

Your Body deserves the best nature has to offer
RESTORE THE BALANCE IN THE BODY

WITH:

- **WHOLE FOODS**
- **LIFE FORCE**
- **CONCENTRATED**
- **WIDE VARIETY**
- **PROPERLY COMBINED**
- **OWNER EXPERTISE**
- **TIME TESTED WISDOM**



“SUNRIDER REGENERATION”
The Joy of a Life in Balance

This Collection of Sunrider Product Information is not intended to cure, treat or heal any health challenge or disease. It is intended to help you with amazing choices of Whole Food Products.

As Dr. Chen shared new products through the years and the wisdom behind them, those gems of information and wisdom were written down as a “Collection of Product Information.”

Sunrider’s unique contribution to the world of health is Dr. Chen’s Philosophy of Regeneration – when we take responsibility for our health and give our bodies ENOUGH of the RIGHT KINDS of WHOLE FOODS, our wonderful self-healing bodies know how to come into working Balance and when in Balance the symptoms and disease quietly go away.

Enjoy the journey of taking responsibility for achieving excellent health with nature’s and Sunrider’s gift – Whole Concentrated Herbal Food to Restore that Balance in your Life.

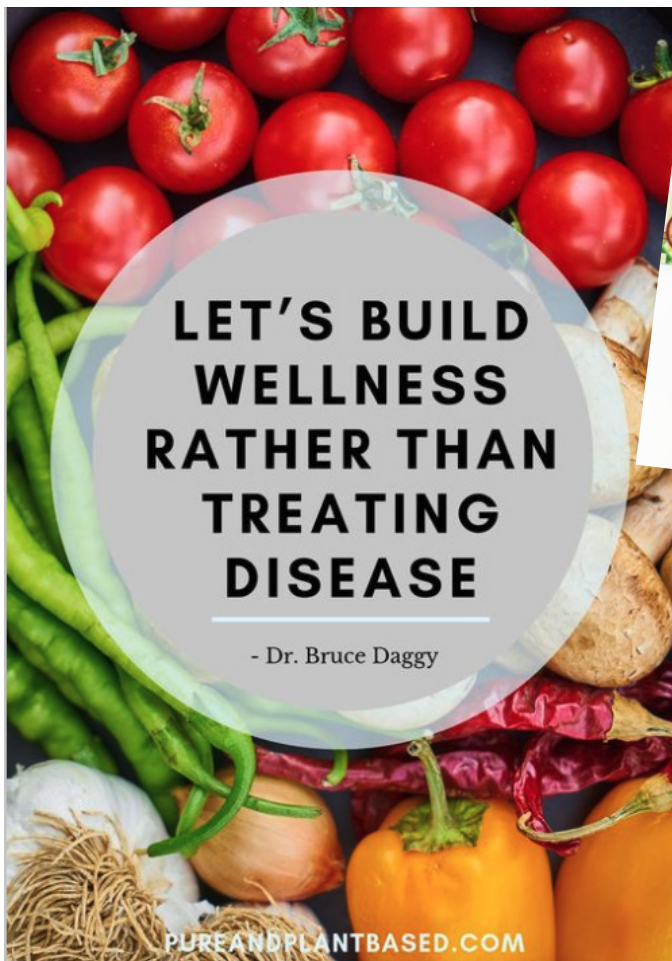
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THE 5 BASICS – NBC

Our Daily Basics

- **NOURISH:** NuPlus – powerfully nourish at the cell level, Internal cellular energy (12 foods)
- **BALANCE:** Quinary – 5 Life support Systems (50 foods)
- **CLEANSE:** *Calli* – Nourishing the cleansing organs (5 food)
Fortune Delight – Super hydrate & Cleansing (5)
- **HEALTHY SWEET:** *SunnyDew* – Balancing/anti-inflammation (2)



Philosophy of Regeneration:

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

Regeneration is Cost Effective Living!

It's restoring health, maintaining vitality and is preventative.

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 that perfect food to **NOURISH** at the cellular level with **Internal Energy** so that that next cell is 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, body builders, people on the go: strength, endurance, builds 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!

- 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 phyto-nutrients 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, 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

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

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

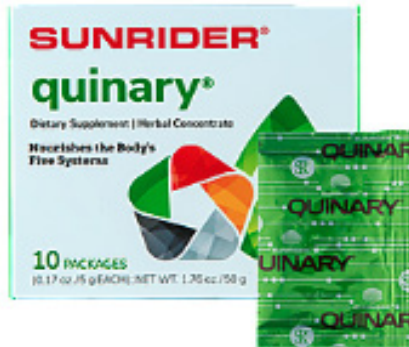
NuPlus can be eaten as a meal, before meals, or in between meals. **NuPlus** powder can be eaten straight from the package, in hot or cold water, milk Calli or Fortune Delight. Makes a fabulous addition to a smoothie or add nourishment to any table food you like.

NuPlus for Internal Energy for Regeneration. You can eat as many NuPlus a day 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 & Liqui 5*

Quinary and Liqui-Five— To Keep the Life Support Systems in “Working Balance”



- **QUINARY IS UNIQUE TO THE MARKETPLACE.** This terrific whole-food nourishment, IS not to treat symptoms but to restore Balance in the body, letting the body heal itself as it comes into Balance.
- **50 VERY SPECIFIC FOOD HERBS.** These 50 very specific food herbs that each of the 5 Life Support Systems of the body: Immune System, Digestive, Respiratory, Circulatory and Glandular (Endocrine System).
- **A “SYMPTOM” IS A SYSTEM OUT OF BALANCE.** Restore the balance and the Symptom quietly goes away.
- **BASED ON 5000 YEAR OLD FORMULAS.** designed to nourish these five major “life-support” systems and keep them working in harmony with each other – Balanced.

- **FEED ALL 5 SYSTEMS WITH QUINARY:** There are approximate 10 very` system specific foods nourishing each of the 5 Systems. We feed all 5 systems with Quinary rather than just the weakened system, because each system is so dependent upon each 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 feed that individual system in addition.
- 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 thru the day or 1 pkg a day
Exciting Changes: 2 pkgs 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 eaten straight from the packet. Enjoy in warm water, in your smoothies or Meal in a mug. SunnyDew/Sunnectar adds 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. **Liqui-Five** 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 up Quinary & Liqui-Five

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



- **Alpha 20C** is very important concentrated whole food of 8 system specific food herbs for building a strong and healthy immune system ... whether it is 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 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. 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 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:** The endocrine system is especially important as the body's messenger of communication. 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 the entire 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 adrenals 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 in balance: making things happen, manifesting joyfulness.

Prime Again means to “put you in your prime again” and promotes 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 hormonal balance it returned to me” Donna

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



- This phenomenal formula 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 for 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 flu, eat **Conco** freely thru 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 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

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

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



- Assimilaid nourishes the functions associated with the digestion of food followed by the assimilation of food, (absorbing the nutrients into the cells) - critical to health.
- Helps to restore and normalize acid secretions and enzyme production in the digestive system.
- Strengthens the liver's critical functions and all the processes thru 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 one – two 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's for emotional balance ” Sandy

5. CIRCULATORY: *Lifestream* — Handles Liquid...



- **Lifestream** denotes “the stream of life”! The circulatory system food nourishes functions associated with the fluid-related processes of the body (blood and water), affecting general circulation.
- **Lifestream** strengthens the heart’s flow of blood and cleanses the vessels, allowing the capillaries to become strong and supple.
- Good circulation provides 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 better regulate the blood pressure
- 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**
- positive emotion when 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

CLEANSE: CALLI

Not An Ordinary Tea! ... Daily Detox - 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 proper combining, each food in **Calli** complements the other and weaknesses of any one food are overcome and the strengths of each food are brought out 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”.)
- What does it cleanse? **Calli** cleanses the blood tissues and cells through its rich combination of flavonoids, catechins, and strong antioxidants that nourish the body's ability to cleanse.
- 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.
- Weight Loss naturally occurs as toxic water stored in the body is pulled out. Fat is stored in toxic water. A clean body is an energized body.
- **Calli** nourishes the frontal lobe of the brain, making it great for studying, decision making, and memory enhancement.

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

- unwanted fat and cholesterol
- accumulation of toxic metabolic wastes
- 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
- Pesticides, chemicals, preservatives
- Bacteria
- Free radical
- Drugs
- Uric acid, unwanted joint deposit

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

Increase the benefits:

- **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 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.
- If you believe yourself to be very toxic, to lessen the cleansing effect, you may choose to steep the **Calli** bag 1-2 minutes, remove bag, and dilute with water to make 1 gallon.
- **Never reuse the tea bag** because the water has washed off 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 on top. 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 it will pull from these the toxic residues. PBF plastics and glass or stainless steel is best to prepare in and store and drink from.
- **Calli** is great with meals and throughout the day. Drink it especially in the morning, during the body's natural cleansing cycle.
- **Calli** can be drunk alone or combined with other Sunrider foods for greater benefit.
 - 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.
 - **Calli Night**, similar to **Calli**, contains soothing and relaxing ingredients that nourish the nervous system, and has aided many to a good night's sleep!
- **Calli** is available *Regular*, *Mint*, or *Cinnamon* as real plant flavors.
- **Save your used tea bags.** The **Calli** bag can be used externally as 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 animals 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 water thru 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\ Spirulina to help carry the heavy metals out of the body so that they don't settle some other place (they are heavy).

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

“Calli, so much more than a regular tea, is a delicious gourmet beverage that has powerfully changed my life. Drinking at least 8 cups a day is a habit I have for life. I can't imagine a day without Calli” Nancy

CLEANSE: Fortune Delight — Nourishes Digestive System, Fat-Flushing, Energizes...

Fortune Delight makes a fantastic and delicious alternative to sodas, iced teas and sport drinks that leave you empty, stressed, and bloated, rather than energized.



- Much more than chopped up plant parts, **Fortune Delight** is considered “vegetable soup” from the many specially-formulated herbs creating a delightful, alkaline pH, INSTANT beverage.
- **Fortune Delight** as a great energy food beverage that includes electrolytes (minerals) to help establish & maintain energy & alertness.
- **Fortune Delight** is an effective cleansing beverage that “moves out fat!” by removing impurities stored in fat cells.
- It’s a great sports beverage, not only for energy but also breaking up the lactic acid produced from exercise creating the aching muscles.
- Very thirst quenching, **Fortune Delight** is considered “wetter than water”. Chemically makes our water more easily absorbed into the cells to move nutrients in and wash debris out.
- Beat the uncomfortable heat and cold temperatures with **Fortune Delight**.
- **Fortune Delight** includes all the many benefits of green tea antioxidants in a whole food form without the negatives of tannic acid and caffeine.
- Enjoy with meals and when one goes out to eat as it helps food digest more effectively.

