the quality of different Vitamin C tablets varies greatly. Unlike other Vitamin C tablets, **Sunrider's formulation, Citric C Tabs, contains citrus bioflavonoids, rose hips, and green tea extract**, each known for their antioxidant properties for Vitamin C, which makes it more likely to be absorbed and made available to our bodies.
- Bio-flavonoids perform antiviral, anti-carcinogenic, anti-inflammatory, anti-histamine, and antioxidant activities.
- There is a special class of bio-flavonoids called polyphenols. The most important of these polyphenols are the catechins, and these are found abundantly in the green tea leaf extract. These bio-flavonoids also increase Vitamin C absorption.
- Vitamin C helps boost immunity, assists in healing (especially the skin and connective tissues), and helps form red blood cells.
- According to Dr. Van Beveran, Sunrider's Vitamin C contains all nine parts of the Vitamin C complex, the most important of which is the enzyme in the center.
- **Citric C Tab's** delicious, sweet-tart citrus flavor makes it a real treat!
- Two or three tabs a day should be plenty! **Citric C Tabs** are the best choice for Vitamin C—chewable, assimilable, with a delicious orange taste!

***“This is our family's favorite dessert after a meal...We could eat them like candy-whole food Vitamin-C Candy” Marsha.***

## ***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 carried 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 is vital 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.<sup>1</sup>

#### **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.**

<sup>1</sup> Nutrition Almanac, Kirschmann

## ***Herb Cal Tab—A Unique, Assimilable Combination of Calcium and Herbs...***

What makes **Sunrider's Herb Cal Tabs** unique to the marketplace? Achy joints? Hurting anywhere in the body? Herb Cal!



- **Herb Cal Tabs** include three forms of calcium: calcium carbonate, calcium citrate, and calcium gluconate. Each type of calcium has different absorption characteristics. This makes it possible for the body to assimilate and utilize the calcium for maximum benefit. For example,
- Calcium citrate requires less hydrochloric acid for absorption, which makes it a good choice for the elderly, who often have lower levels of hydrochloric acid in their stomachs.
- Calcium carbonate, from coral calcium, has a high amount of elemental calcium.
- Unlike other calcium tablets on the market, **Sunrider's Herb Cal Tab is formulated with concentrated calcium-rich dandelion and alfalfa.** Flaxseed oil and enzymes, such as papain (from papaya) and bromelain (from pineapple), aid in digestion.

### **Benefits**

- Free of calcium from oyster shell, which may contain lead, mercury, arsenic, and other heavy metals
- Easy-to-take chewable tablet
- **Each Herb Cal Tab** contains 250 mg of calcium (25% of the daily value), along with 40 IU of Vitamin D and magnesium, which aid calcium absorption.
- Great nourishment for 1) muscles, joints, and bone density. Sharon Farnsworth suggests **Herb Cal Tab** if one is hurting anywhere – 5-12 per day
- Highly Recommended: 4 Herb Cal tabs daily, delicious with Citric C for even better absorption.

**“Hurting anywhere in the body? Herb Cal helps to restore my balance!” Sonya**

## ***Metabalance 44—44 Daily, Whole Food, Complete Vitamin and Minerals - Supplement...***



- *“If I take a vitamin, this is my choice – vitamins bonded to whole foods!”*
- **Metabalance 44** combines 44 known and needed nutrients, including 12 macro minerals, 6 trace minerals, 8 special-purpose food elements, and 10 high-nutrient foods. It is also enzyme-rich!
- The Chens developed **Metabalance 44** after years of intensive research. Rather than simply throwing in whole foods, Dr. Chen blends whole plant foods right with the isolated vitamins and minerals, which causes the bonding of the isolates to the whole foods. This causes these vitamins and minerals to be accepted by the body as whole foods.
- It is excellent during pregnancy as a prenatal vitamin.
- **Metabalance 44** is a Balanced combination of essential nutrients:
  - Wheat germ oil, flaxseed meal, and rice bran stabilize the fat-soluble vitamins. Without these food oils as a base, the vitamins break down before they can be used. They are also highly beneficial in their own right; for example,
  - **Wheat germ oil** - an abundance of the entire Vitamin E complex.
  - **Flaxseed** - an outstanding source of omega-3 essential fatty acids.
  - **Rice bran** - contains a wide range of vitamins, minerals, enzymes, and amino acids, including over 70 antioxidants.
  - **Rose hips** (for Vitamin C), kelp (for iodine), bee pollen, beetroot powder, alfalfa, and parsley (all of which contain numerous vitamins and trace minerals).
- **Metabalance 44** is concentrated to Increase the nutritional base and assimilation.
- **Metabalance 44** provides Effective anti-oxidant protection.
- **Metabalance 44** is preservative-free in soft gel capsules to provide a slow release.
- **Sunrider’s** superior formulation **Metabalance 44** is made in Sunrider’s quality-controlled manufacturing facilities.

## ***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 6<sup>th</sup> 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, it is 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*

## **Vitamin D3 – Sunshine in a Bottle: Natural Support for Strong Bones and Immune Function – Replicates the benefits of vitamin D3 derived from sunshine.**



Vit. D deficiency is a global health problem. An estimated 1 billion people suffer from severe vitamin D deficiency, while up to half of the worldwide population doesn't have adequate levels of Vitamin D. Limited exposure to sunshine, sunscreen use, malabsorption, dietary habits, and a busy lifestyle can all contribute to inadequate vitamin D levels.

Your body can produce vitamin D through skin cells in response to sun exposure. However, a sluggish liver can affect this process. If you cannot get enough sunshine or want to avoid exposing your skin to UV rays, Vitamin D3 is a great choice.

Vitamin D3 is an Ultra-high quality, fat-soluble vitamin that supports bone health, immune function, cell growth, and more in the preferred D3 (cholecalciferol) form.