So many ways to enjoy and increase the benefits:

- **Fortune Delight** comes in 5 different flavors: Regular, Peach, Raspberry, Lemon, Cinnamon
- **Fortune Delight** tastes great hot or cold and, of course, has no 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 CalliDelight, your Smoothies, or a quart of water and you’re to good to go!
- Effective against Candida/parasites. drink 1 small packet to 1 cup-1 quart water. To lessen the cleansing effect, especially with parasites, Candida yeast overgrowth, or a weak elimination system, dilute your **Fortune Delight and drink 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 bad side. One of them is *camellia sinensis*, which has been consumed by Asians for thousands of years. It has tea catechins (good) and caffeine and tannic acid (bad). Nearly all teas contain ground up, unclean, fumigated, and/or irradiated tea leaves and herbs. Sunrider’s herbal beverages are completely different and a true art. We hand and machine clean the herbs to get rid of insects, dirt, rocks, and more things that would ruin your appetite. It’s a time-consuming process. Then, we extract and concentrate the beneficial nutrients, minimizing the negative 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!” Barry

SWEET NOURISHMENT: SunnyDew and Sunectar ---healthy sweet...



- Stevia makes a grand, healthful alternative to sugar and artificial chemical sweeteners that are toxic and promote increased sugar consumption.
- Not only is this a delicious sweet, but the body needs healthy complex carbs vs. simple carbs to function optimally—especially critical for the brain & liver - mental clarity, energy, muscle recovery, and proper metabolism of fats.
- Sunrider is an early innovator in the manufacturing and marketing of products that contain 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 Sunrider's most popular products. The primary ingredient in both these dietary supplements is stevia with the addition of Chrysanthemum Flower adding anti-inflammatory and very calming properties.
- **Sunectar** is Sunrider's original, full-flavored, dark Stevia – 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. To make SunnyDew it takes 2500 gallons of extracted herbal liquid to make 20 gallons of **SunnyDew**. A little goes a long way.
- In Summary, Research on Stevia shows it's benefits to be many:
Increases ability to
 - relieve mental, emotional, and physical fatigue,
 - helps balance & maintain normal blood sugar levels for even energy flow
 - Assists in fat-loss by helping burn glucose
 - More consistent blood pressure
 - Improved thinking capacity
 - Faster healing of ulcers or lesions - topical
 - Aids digestion and gastrointestinal functions
 - Increased ability to fight fatigue
- Many companies now market stevia products. Rather than chemically extracting the Stevia, Sunrider uses a water extraction process and then to increase the benefits, they highly concentrate it. You can also taste the difference—**SunnyDew® and Sunectar®** have a unique, delicious flavor with no chemical aftertaste.
- Heat and cold do not affect the beneficial effects of **SunnyDew or Sunectar**, so it's great 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

ADDITIONAL SUPER HERBAL FOODS

Super Nourish your cells for Regeneration with Super Foods. Will your next cell be stronger (regeneration) or weaker (degeneration and aging)?

- **VitaShake** – 44 vitamins and minerals packed into a whole food herbal shake...so delicious!
- **Sunfit Protein Plus** – Rice and Pea protein in a super food shake...for muscle building, weight loss and just a delicious shake.
- **Smart Gummy** – Whole fruit vegan soft gummies, bursting with flavor, fiber and Vit. B,E & D.
- **Spirulina** – Close to being nature's perfect food.



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



- Strawberry or cocoa flavored, 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.
 - 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*.)
 - In the formulation process, Dr. Chen has bonded the vitamins and minerals found in *Metabalance 44* with *NuPlus* for maximum assimilation!
- Compare **VitaShake** with shake products full of cellulose, sugars, isolated soy protein (which the body cannot digest), unnatural vitamins and minerals, artificial flavors, colors, and sweeteners, chemicals and preservatives which upset the delicate balance in the body. ! What a choice! **VitaShake** is real food!
 - Isolated soy drinks are indigestible and clog lymph. Dr. Chen prepares his whole soy protein like it is prepared in the Orient for thousands of years (slightly fermented).
 - **VitaShake** is designed for folks on the go! According to several national surveys, 5 out of 6 Americans do not eat three meals a day, and nine out of ten don't eat breakfast. **VitaShake** is that perfect breakfast that will help your day be more successful.
 - **VitaShake** is great for weight management! Eating whole regenerative nourishment is critical for weight loss. Hanging onto weight is the body's way of protecting itself from starvation. Nourish it highly and restore the internal energy and balance to the body so that the weight will come off.
 - For seniors who require 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 (Rice— my favorite is Almond!) Add *SunnyDew* if desired! **VitaShake** combined with *Vitalite-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. Stay with whole food.

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

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



- **Boost your protein intake** with the best natural formula available. 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** (not isolated proteins)
 - **Supplies ALL 9 of the essential amino acids** needed for a complete protein.
 - **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 effectively build lean muscle

COIX Fruit – Antioxidant rich grain - twice the protein of rice. Very good for the digestive system, weight loss, and helps support the kidneys as it filters all the extra wastes 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 milks, yogurt, etc.
- 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
- Really 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. In order to burn fat in the muscle, we want to build muscle, not lose muscle like happens in a typical diet program.

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

SunBar— Super Snack! Energy! Meal on the go! Move out toxins!



- **Ready-to-eat, completely balanced and delicious meal in a bar.** No high in fat, sodium, excito-toxins, and/or sugars (sugar and corn sweeteners). 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 growth of the good bacteria, such as Acidophilus, Bifidus, and Faecium, helps reduce Candida Albicans, minimizes bloating, reduces LDL or bad cholesterol (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”!
- It takes about 15 days consistently eating FOS to start making 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 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**, noted for energy and physical strength (see **Sunrise**). Note: Dr. Tei Fu Chen says that **Sunrise** is for longevity and youthfulness.
- The herbs in **Sunrise** and **SunBars**, along with the food herbs in **NuPlus**, are great to help children grow healthy and strong.
- **SunBars** also contains **6 gram 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! Two **SunBars** or 1 **SunBar** plus a **VitaShake** or Protein Plus equal a great meal replacement!
- The bars are so delicious we want to eat them all day long! **Fortune Delight** is the perfect drink complement, moves the fat, poisons and toxins out.

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

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, Pro-Vit. A, which is converted to Vt. 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* will help carry heavy metals out of the body (especially aluminum) as it is chelated out of the cells, tissues and blood so that it does not settle some other place. Chelate with strong Calli – followed by weaker Calli thru the day.
- **SO MANY BENEFITS:**
 - excellent for weak **digestive** systems & **glandular**, particularly **thyroid**, needs
 - detoxifies the **kidney** and **liver**, builds and enriches the **blood**, cleanses the **arteries**
 - feeds the beneficial **intestinal flora**; inhibits **overgrowth of fungi, bacteria, yeast..**
- **Key Facts:**
 - Healthy Blood - world's richest natural source of B₁₂ 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 in 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”

- **Evergreen** – Liquid Chlorophyll - Purify, Alkalize, & Oxygenate-Healthy Blood
- **ElectroSport** – Instant (Electrolyte Replacement “Mineral Toddy” in a clear form
- **SunnyFresh** - Excellent For Throat, Coughs and Respiratory System...Delicious!
- **Sunrise** - The Energy Booster “On the Go” Fuel
- **Vitafruit** - Exotic Fruits – Tissue Repair Juice
- **(LiQui 5)** - Liquid Quinary + more Immune Food – see Quinary



Evergreen—The Life Essence (Blood) of Plants...Healthy Blood!!!!!!



- **Evergreen** - a refreshing alkaline liquid of nutrient dense assimilable chlorophyll, same ingredient in plants that captures sunlight and converts it into energy.
- **Evergreen is unique in that it enters the body in the oil-soluble form** vs. water based. One vial of **Evergreen** is more potent and digestible than a whole bottle of most water-based chlorophyll products available commercially.
- **No more juicing:** Many experience Sunrider's half ounce of concentrated liquid **Evergreen** to be equal to 1 ½ - 2 quarts of fresh organic carrot juice...replaces all that juicing.
- **Evergreen** is an effective internal and external antiseptic, cell stimulator and rejuvenator, and red blood cell builder. **Evergreen** is like a lubricant for the whole body to run smoothly. Great for athletes and for everyone to keep fit and healthy
- **Chlorophyll & Oxygen rich Benefit**
 - Helps to oxygenate fortify & clean the blood.
 - Detoxes and purifies the cells, renews the tissues
 - Promotes healthful intestinal flora, cleansing and healing to the intestinal tract, improves liver function, aids digestion, neutralizes gas
 - Helps cleanse radiation, and inhibits bacteria and fungus (such as Candida)
 - It is valuable in lubricating the ileocecal valve and preventing constipation. This is so essential to life!
 - **Evergreen** improves the absorption of nutrients
 - It helps the body to ward off infection by enhancing the immune response.
 - Moisturizes and soothes the skin, sweetens the breath, neutralizes body odors,
 - Excellent for allergy sufferers.
 - *Helps with chelation of heavy metals (with strong Calli) to get them out of the body*
 - It is an excellent fallback when it is hard to include the 4-5 suggested greens in a daily diet.
- **VITALITY TEST:** A health care professional tested **Evergreen** compared to *Barley Green* *Barley Green* tested out as a three in terms of health benefits. **Evergreen** tested as a 13.
- **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 literally will break up crystals and stones while it cleans out any uric acid. This morning "zinger" is especially good if you have a propensity toward kidney or bladder infections. 1 Vial + 8 lemons squeezed, drunk slowly within half an hr. is great for dissolving stones.
- For optimal results, begin and end your day with **Evergreen., also great added to your other Sunrider beverages.** Chen's exclusive purity-sealed single serve bottle design technology, naturally preserves this concentrated chlorophyll to remain in a natural oil soluble state which the body can use. Consume within 24 hrs. after opening.

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

This is product I never want to be without...healthy blood & body! Melinda

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 a catalyst in the metabolic process; and nutrients actually bind with electrolytes to be carried into and utilized within the cells. Therefore, **effective electrolytes are the TRUCK needed to carry the 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 electrolytes 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*** mixed with 2 quarts of any liquid, preferably ***Fortune Delight*** or ***Calli. Lemon Fortune Delight*** is a very good super-charged electrolyte and mineral drink for hydration. Consume within 24 hrs.

Applied topically:

ElectroSport is very healing to any wound, cut or burn. 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!



- Sunny Fresh is a delicious mint, liquid extract designed to soothe and invigorate the **mouth, throat, and upper respiratory tract (promoting freer breathing)**.
- **Fresh is great for singers and public speakers, or those who just like to talk!**
- It contains 20% honey, compared to most loquat cough syrups, which contain 70% honey. Known to stop a cough when drunk straight or diluted in water.

● Very supportive to the respiratory system. Especially delicious and effective in a cup of hot Calli. Can be mixed with **SunBreeze** and applied topically for relieving chest congestion.

- This skin and throat food is very rich in antioxidants, so 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) are related to the health of the skin. Thus, **Sunny Fresh** helps enhance the skin's natural beauty.
- **Sunny Fresh** has also been found effective to relieve 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.
- **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, 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. Its blood building for those weakened due to illness. Many women use it to build blood, perfectly suited for nursing mothers, babies and children, builds strong muscle in children, to build Qi, strengthen immune system, nourish blood, strengthen 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 any physical (health) challenge. It gives the body extra strength to overcome weaknesses and naturally boosts your energy level throughout the day.
- **Sunrise** is a high-energy, high-impact food for “the quick start”, increase of stamina and endurance, “warming up” or “cooling down” the muscles, shorter recovery time—great for athletes or any exercise program! **Sunrise** 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 great to help children grow strong.
- Helps refresh your body before or after a hard workout, or following a hard day’s work.
- **Sunrise** is especially helpful when you are 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—promotes longevity!
- We have seen benefit 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 will be a struggle, no matter how hard you work.
- if digestion is harmonious and is adequately transporting nutrients to the muscles, the muscles will respond well to exercise.
- **Enjoy many ways: Experience even greater 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 phyto-nutrients not yet 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, 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 greatest 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 blood stream, making it a great immune system food.
 - **FACE LIFT:** **VitaFruit** greatly benefits the skin, 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 when he was conquering Asia. When he was in Mongolia, he fed his soldiers the combination of these rare fruits and noticed they had more energy, were able to march longer and cope with the heat and humidity. Dr. Chen has reintroduced these fruits to the world and named the product **VitaFruit**.

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

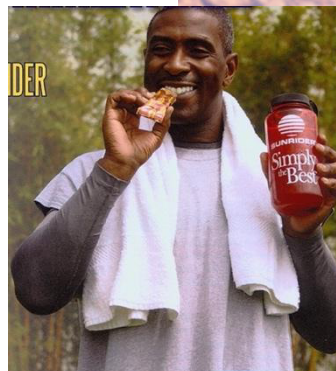
“3 boxes for a month for a facelift...” Donna

ACTIVE LIFESTYLE

When you lead an active life, our products fuel your body, so you stay strong, energized, and ready to take on what's next.



- **Fortune Delight** - Super Hydrating, Acid Flushing, Energizing Instant Beverage
- **NuPlus** - Internal Energy! New Cell Regeneration --Key to Vitality - Angel Food!
- **SunBar** - Ready to Go Energy, Power Snack
- **Sunfit Protein Plus** Power Up with Assimilable Protein, Metabolism speeds up! Nutrition for the Day
- **Ci Wu Jai**—Strengthens Joints, Ligaments, and Tendons
- **ElectroSport** - “Gatorade” (Electrolyte) Replacement...“Mineral Toddy”
- **Energy Plus** - Natural Energy Boost, Endurance, and Stamina
- **MetaBooster**—Turn Back the Clock of Time!! With ENERGY
- **SportCaps** - Muscular System Food – Tone, Strength, Endurance and Repair
- **SunBreeze – First Aid in a Bottle**
- **Sunrise** - “The Energy Booster” in a liquid vial
- **Veros** – Stronger Bones, Circulation, To Bring Back the “Spring” and Stamina



Fortune Delight—Super Hydrating, Acid Flushing, Energizing Beverage

Fortune Delight makes a fantastic and delicious alternative to sodas, iced teas and sport drinks that leave you empty, stressed, and bloated, rather than energized.



- Much more than chopped up plant parts, **Fortune Delight** is considered “vegetable soup” from the many specially-formulated herbs creating a delightful, alkaline pH, INSTANT beverage.
- **Fortune Delight** as a great energy food beverage that includes electrolytes (minerals) to help establish & maintain energy & alertness.
- **Fortune Delight** is an effective cleansing beverage that “moves out fat!” by removing impurities stored in fat cells.
- It’s a great sports beverage, not only for energy but also breaking up the lactic acid produced from exercise creating the aching muscles.
- Very thirst quenching, **Fortune Delight** is considered “wetter than water”. Chemically makes our water more easily absorbed into the cells to move nutrients in and wash debris out.
- Beat the uncomfortable heat and cold temperatures with **Fortune Delight**.
- **Fortune Delight** includes all the many benefits of green tea antioxidants in a whole food form without the negatives of tannic acid and caffeine.
- Enjoy with meals and when one goes out to eat as it helps food digest more effectively.

So many ways to enjoy and increase the benefits:

- **Fortune Delight** comes in 5 different flavors: Regular, Peach, Raspberry, Lemon, Cinnamon
- **Fortune Delight** tastes great hot or cold and, of course, has no 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 CalliDelight, your Smoothies, or a quart of water and you’re good to go!
- Effective against Candida/parasites, drink 1 small packet to 1 cup water. To lessen the cleansing effect, especially with parasites, Candida yeast overgrowth, or a weak elimination system, dilute your **Fortune Delight and drink 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 bad side. One of them is *camellia sinensis*, which has been consumed by Asians for thousands of years. It has tea catechins (good) and caffeine and tannic acid (bad). Nearly all teas contain ground up, unclean, fumigated, and/or irradiated tea leaves and herbs. Sunrider’s herbal beverages are completely different and a true art. We hand and machine clean the herbs to get rid of insects, dirt, rocks, and more things that would ruin your appetite. It’s a time-consuming process. Then, we extract and concentrate the beneficial nutrients, minimizing the negative 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 got” Barry

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 that perfect food to **NOURISH** at the cellular level with **Internal Energy** so that that next cell is 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, body builders, people on the go: strength, endurance, builds 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!

- 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 phyto-nutrients 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, 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

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

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

NuPlus can be eaten as a meal, before meals, or in between meals. **NuPlus** powder can be eaten straight from the package, in hot or cold water, milk Calli or Fortune Delight. Makes a fabulous addition to a smoothie or add nourishment to any table food you like.

NuPlus for Internal Energy for Regeneration. You can eat as many NuPlus a day 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.

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 effectively build lean muscle

COIX Fruit – Antioxidant rich grain - twice the protein of rice. Very good for the digestive system, weight loss, and helps support the kidneys as it filters all the extra wastes 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 milks, yogurt, etc.
- 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
- Really 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. In order to burn fat in the muscle, we want to build muscle, not lose muscle like happens in a typical diet program.

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

SunBar— Super Snack! Energy! Meal on the go! Move out toxins!



- **Ready-to-eat, completely balanced and delicious meal in a bar.** No high in fat, sodium, excito-toxins, and/or sugars (sugar and corn sweeteners). 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 **(FOS) prebiotic plant fiber** from soluble (digestible) life-giving Fructooligosaccharide, extract from Chicory Root, and bamboo fiber. FOS helps in digestion, absorbs fats, stimulates growth of the good bacteria, such as Acidophilus, Bifidus, and Faecium, helps reduce Candida Albicans, minimizes bloating, reduces LDL or bad cholesterol (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”!
- It takes about 15 days consistently eating FOS to start making 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 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**, noted for energy and physical strength (see **Sunrise**). Note: Dr. Tei Fu Chen says that **Sunrise** is for longevity and youthfulness.
- The herbs in **Sunrise** and **SunBars**, along with the food herbs in **NuPlus**, are great to help children grow healthy and strong.
- **SunBars** also contains **6 gram 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! Two **SunBars** or 1 **SunBar** plus a **VitaShake** or Protein Plus equal a great meal replacement!
- The bars are so delicious we want to eat them all day long! **Fortune Delight** is the perfect drink complement, moves the fat, poisons and toxins out.

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

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



- So many people hold this plant in so much awe! It is loved and cherished in all countries of the Far East. For the Chinese it is the “single most powerful and beneficial herb” for almost five thousand years.
 - They claim it gives endurance, energy, resistance and stamina.
 - 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, muscle, 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, improves rheumatic and arthritic conditions, relieves fatigue, and improves resistance.¹
 - Enhances mental activity and physical endurance.
 - This spiny shrub is not in the same family as Asian and American ginsengs and is less costly than these varieties. It helps your body “adapt” to stress; it is often used to improve athletic performance.
 - (Included in **SportCaps** and **JOI**.)
 - Great before and after workouts with **SportCaps**, **Sunrise** and **JOI**!

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

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

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

Electrosport—“Gatorade” (Electrolyte) Replacement...“Mineral Toddy



- ***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 a catalyst in the metabolic process; and nutrients actually bind with electrolytes to be carried into and utilized within the cells. Therefore, **effective electrolytes are the TRUCK needed to carry the 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 electrolytes 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*** mixed with 2 quarts of any liquid, preferable ***Fortune Delight*** or ***Calli. Lemon Fortune Delight*** is a very good super-charged electrolyte and mineral drink for hydration. Consume within 24 hrs.

Applied topically:

Electrosport is very healing to any wound, cut or burn. 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 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

Energy Plus—Natural Energy Boost, Endurance, and Stamina



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

- ***Energy Plus*** includes Vitamin E, 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 source for energy, hence the name “***Energy Plus***”).

BETTER “LIFT” THAN CAFFEINE

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

HEART HEALTHY FOOD SUPPLEMENT:

- Because of the wholeness of the isolate Vitamin E.
- Energy Plus contains 200 IU Vitamin E.
- ***We must have Vitamin E for heart protection because it*** dilates the blood vessels and permits a fuller flow of blood 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 be useful in slowing the aging process, since aging in the cells is largely due to oxidation and, Vitamin E is so effective as an antioxidant.¹

BURN MORE FAT

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

SOFT GEL

- Sunrider is one of only four companies in America—the other three are pharmaceutical—that has this soft gel machine in its own manufacturing process!

ENJOY

- The benefits are greatest when the formula is taken consistently
Recommended: 2 caps daily.