### **Ingredients:**

- **Vt. E:** a potent antioxidant that protects against potentially damaging free radicals.
- **Safflower oil:** a plant-rich source of unsaturated fatty acids, including monounsaturated and polyunsaturated fats, that enhance D absorption. Also rich in antioxidant polyphenols.
- **Fractionated Coconut Oil:** This whole food oil contains medium-chain triglycerides instead of long-chain fatty acids, making it more stable and extending its shelf life. It also provides an instant energy source or turned into ketones, which provide an alternative energy source for the brain.

### **Benefits:**

- The D3 Difference: Strong Bones, Stronger You.
- Immune Armor: Shield Your Wellness with Vit D.
- Supports calcium absorption
- It helps maintain healthy levels of phosphorus
- Supports healthy nervous system function
- Helps improve mood

**"Harness the Power of Sunshine: Vitamin D3 for Strength, Vitality, and Defense!"**

## ***VitaSpray—A Revolutionary Vitamin And Mineral Spray... Revitalize with VitaSpray!***



- One “spritz” of **VitaSpray** delivers 200% of the recommended daily Vitamin B<sub>12</sub>, the essential B-complex vitamins, a *stable* Vitamin C, antioxidants, and necessary minerals. One **VitaSpray** bottle is equal to 80 injections of B<sub>12</sub>.
  - Is it a delicious breath freshener or a multi-vitamin spray? It’s both! One spray in your mouth, and you will have a pleasant, tasty surprise. It is very refreshing!
  - **VitaSpray** absorbs quickly and efficiently through the mucous membranes in the mouth, avoiding nutrient loss from acids in the digestive tract.
  - **VitaSpray** boosts energy, the immune system, and mental clarity
  - It is excellent for stress and environmental sensitivities.
  - Instant relief has been seen from headaches, nausea, and muscle pain.
  - **VitaSpray** also promotes oral health.
- 
- **VitaSpray** is a 100% all-natural formula with no artificial ingredients, colors, or flavors. It is also calorie—and sugar-free. Highly concentrated, **VitaSpray** is an effective, easy, and refreshing way to receive daily vitamin and mineral Requirements. Since there are no capsules to swallow, kids love **VitaSpray**, too!
  - Spray as desired under the tongue for 100% assimilation. You can use **VitaSpray** as many times during the day as you like without harmful build-up. It refreshes your mouth, giving our bodies a quick nutritional boost with almost instant assimilation.
  - This fantastic product comes in a tiny 0.42-ounce spray bottle, which is convenient to carry with you at all times. It will easily fit into your purse or pocket. Like **Sunbreeze**, you won’t want to leave home without it! It’s a lovely energy “pick-up” (and breath freshener!).
  - Take a spray after your meal to ensure the efficient processing of your carbohydrates. Without B vitamins, our bodies cannot extract the nutrients from our foods.
  - Especially important for vegetarians! B12 is essential for a healthy body and mind.

***“Nice way to get a B-12 shot,” Mandy***

# DENTAL AND PERSONAL CARE



Prepare for head-to-toe pampering with nature's best herbal ingredients. Our dental and personal care products will help you and your family love your body.

Check out our hair care and body soaps and lotions. Paired with the finest ingredients for safety and effectiveness. Feel and see the difference.

# DENTAL

Kids Toothpaste - gentle on enamel & gums-tough on plaque...Kid Friendly (pdf)[Download](#)

Herbal Toothpaste - Free of fluoride, SLS, and sugar, yet powerfully cleans, whitens and protects (pdf)[Download](#)

Whitening Gel & SunSmile Drops - Clean, White Smile - No Bleach; Effective Mouthwash - No Alcohol (pdf)[Download](#)

# PERSONAL CARE

Deodorant - All-day protection without dangerous blocking of sweat glands, no stains. Love this! (pdf)[Download](#)

Sunbreeze - Miracle in a bottle! Oil & balm, instant pain relief, soothe, relax & heal. 1 bottle do (pdf)

## ***SunSmile Herbal Deodorant—To Keep Fresh the Natural Way! No Aluminum!***



- Instead of using pore-clogging aluminum antiperspirants, which hold the toxins in and can irritate the skin, enjoy the fresh, balancing effects of ***SunSmile Deodorant***.
  - Some of the ingredients are zinc, vitamin E, baking soda, benzoin extract (also found in *Fruit and Veggie Rinse and Refresher Drops*), thyme extract, chamomile extract, balm mint extract, oat extract, Tea Tree oil, lemon oil, cypress oil, and evening primrose oil.
  - These ingredients kill the offending bacteria and give us a delightful, fresh-smelling scent.
  - Clogged lymph nodes under the arms are widespread and can lead to cancers.
- 
- Most deodorants are laden with chemicals we do not want in our body.
  - Antiperspirants are even more dangerous because they trap the toxins in sweat, much like damming up a river.
  - Will not stain clothes.
  - It helps prevent odor naturally and safely.

***“Clean, Confident, and Refreshed is how I feel all day,” Bonnie***

## Kid's Sunsmile Toothpaste – gentle on enamel & gums-tough on plaque...Kid Friendly



- Our kid-friendly toothpaste is gentle on enamel and gums yet tough on plaque.
- It's infused with natural fruit enzymes, baking soda, and herbal extracts, which promote clean, fresh breath.
- Made for developing teeth, SunSmile® Kids Herbal Toothpaste is free of abrasive or potentially harmful ingredients.
- Your kids will love the fun, fruity flavor. You'll love that they're brushing with a naturally safe toothpaste that's so delicious that they might brush a little longer.
- Brush your teeth regularly and thoroughly, preferably after each meal or at least twice a day as directed by a dentist or physician.