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

¹ Nutrition Almanac, Kirschmann

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



- ***FOUNTAIN OF YOUTH:*** Dr. Chen may have found the “fountain of youth” with this formula. Before introducing this product, he ate 10 capsules a day for three years and turned back the clock for himself about 10 years! Both Drs. Chen look amazingly younger since adding ***MetaBooster*** and the ***Refining and Lifting Crème*** to their regimen.
- ***A METABOLISM BOOSTER:*** A sound metabolism is crucial to maintaining optimum health. This specially developed formula acts not only as a “booster” to the metabolism but also as a powerful antioxidant. This formula is for anyone who wants energy and a faster, more efficient metabolism.
- ***DNA REPAIR:*** ***MetaBooster*** helps to maintain the structural integrity of the membrane of the cell. It also assists with the transport of 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*** are living longer and healthier – their DNA is actually 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 MITOCHONDRI:*** ***MetaBooster*** regenerates the mitochondria in cells.
- ***ANTI-AGING:*** ***MetaBooster*** may prove to be one 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. Ideal for active people and those susceptible to stress.
- Enhances metabolism deep down at the cellular level with an exclusive combination of ingredients that promotes the transformation of nutrients into energy.
- Normalizes nitric oxide levels in the cells, which reactivates dysfunctional cells and regulates cell metabolism when under physical stress.
- Contains an easily absorbable antioxidant, Alpha Lipoic Acid, to fight free radicals, help dissolve heavy metals and other toxic substances, and enhance the benefits of Vitamins C and E.
- Decreases fat mass and waist circumference.
- Contains essential amino acids to help support and improve the body's natural immune defenses.
- Could help improve memory.
- Chelates chemo and radiation effects. Shorten healing time from wounds.

- Amplifies **Quinary** and other Sunrider formulas – called the 6th Basic!
- Combine with **Sunrise** for clear thinking and energy – great for students!

Ingredients:

Niacinamide (B-3):

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

Zinc:

- Assists with metabolizing of B vitamins — healer, anti-inflammatory, immune system building, anti-histamine.

L-Arginine:

- A basic 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 body's ability to increase muscle mass and immune function.

Carnitine:

- Antioxidant, anti-toxin
- Helps with transportation of fatty acids across mitochondrial membranes and maintaining cell structure; more efficient energy production in the cell, repels radio rays, nerve and liver regeneration.

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! Mary

THE MUSCULAR SYSTEM FOOD COMBO

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



Story: *“I was pleasantly surprised when I saw the xrays of my spine. I ate 10 Sport Caps a day with 1 evergreen for 6 months and rebuilt my spine back to completely normal. I had a ruptured disk and degenerated spine really bad. With 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, especially benefiting athletes and people on the go.
- Terrific source of assimilable calcium and iron and an excellent wide spectrum of naturally occurring vitamins and minerals in whole foods.

So Many Benefits:

- Tone, define 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 whole body, helping hold the organs in place. Complements **JOI** in therapy for muscular, neck and back regeneration (two of each every 3-4 hours.)
- Helps with structural issues – joints, back aches, 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 exercising and also when we have a structural problem, it stresses the muscles, and lactic acid gets stuck in the muscles, creating sore muscles. Sportcaps helps move the lactic acid out **of the muscles especially when** drinking Fortune Delight, adding ElectroSport helps even more to flush the acid out.
- Very calming to the nervous system

Sportcaps is a wonderful body-strengthening combination of beneficial “super foods” including

- **Bee Pollen** is the first ingredient. Known to be a blood builder with many naturally occurring vitamins and minerals. Also used as a remedy for allergies like hay fever. Its protein is great for endurance.
- **Ginseng** (Wu Chia Pi) boost the body’s energy. It helps the body’s metabolism and it is a very good tonic for the cardiovascular system. Ginseng strengthens the liver, bone marrow and adrenals. This has been a staple for the Chinese for centuries.
- **Alfalfa** aids in 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, and it nourishes the thyroid function because of the many minerals it contains, one of which is natural iodine.
- **Rose Hips** add an all natural source of Vitamin C.
- **Codonopsis Root** helps improve circulation, assists with the oxygen transport in the body, helps cleanse 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: The individual benefit of each herb is magnified when it is correctly combined or formulated with other herbs; it is the synergistic effect of all the herbs together that is even greater than the benefit of just one herb.

Enjoy:

For optimum benefit and body shape, men enjoy 10-15 capsules per day, women 4-9 capsules per day, children 2-4 per day. **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

Story: “Yes, Sportcaps are wonderful! I did 10 a day with 1 evergreen for 6 months and rebuilt my spine back to completely normal. I had a ruptured disk and degenerated spine really bad. I was in constant pain. It was worth every penny!” Trudi E.

“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 & balm formula on the market. Distilled from flowers, bark, roots, peels, seeds & herbs, 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 need cool applied, it will turn cool. If you need heat, it turns warm. It takes 200 lbs. of herbs extracted to make 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 ear for infections, water logging, wax buildup, motion sickness, and ear pain while flying
- **Burns:** helps prevent blistering & helps take heat and soreness out; mix with lotion if sore to touch. Mix 10-15 drops of oil with water in small spray bottle to spray or mist.
- **Air freshener:** Absolutely 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 - small babies, children, elderly; if baby is constipated, apply on the abdomen and bottom of the feet.
- **In Calli:** Opens up sinuses, bowel cramping, sore throats or upset stomach; couple of drops of oil in cup of Calli and sip.
- **Avoid contact with eyes,** won't harm eyes, but 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—whether as an athlete or any physical (health) challenge. It gives the body extra strength to overcome weaknesses and naturally boosts your energy level throughout the day.
- **Sunrise** is a high-energy, high-impact food for “the quick start”, increase of stamina and endurance, “warming up” or “cooling down” the muscles, shorter recovery time—great for athletes or any exercise program! **Sunrise** 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 great to help children grow strong.
- Helps refresh your body before or after a hard workout, or following a hard day’s work.
- **Sunrise** is especially helpful when you are 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—promotes longevity!
- We have seen benefit 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 will be a struggle, no matter how hard you work.
- if digestion is harmonious and is adequately transporting nutrients to the muscles, the muscles will respond well to exercise.
- **Enjoy many ways: Experience even greater 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 concerned with their performance due to age.
 - The completely natural, herbal-based formula (even including the vegetable capsule) contains no stimulants or synthetic hormones, which often result in unwanted side effects.
 - Gentlemen field-testing this product say their circulation, stamina, cholesterols, muscular strength, skin-tone, and, yes, romantic life have markedly improved! 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 actually 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 especially 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!
 - With **Sunrider**’s own superior research and development, the ingredients are perfectly matched for consistent, optimal results.¹
 - When exercising, women benefit from one **Veros** a day also!

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

General Usage: One capsule two times per day.

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

¹ [The Men’s Formula](#) by Dr. Stephen Smith

Nervous System

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

- **TOP, JOI, ESE** – The Nervous System Foods
- **NuPlus** – Nerve, Brain, Muscle – next cell stronger, internal energy
- **VitaSpray** – One puff – 200% need b12 and Stable C
- **White Willow Bark** – Natural Pain Relief, For Excruciating Pain...Nature's aspirin



The 3 Nervous System Foods: TOP JOI ESE

“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
- Helps maintain emotional & mental balance, brain chemistry
- Increases production of endorphins
- Increased 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 with the ligaments, joints, discs, and entire structure – the musculoskeletal system.
- Relief of pain and discomfort in muscles, bones and joints
- May also give relief from degenerative conditions in the spinal column.
- like a “natural muscle relaxant” is soothing soreness and tension in the entire frame-from 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 body's central nervous system food



- Help with challenging emotional struggles: Can be used for hyperactive children or nervous adults
- Can be most helpful to those with nervous systems out of balance.
- Clearer concentration: A calm and FOCUSED mind
- For natural sleep: **helps** clear out the busy thoughts of the day and have a restful sleep.
- Stressful lifestyle: Increased capacity to handle stress & just to relax
- Relief of addictive cravings: Drug, alcohol & smoking withdrawal is minimized.
- **ESE** is very powerful: 1-2 capsules at a time are 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!! With ENERGY



- **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 not only as a “booster” to the metabolism but also as a powerful antioxidant. This formula is for anyone who wants energy and a faster, more efficient metabolism.
- **DNA REPAIR:** **MetaBooster** helps to maintain the structural integrity of the membrane of the cell. It also assists with the transport of 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** are living longer and healthier – their DNA is actually 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 prove to be one 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. Ideal for active people and those susceptible to stress.
- Enhances metabolism deep down at the cellular level with an exclusive combination of ingredients that promotes the transformation of nutrients into energy.
- Normalizes nitric oxide levels in the cells, which reactivates dysfunctional cells and regulates cell metabolism when under physical stress.
- Contains an easily absorbable antioxidant, Alpha Lipoic Acid, to fight free radicals, help dissolve heavy metals and other toxic substances, and enhance the benefits of Vitamins C and E.
- Decreases fat mass and waist circumference.
- Contains essential amino acids to help support and improve the body’s natural immune defenses.
- Could help improve memory.
- Chelates chemo and radiation effects. Shorten healing time from wounds.
- Amplifies **Quinary** and other Sunrider formulas – called the 6th Basic!
- Combine with **Sunrise** for clear thinking and energy – great for students!

Ingredients:

Niacinamide (B-3):

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

Zinc:

- Assists with metabolizing of B vitamins — healer, anti-inflammatory, immune system building, anti-histamine.

L-Arginine:

- A basic 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 body's ability to increase muscle mass and immune function.

Carnitine:

- Antioxidant, anti-toxin
- Helps with transportation of fatty acids across mitochondrial membranes and maintaining cell structure; more efficient energy production in the cell, repels radio rays, nerve and liver regeneration.

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 internal 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 that perfect food to NOURISH at the cellular level with Internal Energy so that that next cell is 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, body builders, people on the go: strength, endurance, builds 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!

- 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 phyto-nutrients 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, 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

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

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

NuPlus can be eaten as a meal, before meals, or in between meals. **NuPlus** powder can be eaten straight from the package, in hot or cold water, milk Calli or Fortune Delight. Makes a fabulous addition to a smoothie or add nourishment to any table food you like.

NuPlus for Internal Energy for Regeneration. You can eat as many NuPlus a day 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 recommended daily Vitamin B₁₂, the essential B-complex vitamins, a *stable* Vitamin C, antioxidants, and necessary minerals. One **VitaSpray** bottle is equal to 80 injections of B₁₂.
- Is it a delicious breath freshener or a multi-vitamin spray? Actually, 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; no artificial ingredients, colors, or flavors; calorie and sugar-free. Highly concentrated, **VitaSpray** is an effective, easy, and refreshing way to receive your daily requirements of vitamins and minerals. Since there are no capsules to swallow, kids love **VitaSpray**, too!
- Spray as desired under the tongue; hold as long as you can, for 100% assimilation. You can use **VitaSpray** as many times during the day as you like with no harmful build-up. It leaves your mouth refreshed, plus our bodies get a quick nutritional boost with almost instant assimilation.
- This amazing product comes in a small 0.42 fluid 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 nice energy “pick-up” (and breath freshener!) any time.
- Take a spray after your meal to ensure efficient processing of your carbohydrates. If the B vitamins are not present in our bodies, we 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, which naturally helps the body to deal with aches and discomforts.
- This is a medicinal herb but without the side effects.
- 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, 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!

- **Action Caps** – Fat Burning
- **Dandelion Root** – Gentle, Mild, Natural Antibiotic—Clean up the liver
- **Fibertone** – Fiber in Convenient Capsule Form ...Reduces Intestinal Toxicity
- **Fortune Delight** – Fat Flushing Digestive Cleansing, Super Hydrating
- **Dr. Chen’s MetaBooster** – Metabolism Booster
- **MetaShaper** - Return to your beautiful self
- **NuPlus** – Internal Energy... Weight management – the body’s 4th priority when it has enough internal energy
- **Slim Caps** – Elimination -- Slim with Slim Caps! Fat and Waste Cleansing! Also called Liver caps
- **SunTrim Plus++** –Accelerates Fat Loss...Natural Appetite Suppressant



- **VitaDophilus** – Good, “Friendly” Live Bacteria
- **Vitataste** – All-Natural way to block sugar absorption
- **Protein Plus** – Muscle Building to burn fat, high power nourishment

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 nourishes the body's ability to digest and process the fat in the diet (metabolism).
- **Increases Metabolism:** The faster your metabolism, the more quickly your body processes food and burns calories.
- **Moves Out stored Fat:** **Action Caps** also help the body start moving out the existing stored fat in the cells so the fat can be burned in the muscles and used for energy.
- **Helps alleviate hunger and fatigue.** It is very important to drink **Fortune Delight** when consuming **Action Caps**.

Enjoy the benefits:

- **Action Caps** is the fat mover while **Fortune Delight** is the fat flusher.
- **Action Caps** initiate cleansing fat out of the body and aid elimination.
- Maintain your weight with **Action Caps**!
- **Action Caps** are the perfect food to eat before you exercise or to keep you going!
- Eat **Action Caps** after meals of fat intake or if indigestion occurs.
- **Action Caps** are also great for mental alertness and calm energy

So, start slowly to avoid an overload of fat and toxins dumped into your elimination system. Eat 1-6 capsules 15 minutes before each meal or eat several 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 phenomenal food for the liver. The liver has some 70 functions and when the liver is nourished it can clean itself up.
 - ***Dandelion Root*** helps to resolve a liver that is sluggish, clogged up with fats and toxins, causing one to experience hot flashes, sweating, fever, constipation, chronic thirst, dry lips and mouth, rapid pulse and irritability, as well as arthritic conditions which are all indicators of a liver that is fatty or sluggish and 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 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 needs 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—excellent for anemia, iron deficiencies and skin problems.
 - Unlike that of other companies, Sunrider uses the root, not just the leaves, dried, and put into capsules or for 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 an amazing 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 fortify the blood. It helps bring oxygen and then repair to the cells.
- The chlorophyll in Evergreen is very healing to the digestive systems, kind of a super Alo Vera to the digestive system and improving the absorption of nutrients, and neutralizes gas.
 - Dr. Chen began researching **Evergreen** with the understanding that the human body can only use chlorophyll in its natural, oil-soluble state. However, all other liquid chlorophyll supplements, in order to remain stable and not spoil, 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 bebenefits:

- Promotes better circulation and digestion, renews tissues, promotes healthful intestinal flora, cleansing and healing to the intestinal tract, improves liver function, helps cleanse radiation, and 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 moisturizes and even smoothies the skin.
- Great for athletes and for everyone to keep fit and healthy!

- A health care professional did a test on **Evergreen** and compared it to *Barley Green* by putting them 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 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 the photosynthesis process and is so 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, and personally must have its foundational beneficial effects. I inspire my clients to take it as well. Sunrider’s half 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 literally will break up crystals and stones while it cleans out any uric acid. This morning “zinger” is especially good if you have a propensity toward kidney or bladder infections. 1 Vial + 8 lemons squeezed, drunk slowly within half an hr. is great for dissolving stones.
- **Evergreen** begins to lose its nutritional effectiveness once the bottle is opened. 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. Ideal: 2-3 vials per day.

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

Rich in minerals, It is an excellent fallback when it is hard to include the 4-5 suggested greens in a daily diet.

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



- ***Fibertone*** is a unique concentration of soluble and insoluble fiber to help maintain efficient digestion.
- ***Fibertone***'s primary purpose is to tone and clean the intestinal walls and action. Improves bowel functioning. Pulls out acid waste. Helps stabilize blood sugar. Excellent with ***Action Caps***, ***SunBar***, and ***Fortune Delight!***
- ***Important to begin regimen slowly.*** **Suggested:** Take 1-3 caps with every meal -- 5 capsules (on full stomach) 3 times daily to break weight loss plateau.

Possible Benefits:

- More complete 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 not only as a “booster” to the metabolism but also as a powerful antioxidant. This formula is for anyone who wants energy and a faster, more efficient metabolism.
- **DNA REPAIR:** **MetaBooster** helps to maintain the structural integrity of the membrane of the cell. It also assists with the transport of 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** are living longer and healthier – their DNA is actually 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 MITOCHONDRI:** **MetaBooster** regenerates the mitochondria in cells.
- **ANTI-AGING:** **MetaBooster** may prove to be one 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. Ideal for active people and those susceptible to stress.
- Enhances metabolism deep down at the cellular level with an exclusive combination of ingredients that promotes the transformation of nutrients into energy.
- Normalizes nitric oxide levels in the cells, which reactivates dysfunctional cells and regulates cell metabolism when under physical stress.
- Contains an easily absorbable antioxidant, Alpha Lipoic Acid, to fight free radicals, help dissolve heavy metals and other toxic substances, and enhance the benefits of Vitamins C and E.
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- Could help improve memory.
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Zinc:

- Assists with metabolizing of B vitamins — healer, anti-inflammatory, immune system building, anti-histamine.

L-Arginine:

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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.
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“Love this food, I’m getting younger on the inside and out! Mar

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 - 55 parts potassium to 5 parts sodium
- **NuPlus is perfect for the entire family—full body regeneration!**
 - **Pregnancy and Strong healthy kids**
 - **Athletes, body builders, people on the go:** strength, endurance, burns fat & builds lean muscle
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 - *Naturally Plain, Apple Cinnamon, Piña Banana, and Mixed Berry:* fruit added to Simply Herbs:

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NuPlus for Internal Energy for Regeneration. You can eat as many NuPlus a day 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.

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



- **Slim Caps** are great 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” and is also very healthful for the entire body. Basically they are a “liver cleanser” and also help clean the entire intestinal tract and colon.
 - Health experts have said keeping a clean liver is important for cancer prevention, and we know keeping a clean intestinal tract and colon helps prevent many degenerative conditions from occurring due to a “toxic gut”. The average person carries up to 15 pounds of old impacted waste on the bowel wall.
 - There is a little “push” in the **Slim Caps** formula, which is noticed when several capsules are eaten at one time.
- Many have experienced losing inches quickly “around the middle” in days from cleaning the upper gastrointestinal tract and colon.
 - Individuals have reported cholesterol levels and triglycerides coming down. The good part is: At the same time people are experiencing the fat loss, they are feeling better and more balanced.
 - The healthful benefits go on and on with nourishment and cleansing for the whole body. For example: tonifying to the stomach, reduces viscosity of bile (helps to “grab” fats and eliminate them easier), helps remove fats from valves in the body, good for blood sugar and 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 break 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, 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. Promotes 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:** An important 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. Useful in treating anemia, heart weakness and fatigue.
- **Chinese Goldenseal Root:** Traditional healing herb. Anti-inflammatory. Aids indigestion and constipation. Used for gastritis, colitis, duodenal ulcers, eczema. Dries and cleanses the mucus membranes, Healing for liver; Digestive and bile stimulant, reduces phlegm, healing to gastric mucous membranes.
 - **Baikal Skullcap Root:** Important calming herb for the nerves. Cooling herb that sedates by removing the congestion of heat toxin 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. 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 liver, kidneys, bladder and spleen, Helps lower high blood pressure. Warms the organs to treat chronic diarrhea, cramps, 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 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 effectively build lean muscle

COIX Fruit – Antioxidant rich grain - twice the protein of rice. Very good for the digestive system, weight loss, and helps support the kidneys as it filters all the extra wastes 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 milks, yogurt, etc.
- 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
- Really 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. In order to burn fat in the muscle, we want to build muscle, not lose muscle like happens in a typical diet program.

Love a daily scoop in our fruit smoothie...like 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 which send a 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, Garcinia Indica, an Asian fruit, contains HCA (Hydroxy Citric Acid), which helps suppress the 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** include, 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 more: along with **Action Caps**, **SunFit**, and **Vitalite SunBars**.

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 to ensure that the good bacteria reach the small intestine and is not broken down and destroyed by the 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. It can help decrease non-beneficial micro-organisms, some of which can lead to fermentation, thereby causing bloating and gas.
-
- Friendly bacteria produce the body’s own needed B vitamins in the body when the last part of the small intestine “illiunm” has enough good bacteria.
 - 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** eaten 30 minutes before meals promotes healthful digestion.
 - For maximum benefit in intestinal tract and to promote good elimination, eat one package every hour for two days or until normal elimination is resumed. Suggested for excellent maintenance would include one package upon arising and one at bedtime.
 - Those with Candida yeast overgrowth and resultant conditions may choose to eat ten packages a day for ten days and then 1-2 for several weeks or even months as needed.. It can also be added to smoothies or cold beverages. It tastes like apple candy -- it is absolutely delicious!

Ingredients: Apple Powder, Apple Flake, Acidophilus Bacteria.

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

VitaTaste—The “Vital Taste” To Overcome Cravings...A Behavior Modification Food...



- ***VitaTaste*** promotes life-giving tastes and helps change eating habits.
- **Helps to balance the blood sugar and assist the body’s proper assimilation of sugar.** *VitaTaste* 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, unhealthy 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 in and of itself with many of the same food herbs as found in ***NuPlus***.
- ***VitaTaste*** will assist 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 if you eat 2 VitaTaste cas 3X daily for two months, (or much, much sooner) sugar cravings will be greatly diminished or even gone!

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 Balances in the whole Family – We all need it!



- ***Beauty Pearl*** – Guys & Gals - Teens thru Menopause
- ***Bella*** – Perfect Formula for Women over 40
- ***Don Quai*** – Queen herbs – Return Woman to Normalcy
- ***Men’s Formula*** - For the Prostate...for Men over 45
- ***NuPlus*** – Super cell food – happy food
- ***Veros*** - Bring Back Man’s “Spring” and Stamina

Beauty Pearl—Hormonal and Skin Food...