### **Benefits**

- Naturally delicious berry flavor
- Safely cleans and polishes teeth
- It helps prevent plaque buildup
- Natural ingredients: no fluoride, triclosan, or SLS
- No artificial colors, sweeteners, or flavors
- **Safe to swallow**

### **Ingredients**

Acetate (natural), Licorice Root Extract, Neem Leaf Extract, Sodium Bicarbonate

***“My kids look forward to brushing their teeth....they love the taste,” Margie.***

# 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***

## Sunny Days ®....Freshen Breath, Soothe Your Throat, Stop a Cough



- Need fresh breath fast? **SunnyDays** is unlike regular mints or gum that contain sugars, that feed plaque-forming bacteria or contain gelatin, an animal by-product.
- **Sunny Days®** Herbal Gum Drops are formulated to freshen breath naturally, without cavity-causing sugars, chemicals, artificial additives, or animal by-products.\*
- Natural ingredients such as menthol (mint), lemon oil, eucalyptus oil, and cinnamon oil deliver a crisp, clean flavor and help neutralize mouth odors.\*

***A Very Effective Cough Drop!***



## ***SunSmile Herbal Toothpaste—“Once you try it, you’ll never go back!”***

- ***SunSmile Herbal Toothpaste*** polishes and cleans with natural baking soda, nourishing the gums, and, best of all, contains no Fluoride or Sodium Lauryl Sulfate.
- It is four times more concentrated than regular brands, is gentle and non-abrasive, and herbal toothpaste is safe and thoroughly effective.
- Use a pearl drop on your toothbrush - it goes a long way! Many Sunriders say a 4.75-ounce tube often lasts 6 months!
- ***SunSmile Herbal Toothpaste*** is anti-bacterial, helps prevent tooth decay, and nourishes the gums with the following:
  - **Bromelain** and other potent micro-granulated enzymes work to digest protein and food particles to eliminate plaque.
  - Refreshing and soothing herbal extracts, **Neem Tree Bark**, is a natural antiseptic used for centuries in India and Africa to clean teeth. It prevents plaque and does not break down gums.
  - **Camellia (green tea) extract** with anti-oxidants for oral health
  - **Chlorophyll** as deodorizer
  - **Grape Seed Extract** with bio-flavonoids for healthy gums
  - **Clove oil, eucalyptus oil, peppermint oil, cassia seed extract, magnolia flower extract, and licorice extract** are combined with a natural baking soda formula to deliver powerful cleaning and whitening action and an incredible, fresh, great taste.
- **Read the warning labels on other toothpastes and switch to Sunrider SunSmile! (No sugar, sodium laurel sulfate, saccharin, or industrial waste fluoride compounds of fluoride.)**
- Available in travel or full size.
- Designed to be used with ***SunSmile Refresher Drops*** and ***SunSmile Whitening Gel***.
- Your dentist and dental hygienist will ask what you are doing, and after using it, you will always feel like you just stepped out of the hygienist’s chair!

### **Toothpaste note by Dr. Tei Fu Chen**

“Most toothpastes contain fluoride, a potentially toxic chemical that thins your enamel. Fluoride is so strong it is used to etch glass! When you’re young, you can crush ice with your teeth, but when you are middle-aged like me, even drinking cold water hurts because the fluoride in your toothpaste has eaten away your tooth’s enamel. Regular toothpastes also use sodium lauryl sulfate. SLS is a grease-cutting detergent that is too strong for the mucus membrane and can cause your gums to recede. Since toothpastes have these strong chemicals, toothpaste makers need to add a lot of other stuff to mask them—saccharin, artificial colors, and artificial flavors. It’s no wonder that eating a spoonful of toothpaste will make a child sick. SunSmile® Herbal Toothpaste is designed to gently and effectively clean your teeth and gums. Instead of fluoride, we use a combination of enzymes and herbal extracts such as neem tree oil and peppermint oil. Instead of SLS, we use baking soda, a nonabrasive cleaner. Our toothpaste contains no sugar derivatives, artificial colors, or artificial flavors. Because our formula is so concentrated, it is naturally green with a clean mint flavor. Our herbal toothpaste is very expensive for me to make, but nothing else on the market works as well.”

***“Everything changed for the better when I switched to the best toothpaste anywhere! So happy, I’ll never go back.” Tricia***

### ***SunSmile Whitening Gel—Have A Clean, White Smile...(No Bleach)***



- **SunSmile Whitening Gel** is an herbal-based gel formulated with maximum strength peroxide and extra enzymes for increased cleansing and whitening power.
- The **SunSmile Whitening Gel** has a unique regulated and high oxygenation system to provide excellent stain removal and effective tooth whitening without harming the teeth.
- This gel may be used alone for daily oral hygiene or alongside **SunSmile Herbal Toothpaste**. Simple, effective, and easy to use!

***“Love to kiss lips with white teeth.” Anonymous***

### ***SunSmile Refresher Drops—Natural, Safe, and Effective Antiseptic... (No Alcohol)***



- An antiseptic mouthwash
- **SunSmile Refresher Drops** contain no alcohol and are environmentally safe.
- **SunSmile Refresher Drops** are an effective gargle against staph, salmonella, bacteria, E-Coli, and strep.
- **Ingredients in Refresher Drops** are similar to **Fruit and Vegetable Rinse**, along with **SunnyDew** for taste.
- **SunSmile Refresher Drops** counter unpleasant breath.
- It can also relieve a sore throat and sores in the mouth.
- **SunSmile Refresher Drops** help you stay confidently fresh all day long!
- They increase the cleaning and whitening power of **SunSmile Herbal Toothpaste** and **SunSmile Whitening Gel**.
- **SunSmile Refresher Drops** are a vital addition to healthful dental care prevention, maintenance, and even occasional treatment.