- Beauty Pearl is known to help balance hormonal mood swings, puberty, teens & mid-life challenges, as well as acne and skin related problems.
 - **Beauty Pearl** is named for its purpose and its appearance. The 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 wonderful for repairing and having strong bones.
- As with all Sunrider formulations, each ingredient in the **Beauty Pearl Supplement** is chosen for its special beneficial qualities; however, the way they are combined is what makes it and each Sunrider product exclusive.
 - **The exotic food herbs, extracts and special ingredients are:**
 - **Honey** is a natural sweetener, which has been used as an ingredient in skin-care and personal care products for centuries in both eastern and western cultures.
 - **Korean Ginseng (also known as Korean White Gensing, Panax Ginseng)** is a regenerative food, especially to the hormonal system and reproductive organs. Korean ginseng is very nourishing to the mind and nervous system. Chinese eat it for energy, strength and endurance. has been used as a qi (vital essence) tonic in Chinese medicine for about 5,000 years. Panax Ginseng is the most powerful of the ginsengs.
 - strengthens the actions of the heart, lowers blood sugar, improves digestion, lowers blood cholesterol, increases the good kind of cholesterol (HDL), inhibits allergies, as well as improves concentration, memory and work efficiency.
 - It helps improve your mental and physical wellbeing 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, thereby helping reduce heart attack, stroke and many circulatory problems, like 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 the 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 being 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.
 - Benefits to the skin are a result of 18 amino acids (protein), pantothenic acid, B vitamins, and other minerals.
 - 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 with 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** every day.

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

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

Bella—The Perfect Formula for Women Over 40!



- **Bella** means beautiful in Latin. **Bella** is designed to bring out the inner beauty as well as enhance the outer beauty of women, especially those over 40.
 - With **Bella**, women over 40 don't have to worry about the effects of having to go through menopause or its aftermath.
 - You can keep a gentle, loving disposition and be a strong, contemporary woman at the same time!
 - With **Bella**, you can look young and beautiful with soft, smooth skin.
 - **Bella** nourishes a younger feeling and looking body; it can help support possible weight loss from menopausal areas.
- Dr. Chen's exclusive formula for women is super concentrated with natural herbal ingredients and does not have any added hormones.
 - Recent studies verified its unique array of isoflavonoids such as pueraria, daidzein, and genistein.
 - **Bella** contains herbs that work in conjunction with the body's natural processes. For example, Pueraria Root is one of the earliest and most important herbs used in Chinese medicine.
 - **Bella** especially nourishes the endocrine system and the immune systems. Since **Bella** specifically nourishes the liver and its functions, ladies should begin **Bella** with one capsule a day.
 - With Dr. Chen's new ability to concentrate and enhance food formulas, the **Bella** formula, like the **Veros** formula for men, is 30 times more concentrated in its nourishing benefits. Therefore, one to two capsules a day is usually enough to make a big difference to enjoy your life like a young woman.
 - Ideally, for maximum results, **Bella** should be eaten along with the Sunrider Basics and a "healthy" diet! **Bella** can help ladies keep happy and confident throughout a lifetime!

Proprietary Blend: Pueraria root; Barren wort leaf; Marsh parsley leaf; White cornel fruit; Red clover; Chinese Ginseng root; Dong Quai; Leek seed; Mongoliavine fruit; Boschniakia herb; Cnidium seed.

“My husband and I seldom “spat” anymore since I’m eating Bella...Love how I feel...no menopause symptoms for me!” Donna

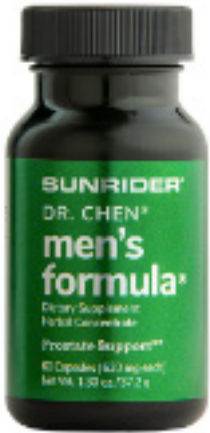
Dong Quai —“*Queen of female herbs. Compelled to ...return women to normalcy*”



- 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 nutrition for girls from childhood on up.
 - 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 B₁₂, nutrients that feed the glands, which produce female hormones.
 - A Japanese study showed that ***Dong Quai*** increased both estrogen and progesterone levels in women with insufficient ovarian function. However, if women don’t need more estrogen, the body does not use it as such.
 - In menopause, for assistance with hot flashes, many women eat 4-5 capsules a day.
 - ***Dong Quai*** is now part of the revolutionary new Sunrider formula, ***Bella***, for women over 40. Best known as an herb for female problems, ***Dong Quai*** also aids in healing for both men and women by improving blood circulation.
 - Research conducted by Dr. C. P. Li, M.D., for the U.S. Department of Health Education and Welfare, showed that this herb possessed qualities favorable to female problems, aided in overcoming symptoms induced by Vitamin E deficiency, and produced a tranquilizing effect upon 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, to promote a healthy prostate and life, this formula includes herbs, antioxidants and carotenoids that represent 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, which is 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; has a cleansing effect on the liver and kidneys.
- Guinea Hen Flower Root promotes 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 both potent anti-oxidants and carotenoids (Vitamin A – 500 IU per gel cap); many, many studies have shown that carotenoids are effective against prostate cancer.
- The effectiveness is even 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

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 that perfect food to NOURISH** at the cellular level with **Internal Energy** so that that next cell is 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, body builders, people on the go:** strength, endurance, burns fat & builds lean muscle
 - **Hormonal Balancing:** smoothes teen, mid-life, and menopause years. NuPlus is called the “happy food”!
 - **Weight Loss:** A healthy body doesn't hold onto fat. Provides glycogen so fat can be burned; helps eliminate cravings

and addictions; nourishes and satisfies. Eat before your meals to help lose weight!

- **Brain food!** Natural brain power for regeneration.
- **Speeds Illness Recovery**
- **Loved by the Elderly**
The more NuPlus you eat the more Regeneration can take place
- **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 phyto-nutrients known to build the body's immune system, protecting it against viruses, bacteria, and environmental influences. Is loaded with anti-oxidants for cellular health!
- **Convenient nutrition to go.** Great for camping, 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***

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

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

NuPlus can be eaten as a meal, before meals, or in between meals. **NuPlus** powder can be eaten straight from the package, in hot or cold water, milk Calli or Fortune Delight. Makes a fabulous addition to a smoothie or add nourishment to any table food you like.

NuPlus for Internal Energy for Regeneration. You can eat as many NuPlus a day 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.

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



- Dr. Chen’s **Veros** increases vigor in men concerned with their performance due to age.
 - The completely natural, herbal-based formula (even including the vegetable capsule) contains no stimulants or synthetic hormones, which often result in unwanted side effects.
 - Gentlemen field-testing this product say their circulation, stamina, cholesterols, muscular strength, skin-tone, and, yes, romantic life have markedly improved! 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 actually 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 especially 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!
 - With **Sunrider**’s own superior research and development, the ingredients are perfectly matched for consistent, optimal results.¹
 - When exercising, women benefit from one **Veros** a day also!

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

General Usage: One capsule two times per day.

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

¹ [The Men’s Formula](#) by Dr. Stephen Smith

IMMUNE SYSTEM FOODS

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

- **ALPHA 20-C** – Restore the Balance to the Immune System
- **Calli** – Delicious Gourmet Detox Beverage
- **Citric C Tabs** – Whole Food Delicious Chewable Vt. C Tabs
- **Conco** – 10 System Specific Foods to restore the balance to the Respiratory & Lymphatic System – Anti-Virus
- **Dandelion Root** – Liver Detox
- **Goldenseal Root** – Natural Antibiotic – Viral & Bacterial
- **Metabooster** – DNA Repair
- **NuPlus** – “Angel Food” Internal Energy for New Cell Regeneration
- **Spirulina** –
Incredible
Balanced Whole
Food
- **Sunrise** –
Overcoming Life's
Hurdles
- **VitaFruit** –
Tissue Repair &
Immune Building



1. Alpha 20C—Food for the Immune (Defense) System...Protects Body..



- **Alpha 20C** is very important concentrated whole food of 8 system specific food herbs for building a strong and healthy immune system ... whether it is 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 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. 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 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!”

“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!”

CLEANSE: CALLI

Not An Ordinary Tea! ... Daily Detox - 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 proper combining, each food in **Calli** complements the other and weaknesses of any one food are overcome and the strengths of each food are brought out 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”.)
- What does it cleanse? **Calli** cleanses the blood tissues and cells through its rich combination of flavonoids, catechins, and strong antioxidants that nourish the body's ability to cleanse.
- 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.
- Weight Loss naturally occurs as toxic water stored in the body is pulled out. Fat is stored in toxic water. A clean body is an energized body.
- **Calli** nourishes the frontal lobe of the brain, making it great for studying, decision making, and memory enhancement.

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

- unwanted fat and cholesterol
- accumulation of toxic metabolic wastes
- 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
- Pesticides, chemicals, preservatives
- Bacteria
- Free radical
- Drugs
- Uric acid, unwanted joint deposit

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

Increase the benefits:

- **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 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.
- If you believe yourself to be very toxic, to lessen the cleansing effect, you may choose to steep the **Calli** bag 1-2 minutes, remove bag, and dilute with water to make 1 gallon.
- **Never reuse the tea bag** because the water has washed off 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 on top. 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 it will pull from these the toxic residues. PBF plastics and glass or stainless steel is best to prepare in and store and drink from.
- **Calli** is great with meals and throughout the day. Drink it especially in the morning, during the body's natural cleansing cycle.
- **Calli** can be drunk alone or combined with other Sunrider foods for greater benefit.
 - 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.
 - **Calli Night**, similar to **Calli**, contains soothing and relaxing ingredients that nourish the nervous system, and has aided many to a good night's sleep!
- **Calli** is available *Regular*, *Mint*, or *Cinnamon* as real plant flavors.
- **Save your used tea bags.** The **Calli** bag can be used externally as 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 animals 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 water thru 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\ Spirulina to help carry the heavy metals out of the body so that they don't settle some other place (they are heavy).

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

“Calli, so much more than a regular tea, is a delicious gourmet beverage that has powerfully changed my life. Drinking at least 8 cups a day is a habit I have for life. I can't imagine a day without Calli” Nancy

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, there is a great deal of difference in the quality of different Vitamin C tablets. Many companies use synthetic Vitamin C. Natural sources are much better for the body and are used much more efficiently.
- Unlike other Vitamin C tablets, **Sunrider's formulation, Citric C Tabs, also 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, as well as 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 in forming red blood cells.
- According to Dr. Van Beveran, Sunrider's Vitamin C contains all 9 parts of the Vitamin C complex, the most important being 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 desert after a meal...We could eat them like candy-whole food Vitamin-C Candy” Marsha

Conco—Food for the Respiratory System & Lymphatic ...Handles Air...