***“Safe and effective, I love the clean feel,” Margie***

***“My dental regime – a drop of all 3 products together on my toothbrush every day” Donna***

# SKIN CARE AND COSMETICS



Love your skin from the outside in. From everyday skincare to targeted treatments, our scientifically advanced formulas keep your skin in top form at every age with nature's best ingredients, balanced formulas. Safe and gentle for all skin types.

Check all the beautiful products on the website 3 Lines:  
KANDESN - for more sensitive needs  
OI LIN - Richer formulas for more regeneration

DR CHEN - Specialty Items

Very Very Happy Skin Care Users (pdf)

# SKIN CARE AND COSMETICS



Love your skin from the outside in.

- From everyday skincare to targeted treatments, our scientifically advanced formulas, containing nature's best ingredients and balanced formulas, keep your skin in top form at every age.
- Safe and gentle for all skin types.
- Beautiful and enhancing Cosmetics that bring out your beauty from within.
- These are not the typical Skin Care and Cosmetics in the marketplace. You'll never want another line again.

# HEALTHY HOME



Clean with confidence. Your family's home is your sanctuary, the place where you come together to relax and recharge. Trust Sunrider's non-toxic, pH-matched, cost-effective home products to help keep every inch of your home safe, clean, and comfortable. You and your housekeeper will love these products.

FRUIT & VEGGI RINSE - protect your family - cleaner, brighter, tastier produce - plus 30 other use (pdf) [Download](#)

SunBright Superclean: HOUSEHOLD: one product truly replaces ALL your cleaning products... (pdf)[Download](#)

SUNBREEZE: Miracle in a bottle! It comes in oil or balm for instant pain relief. Soothe, relax, etc. (pdf)[Download](#)

SunBright Superclean LAUNDRY: feel and smell difference, non-allergenic, no buildup, no softeners (pdf)

## ***SunSmile Fruit & Vegetable Rinse—Be Confident About What You Eat—Clean...Safe + 30 Other Uses***



- We have had several public alerts concerning pesticide and insecticide use on our crops, especially the fruits and vegetables we receive from Mexico and Central America during winter months. These have contained high levels of carcinogenic sprays that are not under the control of the EPA. In addition, various germs and parasites exist on produce. We have the answer --
- Naturally derived from coconut and corn and powerfully concentrated, the ***SunSmile Fruit and Vegetable Rinse*** is formulated with herbal ingredients to gently clean fruits, vegetables, grains, legumes, and meats of external pesticides, harmful bacteria (salmonella, E. coli), parasites, worms, larvae, fungus, and even waxy coatings. (***SunSmile Fruit and Vegetable Rinse*** dissolves the natural waxy protective coatings on bugs, causing their death, making it a natural herbicide/pesticide.)
- Using ***SunSmile Fruit and Vegetable Rinse*** results in clean, safe food that stays fresh longer! ***SunSmile Fruit and Vegetable Rinse*** prevents dehydration; it naturally preserves the color and flavor of fruits and vegetables. Saves produce \$\$\$ because produce lasts so much longer!
- ***SunSmile Fruit and Vegetable Rinse*** is environmentally safe for daily use. Its trial size is ideal for travel: one capful to a sink full or a gallon of water. Food does not need to be rinsed again. The rinse water retains its effectiveness for one hour only outside the original, concentrated bottle.
- Sanitize your home! In an emergency, ***SunSmile Fruit and Vegetable Rinse*** disinfects water for drinking (1-2 drops, short-term only), cooking, bathing, and washing dishes (one trial-size capful per gallon of water). Tests verify that 5 ml of the rinse mixed with one gallon of water will eliminate or destroy 99% of E. coli, salmonella, and other organisms.
- ***Fruit and Vegetable Rinse*** melts the waxy coating on the tops of foods and then cleans up the pesticides, chemicals, bacteria, and viruses under the wax.
- Fruit: A bleach bath significantly slows down ripening, and F & V slows down but doesn't stop the process.
- Meat: soak 5 min or more to help remove parasites and anything else....meat is more tender.
- Vegetable Greens are considered the dirtiest and deadliest of all vegetables. Ninety percent come from Arizona and California, which are heavily irrigated by rivers.
- Vegetables, Fruits, nuts, and legumes: 1-3 minutes in 1 capful to 1 gal—no need to rinse. It washes off the waxy coating and kills E. coli, salmonella, pesticides, chemicals, etc.
- Foods stay fresh longer and taste soooooo much better.

### **Below are multiple practical uses for FV Rinse:**

- Acne: Wash with f & V, can follow with Sunbreeze
- Air Freshener: Spray to kill germs and viruses in the air, or rub a little in the nose when congested or possibly infected—flu, COIID, etc.
- Appliances – spray or wash down kitchen counters, appliances, cutting boards, and bathroom tubs & sinks & counters