- This phenomenal formula 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 for 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 flu, eat **Conco** freely thru 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 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

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

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



- ***Dandelion Root*** is one of the most effective detoxifying herbs.
 - ***Dandelion Root*** is phenomenal food for the liver. The liver has some 70 functions and when the liver is nourished it can clean itself up.
 - ***Dandelion Root*** helps to resolve a liver that is sluggish, clogged up with fats and toxins, causing one to experience hot flashes, sweating, fever, constipation, chronic thirst, dry lips and mouth, rapid pulse and irritability, as well as arthritic conditions which are all indicators of a liver that is fatty or sluggish and 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 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 needs 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—excellent for anemia, iron deficiencies and skin problems.
 - Unlike that of other companies, Sunrider uses the root, not just the leaves, dried, and put into capsules or for 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 an amazing herb that 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 any bacterial and viral invasion, supporting the immune system & increasing circulation.
 - Helps those who wish to avoid the use of antibiotics when infections threaten.
 - 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.
 - It is also 4x stronger than other brands, so it is extremely powerful and effective.
- **Chinese Goldenseal Root** contains Berberin and Coptisin, which are believed to soothe the mucous membranes and respiratory tract.
 - **Chinese Goldenseal Root** has anti-inflammatory properties.
 - Even though **Goldenseal** acts like a medicinal herb, **Sunrider's** enhancement process makes it a balanced food, safe to take whenever the first signs of infection, abscesses or fever appear.
 - Suggested: 1-2 capsules at a time – repeated every 4 hours.

Considered our “Sunrider Medicine Chest”: Goldenseal, Alpha 20-C, Conco, Spirulina for total fortification. 2 every hr. till under control and stopped!

“It sure is wonderful to have a safe and effective alternative” 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 not only as a “booster” to the metabolism but also as a powerful antioxidant. This formula is for anyone who wants energy and a faster, more efficient metabolism.
- **DNA REPAIR:** **MetaBooster** helps to maintain the structural integrity of the membrane of the cell. It also assists with the transport of 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** are living longer and healthier – their DNA is actually 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 MITOCHONDRI:** **MetaBooster** regenerates the mitochondria in cells.
- **ANTI-AGING:** **MetaBooster** may prove to be one 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. Ideal for active people and those susceptible to stress.
- Enhances metabolism deep down at the cellular level with an exclusive combination of ingredients that promotes the transformation of nutrients into energy.
- Normalizes nitric oxide levels in the cells, which reactivates dysfunctional cells and regulates cell metabolism when under physical stress.
- Contains an easily absorbable antioxidant, Alpha Lipoic Acid, to fight free radicals, help dissolve heavy metals and other toxic substances, and enhance the benefits of Vitamins C and E.
- Decreases fat mass and waist circumference.
- Contains essential amino acids to help support and improve the body’s natural immune defenses.
- Could help improve memory.
- Chelates chemo and radiation effects. Shorten healing time from wounds.
- Amplifies **Quinary** and other Sunrider formulas – called the 6th Basic!
- Combine with **Sunrise** for clear thinking and energy – great for students!

Ingredients:

Niacinamide (B-3):

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

Zinc:

- Assists with metabolizing of B vitamins — healer, anti-inflammatory, immune system building, anti-histamine.

L-Arginine:

- A basic 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 body's ability to increase muscle mass and immune function.

Carnitine:

- Antioxidant, anti-toxin
- Helps with transportation of fatty acids across mitochondrial membranes and maintaining cell structure; more efficient energy production in the cell, repels radio rays, nerve and liver regeneration.

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

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 that perfect food to NOURISH at the cellular level with Internal Energy so that that next cell is 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, body builders, people on the go: strength, endurance, builds 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!

- 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 phyto-nutrients 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, 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***

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

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

NuPlus can be eaten as a meal, before meals, or in between meals. **NuPlus** powder can be eaten straight from the package, in hot or cold water, milk Calli or Fortune Delight. Makes a fabulous addition to a smoothie or add nourishment to any table food you like.

NuPlus for Internal Energy for Regeneration. You can eat as many NuPlus a day 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.

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, 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 **thyroid**, needs
 - detoxifies the **kidney** and **liver**, builds and enriches the **blood**, cleanses the **arteries**
 - feeds the beneficial **intestinal flora**; inhibits **overgrowth of fungi, bacteria, yeast..**
- **HEAVY METALS:** **Spirulina** will help carry heavy metals out of the body (especially aluminum) as it is chelated out of the cells, tissues and blood so that it does not settle some other place. Chelate with strong Calli – followed by weaker Calli thru the day.

Key Facts:

- Healthy Blood - world's richest natural source of B₁₂ 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 in 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

Sunrise—“The Energy Booster”



- **Experience a Natural Energy Boost & Overcome Hurdles**
- **Sunrise** is for overcoming hurdles—whether as an athlete or any physical (health) challenge. It gives the body extra strength to overcome weaknesses and naturally boosts your energy level throughout the day.
- **Sunrise** is a high-energy, high-impact food for “the quick start”, increase of stamina and endurance, “warming up” or “cooling down” the muscles, shorter recovery time—great for athletes or any exercise program! **Sunrise** 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 great to help children grow strong.
- Helps refresh your body before or after a hard workout, or following a hard day’s work.
- **Sunrise** is especially helpful when you are 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—promotes longevity!
- We have seen benefit 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 will be a struggle, no matter how hard you work.
- if digestion is harmonious and is adequately transporting nutrients to the muscles, the muscles will respond well to exercise.
- **Enjoy many ways: Experience even greater 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 phyto-nutrients not yet 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, 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 greatest 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 blood stream, making it a great immune system food.
 - **FACE LIFT:** **VitaFruit** greatly benefits the skin, 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 when he was conquering Asia. When he was in Mongolia, he fed his soldiers the combination of these rare fruits and noticed they had more energy, were able to march longer and cope with the heat and humidity. Dr. Chen has reintroduced these fruits to the world and named the product **VitaFruit**.

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

“Facelift? A vial a day for 30 days” Donna

SKELETAL STRUCTURE



**Prevention is key
but recovery from accidents & degeneration
are also top priorities**

- **Ci Wu Jia** – Strengthens bones, joints, ligaments, tenons and circulation
- **Herb Cal Tab** – Unique, assimilable combination of calcium and herbs.
- **NuPlus** - New Cell Regeneration, Internal Energy – “Angel Food”
- **SportCaps** – Food for muscles – preserving strength and healing even when you can’t move. Stamina & Strength!
- **Sunbreeze** – Instant sooth, relax & heal...we never leave home without it. A miracle in a bottle
- **Sunrise** – Overcoming Life’s hurdles – Internal Energy Boost
- **Veros** – Circulation and Strong Bones
- **White Willow Bark** – Natural Pain Relief...with nature’s aspirin

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



- So many people hold this plant in so much awe! It is loved and cherished in all countries of the Far East. For the Chinese it is the “single most powerful and beneficial herb” for almost five thousand years.
 - They claim it gives endurance, energy, resistance and stamina.
 - 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, muscle, 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, improves rheumatic and arthritic conditions, relieves fatigue, and improves resistance.¹
 - Enhances mental activity and physical endurance.
 - This spiny shrub is not in the same family as Asian and American ginsengs and is less costly than these varieties. It helps your body “adapt” to stress; it is often used to improve athletic performance.
 - (Included in ***SportCaps*** and ***JOI***.)
 - Great before and after workouts with ***SportCaps***, ***Sunrise*** and ***JOI!***

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

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

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

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

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



- First of all, **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, which both aid calcium absorption.
- Sharon Farnsworth suggests **Herb Cal Tab** if one is hurting anywhere (5 per day). Great nourishment for 1) muscles and joints, and 2) bone density.
- Highly Recommended: 4 Herb Cal Tabs a day, delicious with Citric C.

Ingredient Highlights

- Flax Seed Oil
- Alfalfa
- Dandelion

“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 that perfect food to NOURISH at the cellular level with Internal Energy so that that next cell is 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, body builders, people on the go: strength, endurance, builds 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!

- 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 phyto-nutrients 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, 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

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

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

NuPlus can be eaten as a meal, before meals, or in between meals. **NuPlus** powder can be eaten straight from the package, in hot or cold water, milk Calli or Fortune Delight. Makes a fabulous addition to a smoothie or add nourishment to any table food you like.

NuPlus for Internal Energy for Regeneration. You can eat as many NuPlus a day 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.

THE MUSCULAR SYSTEM FOOD COMBO

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



Story: *“I was pleasantly surprised when I saw the xrays of my spine. I ate 10 Sport Caps a day with 1 evergreen for 6 months and rebuilt my spine back to completely normal. I had a ruptured disk and degenerated spine really bad. With 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, especially benefiting athletes and people on the go.
- Terrific source of assimilable calcium and iron and an excellent wide spectrum of naturally occurring vitamins and minerals in whole foods.

So Many Benefits:

- Tone, define 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 whole body, helping hold the organs in place. Complements **JOI** in therapy for muscular, neck and back regeneration (two of each every 3-4 hours.)
- Helps with structural issues – joints, back aches, 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 exercising and also when we have a structural problem, it stresses the muscles, and lactic acid gets stuck in the muscles, creating sore muscles. Sportcaps helps move the lactic acid out **of the muscles especially when** drinking Fortune Delight, adding ElectroSport helps even more to flush the acid out.
- Very calming to the nervous system

Sportcaps is a wonderful body-strengthening combination of beneficial “super foods” including

- **Bee Pollen** is the first ingredient. Known to be a blood builder with many naturally occurring vitamins and minerals. Also used as a remedy for allergies like hay fever. Its protein is great for endurance.
- **Ginseng** (Wu Chia Pi) boost the body’s energy. It helps the body’s metabolism and it is a very good tonic for the cardiovascular system. Ginseng strengthens the liver, bone marrow and adrenals. This has been a staple for the Chinese for centuries.
- **Alfalfa** aids in 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, and it nourishes the thyroid function because of the many minerals it contains, one of which is natural iodine.
- **Rose Hips** add an all natural source of Vitamin C.
- **Codonopsis Root** helps improve circulation, assists with the oxygen transport in the body, helps cleanse 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: The individual benefit of each herb is magnified when it is correctly combined or formulated with other herbs; it is the synergistic effect of all the herbs together that is even greater than the benefit of just one herb.