- Animals
  - ears: spray into ears approx. 3 drops per cup.
  - teeth: spray onto teeth and brush
  - food: spray onto or mix in
  - fleas: put on any infestation or add to shampoo or just rub into fur and skin, repeat for any eggs that have hatched
  - eyes pussy: into the eye, very effective
- Athletes foot: soak in water with F & V
- Burns: Clean and disinfect, effective with chemical burns
- Carpet: Stains, smells, germs – wash or spray on
- Cancer-looking spots: repeated dabbing with strong activated (a little water) rinse
- Cuts: Nasty cuts, full of bacteria, wash with f & v(activate with water)
- Colds, Coughs, sore throat – gargle with F&V water; Cough: 15 drops/oz. – gargle and then swallow 3xs a day (2-3 days) – follow with Vitadophilus (optional)
- Dandruff and cradle cap – add F&V to shampoo
- Diarrhea – drink appx. 3 drops in a cup of water
- Dentist: Brush with F&V before and following a dental appointment; instruments not always sanitary
- Deodorizer – pet smells, sour clothes, any smells – pour into laundry tub with the wash
- Use with anything going on in the digestive tract: A squirt of FV in ½ c water and a squirt of SunnyDew (cover the taste) cleans up anything in the digestive tract. An hour or so later, follow it with Vitadophilus.
- Disinfectant – surgeries, belly buttons, wounds
- Eating out: Salads, meats etc, add a couple drops in your drinking water
- Ear aches, infections: strong to diluted drops into ear, cotton ball to keep from running out
- Ear wax: Flush ears with appx. 3-4 drops in ½ c. water. F&V melts wax.
- Fever: Add 3-4 drops or more to a cup of water. A fever means the body is trying to burn up the poisons and toxins. Help it out.
- Food poisoning: appx. 3 drops in a cup of water
- Fungus-Toe nails: F&V on cotton swab on or under nail- secure & repeat
- Head Lice: add to shampoo, repeat in several days (eggs)
- Flying: Spray or wipe down seating, clean up the air, spray or wipe up the nose.
- Hotel: add to water in a small spray bottle – spray everything: neutralize chemicals- sprayed on rugs, duvet cover, linens, remote control, phone, door knobs, all bathroom items.
- Humidifier, diffuser: add Sunbreeze and/or F&V – keep germs down in the air
- Insect Bites: F&V, then Sunbreeze, Wasp, Brown Recluse, Black Widow, Mosquitos etc.
- Insects Exterior: Story: Wash down condo patio – no bugs appeared on patio (1 gal/ 2 caps full,
- Insects /Interior- House spray: ½ cap to 1 quart – spray baseboards or where needed, Hornets nest
- Itchy: Spray or wash with F&V – something is coming out of your skin
- Mold: Destroys! Spray in air &/or apply directly, cutting boards
- Nasal spray or wash out nose: appx. 3 drops 1 oz. of water
- Nonhealing injury: story: washed with F & V, next morning significant healing
- Parasites: Full moon—the day before, full moon, and day after; parasites rapidly reproduce, 3 drops in ½ c. water 3 days in a row. Enjoy a Vitadophilus each evening.  
Parasites can live within the cells. The white blood cells try to kill the parasites, but they can't because they are hidden.
- Pedicure, manicure: A few drops in the water prevent fungal infection

- Pets – fleas – put on the eggs or any infestation or add to shampoo or just rug into fur and skin
- Infections, tumors, overall health – used calli bags and F/V rinse
- Pink eye, sty – wipe eyelids
- Plants: Fungus & Insects – spray ½ cap to 1 quart water
- Poison Ivy, Oak: - washed and in 15 min. no burning
- Sinus infections – spray or nose gargle
- Rashes: rinse or soak
- Ring Worm: Dampen and pour a few drops directly on
- Stains: Put right on a stain, rinse out
- Toothbrushes: especially when traveling
- Travel: several drops in water or drink – (traveled in India and never got sick), wash toothbrush.
- Vomiting: appx. 3 drops in a cup of water
- Warts: wet wart, squirt directly onto wart, cover with Band-Aid (1 week will probably remove it)
- Wax removal: Pour straight on – story: tablecloth and brick hearth from dripping candles.
- Water: Bottled, City, Well, Streams
- Wounds/cracks: washed wounds and cracks, healed up quickly

### **Key Notes:**

- F & V activates with a little water
- Full effectiveness for 1 hr. after adding f & v to water
- It is not designed for internal use but can be used safely. SunSmile drops are designed for internal use.
- Can follow use with Vitadophilus – probiotic if unsure of killing good bacteria along with harmful substances
- It kills 100% of fungi, viruses, and bacteria and promotes healing. It will bubble like peroxide, but Peroxide is damaging to the tissues.
- Melts waxy coatings
- Made from coconut and corn -
- Available in 1 oz and 16 oz bottles
- Can put into Capsules: to not taste the rinse, fill capsules and swallow – hurry, they dissolve the capsules or add some Sunnydew - forget caps
- Demonstration: Washing 2 broccoli heads in 2 dishes of water, one with appx. 2-3 drops in water and other just water: 1 min. Notable differences – color, the way the water drains off of it, etc. Wash Kale – show how bright green
- “F & V is like a fire – everything thrown into it, it consumes,” Dr. Chen.

***No product is equal to SunSmile® Fruit & Vegetable Rinse. Dr. Chen considers this one of his best formulas and uses it in our manufacturing facilities.***

## ***Sunbreeze Oil... Instant Relief!...One bottle does it all! Heavenly Smell! Ancient Chinese Wisdom & Modern Technology***



**Sunbreeze** is the number-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 you apply cool, it will turn cool. If you apply 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:** Marvelous! 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 small babies, children, and the elderly; if the baby is constipated, apply to the abdomen and bottom of the feet.
- **In Calli:** It opens up sinuses, bowel cramping, sore throats, and 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***

## **SunBright SuperClean: Two Superior Formulas that are Safe, Gentle, & Effective!**

***"I replaced ALL my Cleaning Supplies with these 2 remarkable products –  
All my Laundry and Household needs," Nancy***

- Both SuperClean products have a pH of 5.5, rather than the high alkaline pH of most cleaning products. Therefore, this *SuperClean* is suitable for your skincare, too!
- It is a genuine all-purpose cleaner for all your household jobs, from stains to dishes to windows!
- SuperClean is a massive value for smart shopping! 0.08 per spray bottle.
- So concentrate: Fill a spray bottle with 1 tsp. SuperClean and the rest with water. You're ready to go—perfect for replacing all your cleaning supplies!
- It is phosphate and ammonia-free, non-corrosive, and non-abrasive.
- You'll love the smell! Contains no environmental pollutants that disturb the respiratory system;
- PH matched to your skin. It is so gentle and protective of your hands, and still, it really works!



### **HOUSEHOLD:**

#### **Use on Everything:**

- Bathrooms, tubs, decks, potties, & mirrors
- Everything in the kitchen, even the dishwasher, All my
- Ovens (can make it stronger if needed)
- Dirty pots and pans
- Hardwood floors – cleans off other cleaners
- Carpets – won't attract dirt
- Horrible spills on carpet & upholstery (may need stronger/straight
- leather furniture
- Exterior siding – moldy
- Cars and Boats – won't take off waxes
- Pinesap on cars
- Greasy Work Hands
- Super clean + fruit and Veggi rinse – excellent insect repellant!

***"My housekeeper loves this...so safe and gentle on her hands," Lori.***

### **LAUNDRY:**



- Beautiful, clean, fresh-smelling clothes, marvelous dryer smell.
  - Natural oils and extracts deodorize, leaving a clean, fresh scent.
- Not filled with chemicals & fillers
  - It is biodegradable, phosphate and ammonia-free
- Clothes last longer; non-irritating
  - It is not petroleum-based, reducing irritations and allergic reactions.
- No need for water softeners
  - Water conditioners clean and reduce calcium buildup.
- It cuts the grease, is great for stains, and is gentle on all your clothes!
  - Powerful enzymes remove protein stains, grease, and oil.
- Pre-treat Stains – spray diluted or concentrated on the stain for 5-min, rub, then launder
- No need for anti-static dryer sheets
- Soooooo cost-effective & safe: 220 loads per bottle, 2 tsp/load

***"The most cost-effective, safe, and wonderful way to do my laundry," Donna***

# DOING SUNRIDER AS A BUSINESS



Listen, Ask Questions!

LISTEN with ears of tolerance.  
SEE through the eyes of compassion.  
SPEAK with the language of love --Rumi

When we fall in love with our clients more than with our  
product, we can make them feel  
Listened To! Understood! Truly Cared About!

1. Who do you know who needs these foods (pdf)[Download](#)
2. 20 Truly Godly Reasons for Sharing (pdf)[Download](#)
3. 2021 Income Summary (png)[Download](#)
4. 1st 6 mo. Extra Bonuses (png)[Download](#)
5. Begin Your Income (docx)[Download](#)
6. Leadership Income (png)[Download](#)
7. Definitions (png)[Download](#)

## 20 good reasons why it is a GOD THING to earn money & share with Sunrider!

Sharing Sunrider with others is how we earn money with Sunrider.  
It requires us to learn new skills and ways of looking at those around us.

1. Rather than thinking I'm not good at sales, I should just change the word "selling" to "service," serving people rather than trying to persuade them.
2. It transforms the way you look at people. Rather than looking at them as "they wouldn't be interested in what I have to sell, to thinking, "I truly can help them; I just need to learn how to reach the heart of service vs. selling.
3. When people realize they can trust you to be interested in their needs rather than your own, you develop a deeper relationship and build lifetime friendships.
4. Step out of our comfort zone in tremendous personal growth
5. It transforms the heart from selfishness and self-centeredness to love for others.
6. You build a whole new set of skills:
7. You learn the art of listening for needs and being able to offer help, not just saying you'll pray to them, but genuinely offering to help them. Each time after calling them, pray together that God will bless the natural means of healing.
8. You develop the art of reaching the heart, not just sharing knowledge of the head.
9. You develop character quality of trustworthiness – you do what we promise, we call when we promise, etc. You don't let people fall through the cracks. You keep connected.
10. You develop the art of what to say to reach the heart, not just sharing head knowledge.
11. You hone your computer skills on the company computer, your computer, and even when you help others with their computer skills.
12. You learn how to tell your own SR story compellingly and straightforwardly...you hone the skill of storytelling.
13. The more income you make, the more people you can help.
14. You are helping people with their lifestyles to live within God's design for life and health. You are helping them realize that when we violate this design plan, suffering follows as a natural result.
15. You are relieving suffering, pain, and possible early death.
16. You are giving hope!
17. You are changing an individual, a family, and generations to follow.
18. The time and money saved by having life-changing products at our fingertips
19. Healing Naturally is God's design.
20. It's an excellent way to "pay it forward" to someone who has shared SR with us and changed our lives.

What would be your Godly reason for sharing SR?



## 2021 US Average Annual Income Summary

RANK	%*	Average Annual Income*
Hero Royal	1.04%	\$331,193.58
Hero Elite	0.72%	\$92,979.64
Hero	1.86%	\$50,820.20
Ace Royal	3.86%	\$23,119.84
Ace Elite	1.19%	\$14,036.27
Ace Prime	1.96%	\$10,713.14
Ace	4.16%	\$7,662.05
Star Elite	5.17%	\$3,492.49
Star Prime	44.60%	\$2,676.28
Star	28.38%	\$514.14
IBO	7.06%	\$250.80
	100%	

\* Based on the number of IBOs who received a payment.

Earnings stated are not necessarily representative or typical of earnings Sunrider Independent Business Owners (IBOs) can or will earn through participation in the Sunrider Infinity Compensation Plan. These statements should not be considered as guarantees or projections of your actual earnings or profits. "Annual Income" of active Sunrider IBOs was calculated by first calculating the average "Monthly Income" IBOs at each rank made only in the months they were active. These one month averages were then annualized by multiplying by twelve months in order to come up with the "Annual Income." During 2021, the calculated average annual income of an active IBO is \$5,990.16. An active Sunrider IBO is an IBO who has 100 PV or more in a month. Twenty-seven percent of all IBOs, active and inactive, on an average, received a payment. As with any other independent business, success results only from dedicated sales efforts, hard work, diligence, and leadership.



## YOUR ADVENTURE STARTS NOW

Welcome to the Sunrider family. We're happy you're here, and we can't wait to see you make the most of your new business. Starting now.

### FAST START TO FAST CASH

Start strong, stay focused, see success!

EARN DURING YOUR JOINING MONTH + 3 MONTHS!

#### FREE PRODUCT

Earn a free product for each Preferred Customer you sign up with a \$100 Autoship order and when you have at least 250 PV in personal purchases.

#### \$50 PRODUCT CREDIT

Earn a \$50 Product Credit for each New IBO you sponsor who purchases 250 PV of product. You just need to have at least 250 PV that same month in personal purchases. Credit will expire within 30 days.

### ADVANCE YOUR TITLE FOR THE FIRST TIME AND EARN MORE BONUSSES!\*

Joining Month + 1st MONTH	Joining Month + 3 MONTHS	Joining Month + 6 MONTHS FOR ANY OF THESE RANKS		
STAR PRIME \$50 Bonus	STAR ELITE \$100 Bonus	ACE \$200 Bonus	ACE PRIME \$300 Bonus	ACE ELITE \$400 Bonus

\*Sponsor must be at equal or higher title and have at least 250 PV in personal purchases that month. This is a one-time bonus to both you and your sponsor.

## GETTING STARTED

The new Sunrider compensation plan streamlines a clear path to success. It's designed to get you off to a fast start and to progress steadily.

## GROWING YOUR BUSINESS

Share your passion and knowledge with your team to build a robust, sustainable business.

Requirements	IBO	STAR	STAR PRIME	STAR ELITE	ACE	ACE PRIME	ACE ELITE	ACE ROYAL 1st Generation
PV	ENROLL	200	300	400	500	600	700	800
DV		500	1,000	1,800	3,000	5,000	7,000	10,000
Max. Vol. Rule				900	1,500	2,500	3,500	5,000
Structure					1 Builder Leg (BL)	2 BL	3 BL	4 BL

### Unilevel Commission Percentages (23% Company CV Cap)

Compensation	UNILEVEL COMMISSION PERCENTAGES				UNILEVEL COMMISSION PERCENTAGES			
Level 1	5%	7%	9%	10%	10%	10%	10%	10%
Level 2			2%	4%	5%	6%	8%	
Level 3					2%	4%	5%	
Level 4							2%	
Level 5								

### Retail Sales Bonus

PV	0-499	500-1,999	2,000-4,999	5,000+
Personal Sales Commissions		5%	10%	15%
Retail Profit	15%	15%	15%	15%
Retail Sales Bonus	15%	20%	25%	30%

### Ace Royal Advancement Bonus

Advance or sponsor someone in your personal group who advances to Ace Royal for the first time and receive US\$500. There is NO time limit for this bonus. You must be paid as an Ace Royal or higher to receive the matching bonus.

**US\$500**

**Ace Royal Advancement Bonus**

**US\$500**

**Matching Ace Royal Advancement Bonus**



### TRACK YOUR FAST START

Six months go by quickly. Stay on track by working your Sunrider business authentically, consistently, and efficiently. As you advance, we reward you with bonuses aplenty!\*

	BONUS EARNED	TITLE EARNED
Month 1	\$	\$
Month 2	\$	\$
Month 3	\$	\$
Month 4	\$	\$
Month 5	\$	\$
Month 6	\$	\$

# DEVELOPING YOUR LEADERS

By inspiring and guiding rising stars to success, you reap the rewards of helping others. That's extraordinary.

# MAXIMIZING YOUR POTENTIAL

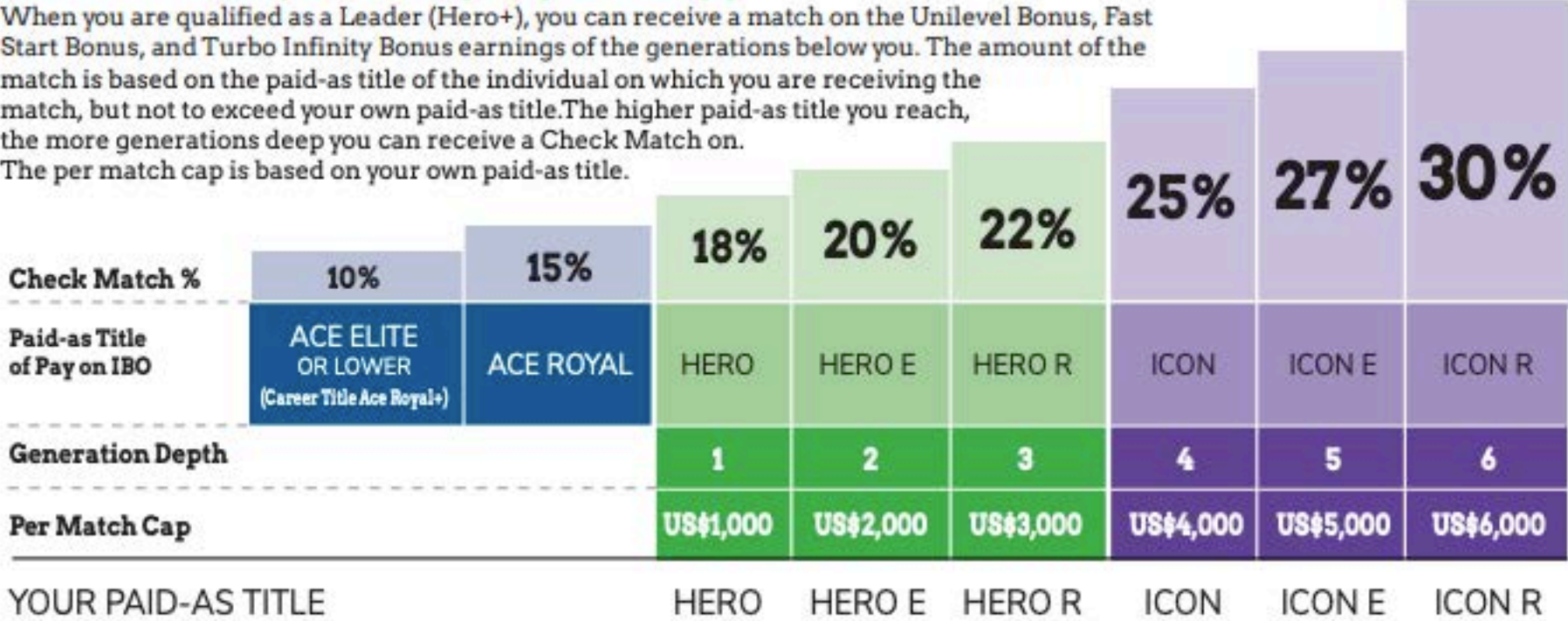
Reach the top levels to take full advantage of the plan's incentive-rich structure and unlimited earning potential.

HERO	HERO ELITE	HERO ROYAL	ICON	ICON ELITE	ICON ROYAL
800	800	800	800	800	800
18,000	36,000	90,000	225,000	600,000	1,650,000
9,000	18,000	45,000	112,500	300,000	825,000
3 BL + 1 ACE Royal (Total of 4 legs)	2 BL + 2 ACE Royal (Total of 4 legs)	1 BL + 3 ACE Royal (Total of 4 legs)	3 ACE Royal+ Legs + 2 HERO+ Legs NewGenQ (Total of 5 legs)	3 ACE Royal+ Legs + 2 HERO E+ Legs NewGenQ (Total of 5 legs)	3 ACE Royal+ Legs + 2 HERO R+ Legs NewGenQ (Total of 5 legs)

UNILEVEL COMMISSION PERCENTAGES			UNILEVEL COMMISSION PERCENTAGES		
10%	10%	10%	10%	10%	10%
8%	8%	8%	8%	8%	8%
5%	5%	5%	5%	5%	5%
2%	2%	2%	2%	2%	2%
2%	2%	2%	2%	2%	2%

## Check Match (8% Company CV Cap)

When you are qualified as a Leader (Hero+), you can receive a match on the Unilevel Bonus, Fast Start Bonus, and Turbo Infinity Bonus earnings of the generations below you. The amount of the match is based on the paid-as title of the individual on which you are receiving the match, but not to exceed your own paid-as title. The higher paid-as title you reach, the more generations deep you can receive a Check Match on. The per match cap is based on your own paid-as title.



## Turbo Infinity Bonus (3% Company CV Cap)

HERO	HERO ELITE	HERO ROYAL	ICON	ICON ELITE	ICON ROYAL
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## Icon Bonus

The Icon Bonus recognizes extraordinary achievement in leadership and development.

# 3 WAYS TO JOIN SUNRIDER

- 1. Retail Customer**—Buy Sunrider® products directly from Sunrider and enjoy online shopping access 24/7 at Retail Price.
- 2. Preferred Customer**—by agreeing to the terms and paying a \$19.95 enrollment fee, which becomes due and payable annually on the anniversary date.
  - Enjoy a 5% discount off Retail Prices on every purchase
  - Enjoy a 10% discount on Autoship orders exceeding 3 months and \$100.
  - Earn free promotional items and other benefits throughout the year of enrollment. Click here for more on Preferred Customer Perks.
- 3. Independent Business Owner (IBO)**—is someone who wants to build a Sunrider business and participate in Sunrider's Infinity Compensation Plan and automatically enjoy the 15% discount off of Retail Prices. To become a Sunrider IBO, you must:
  - Join online
  - Purchase a Starter Kit for \$59 (plus additional shipping fee and applicable sales tax).
  - Opt-in to one of the following: a monthly subscription of \$15 per month, 6-month subscription for \$80.00, or the BEST DEAL! 12-Month Annual Subscription \$150.00

IBO must agree to have the credit card saved on file be automatically charged the monthly subscription fee.

Visit us at [home.sunrider.com](http://home.sunrider.com) for more information.

## DEFINITIONS

### **Builder Leg (BL)**

A Leg with at least one Active IBO (200 PV) and at least 1,000 DV in the entire leg.

### **Commissionable Volume (CV)**

The assigned value of each purchased product on which commissions are paid. It is currency specific in the country where the order is placed.

### **Downline Volume (DV)**

The total Personal Volume (PV) from you and all IBOs in your entire downline. This goes infinitely deep, regardless of titles. This will NEVER break away.

### **Max Volume Rule**

Applied to DV qualification only. Usually 50% of required DV will be counted from any one leg or from the IBO's PV. Applies only to qualification of rank — the IBO will be paid on all volume including the volume that exceeds the Max Volume Rule.

### **Newly Qualified First Generation (NewGenQ)**

A qualification requirement for Icon rank and above which requires that at least once every 12 months, the Icon or above must help to promote someone in his or her personal group in his or her home country to Ace Royal, who then qualifies at that rank (or above) for at least 3 consecutive months. This rolling twelve month period will restart each time the Icon or above meets the above requirements. Attempting to circumvent this requirement by any means (including but not limited to creating false Customer, Preferred Customer, or IBO accounts, purchasing Sunrider® products on behalf of another account, and the like) will be considered a violation of the Code of Ethics and the Business Guide.

### **Personal Volume (PV)**

The total Qualifying Volume (QV) from your personal purchases and your customers' purchases (Retail and Preferred Customer). This does NOT include the purchases of downline IBOs.

### **Qualifying Volume (QV)**

The value of a commissionable product that is applied toward IBO qualifications in the compensation plan. QV is not currency specific so qualifications apply internationally.

PLEASE CONTACT:

1/11/2025

15-8