Enjoy:

For optimum benefit and body shape, men enjoy 10-15 capsules per day, women 4-9 capsules per day, children 2-4 per day. **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

Story: “Yes, Sportcaps are wonderful! I did 10 a day with 1 evergreen for 6 months and rebuilt my spine back to completely normal. I had a ruptured disk and degenerated spine really bad. I was in constant pain. It was worth every penny!” Trudi E.

“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 & balm formula on the market. Distilled from flowers, bark, roots, peels, seeds & herbs, 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 need cool applied, it will turn cool. If you need heat, it turns warm. It takes 200 lbs. of herbs extracted to make 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 ear for infections, water logging, wax buildup, motion sickness, and ear pain while flying
- **Burns:** helps prevent blistering & helps take heat and soreness out; mix with lotion if sore to touch. Mix 10-15 drops of oil with water in small spray bottle to spray or mist.
- **Air freshener:** Absolutely 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 - small babies, children, elderly; if baby is constipated, apply on the abdomen and bottom of the feet.
- **In Calli:** Opens up sinuses, bowel cramping, sore throats or upset stomach; couple of drops of oil in cup of Calli and sip.
- **Avoid contact with eyes,** won't harm eyes, but 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—whether as an athlete or any physical (health) challenge. It gives the body extra strength to overcome weaknesses and naturally boosts your energy level throughout the day.
- **Sunrise** is a high-energy, high-impact food for “the quick start”, increase of stamina and endurance, “warming up” or “cooling down” the muscles, shorter recovery time—great for athletes or any exercise program! **Sunrise** 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 great to help children grow strong.
- Helps refresh your body before or after a hard workout, or following a hard day’s work.
- **Sunrise** is especially helpful when you are 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—promotes longevity!
- We have seen benefit 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 will be a struggle, no matter how hard you work.
- if digestion is harmonious and is adequately transporting nutrients to the muscles, the muscles will respond well to exercise.
- **Enjoy many ways: Experience even greater 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 concerned with their performance due to age.
 - The completely natural, herbal-based formula (even including the vegetable capsule) contains no stimulants or synthetic hormones, which often result in unwanted side effects.
 - Gentlemen field-testing this product say their circulation, stamina, cholesterols, muscular strength, skin-tone, and, yes, romantic life have markedly improved! 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 actually 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 especially 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!
 - With **Sunrider**’s own superior research and development, the ingredients are perfectly matched for consistent, optimal results.¹
 - When exercising, women benefit from one **Veros** a day also!

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

General Usage: One capsule two times per day.

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

¹ [The Men’s Formula](#) by Dr. Stephen Smith

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, which naturally helps the body to deal with aches and discomforts.
- This is a medicinal herb but without the side effects.
- 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, 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

SYSTEMS

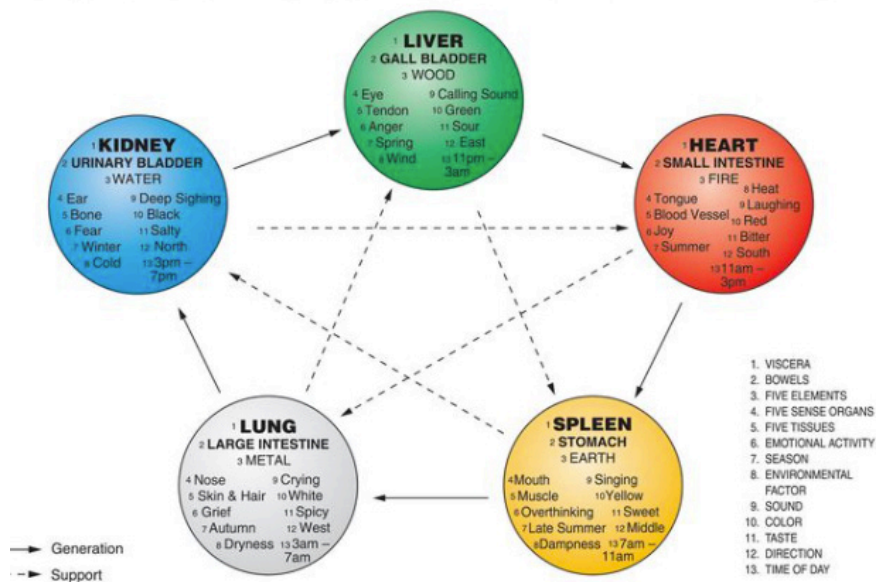
- **5 Life Support Systems – Quinary**
 - **Circulatory – *Lifestream***
 - **Digestion – *Assimilaid***
 - **Endocrine (Glandular) - *Prime Again***
 - **Immune – *Alpha 20-C***
 - **Respiratory - *Conco***
 - **Immune – *Alpha 20-C***
- **Muscular System Food – *Sport Caps***
- **Nervous System Foods**
 - ***Top*** – Head, Brain Chemical Balance, Memory
 - ***JOI*** – Brain Muscle Connection
 - ***ESE*** – Spinal and Nervous System, Focus



5 SPECIFIC LIFE SUPPORT SYSTEM FORMULAS

Sunrider's Most Unique Formulas

CLASSIFICATION OF THINGS ACCORDING TO THE THEORY OF THE FIVE ELEMENTS



- **ALL 5 SYSTEMS IN ONE - *Quinary & Liqui 5***
 - **CIRCULATORY – *Lifestream***
 - **DIGESTION – *Assimilaid***
 - **ENDOCRINE – *Prime Again***
 - **IMMUNE – *Alpha 20-C***
 - **RESPIRATORY – *Conco***

CIRCULATORY SYSTEM:

Lifestream—Food for Circulatory System...Handles Liquid - 1/5 of Quinary



- **Lifestream** denotes “the stream of life”! The circulatory system food nourishes functions associated with the fluid-related processes of the body (blood and water), affecting general circulation.
- **Lifestream** strengthen the heart’s flow of blood and cleanses the vessels, allowing the capillaries to become strong and supple.
- Good circulation provides 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 better regulate the blood pressure
- 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**
- positive emotion when 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

DIGESTIVE SYSTEM:

Assimilaid—Food for the Digestive System...Handles Food... 1/5 of Quinary



- Assimilaid nourishes the functions associated with the digestion of food followed by the assimilation of food, (absorbing the nutrients into the cells) - critical to health.
- Helps to restore and normalize acid secretions and enzyme production in the digestive system. Balancing the production of Digestive Enzymes and Hydrochloric Acid.
- Strengthens the liver's critical functions and all the processes thru 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 one – two 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 such a worrier? Perhaps I need to nourish my digestive system's for emotional balance ” Sandy

ENDOCRINE SYSTEM:

Prime Again—Food for the Endocrine (Glandular) System...Coordinates All Systems...1/5 of Quinary Formula



- **COORDINATES ALL 5 SYSTEMS:** The endocrine system is especially important as the body's messenger of communication. 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 the entire 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 adrenals 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 in balance: making things happen, manifesting joyfulness.

Prime Again means to “put you in your prime again” and promotes 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 hormonal balance it returned to me” Donna

IMMUNE SYSTEM:

Alpha 20C—Food for the Immune (Defense) System...Protects Body... 1/5 of Quinary



- **Alpha 20C** is very important concentrated whole food of 8 system specific food herbs for building a strong and healthy immune system ... whether it is 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 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. 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 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!”

RESPIRATORY SYSTEM:

Conco—Food for the Respiratory System & Lymphatic System...Handles Air...1/5 of Quinary



- This phenomenal formula 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 for 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 flu, eat **Conco** freely thru 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 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

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

THE MUSCULAR SYSTEM FOOD:

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- **Bee Pollen** is the first ingredient. Known to be a blood builder with many naturally occurring vitamins and minerals. Also used as a remedy for allergies like hay fever. Its protein is great for endurance.
- **Ginseng** (Wu Chia Pi) boost the body’s energy. It helps the body’s metabolism and it is a very good tonic for the cardiovascular system. Ginseng strengthens the liver, bone marrow and adrenals. This has been a staple for the Chinese for centuries.
- **Alfalfa** aids in 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, and it nourishes the thyroid function because of the many minerals it contains, one of which is natural iodine.
- **Rose Hips** add an all natural source of Vitamin C.
- **Codonopsis Root** helps improve circulation, assists with the oxygen transport in the body, helps cleanse 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: The individual benefit of each herb is magnified when it is correctly combined or formulated with other herbs; it is the synergistic effect of all the herbs together that is even greater than the benefit of just one herb.

Enjoy:

For optimum benefit and body shape, men enjoy 10-15 capsules per day, women 4-9 capsules per day, children 2-4 per day. **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

Story: “Yes, Sportcaps are wonderful! I did 10 a day with 1 evergreen for 6 months and rebuilt my spine back to completely normal. I had a ruptured disk and degenerated spine really bad. I was in constant pain. It was worth every penny!” Trudi E.

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

THE 3 NERVOUS SYSTEM FOODS: TOP JOI ESE

“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
- Helps maintain emotional & mental balance, brain chemistry
- Increases production of endorphins
- Increased 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 with the ligaments, joints, discs, and entire structure – the musculoskeletal system.
- Relief of pain and discomfort in muscles, bones and joints
- May also give relief from degenerative conditions in the spinal column.
- like a “natural muscle relaxant” is soothing soreness and tension in the entire frame-from 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 body's central nervous system food



- Help with challenging emotional struggles: Can be used for hyperactive children or nervous adults
- Can be most helpful to those with nervous systems out of balance.
- Clearer concentration: A calm and FOCUSED mind
- For natural sleep: **helps** clear out the busy thoughts of the day and have a restful sleep.
- Stressful lifestyle: Increased capacity to handle stress & just to relax
- Relief of addictive cravings: Drug, alcohol & smoking withdrawal is minimized.
- **ESE** is very powerful: 1-2 capsules at a time are 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

SINGLE WHOLE FOOD HERBS

- **Ci Wu Jai** – Strengthens Joints, Ligaments, & Tendons
- **Dandelion Root** – Liver Cleansing – One of the most effective detoxing herbs
- **Dong Quai** – “Compelled to return” ...return women to normalcy
- **Electroport** – Instant (Electrolyte) Replacement...”Mineral Toddy”
- **Golden Seal** – Safe, Natural, Effective Antibiotic...Anti-Inflammatory Properties
- **Spirulina** – A “Near” Perfect Food
- **White Willow Bark** – Natural Pain Relief...For Excruciating Pain



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



- So many people hold this plant in so much awe! It is loved and cherished in all countries of the Far East. For the Chinese it is the “single most powerful and beneficial herb” for almost five thousand years.
 - They claim it gives endurance, energy, resistance and stamina.
 - 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, muscle, 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, improves rheumatic and arthritic conditions, relieves fatigue, and improves resistance.¹
 - Enhances mental activity and physical endurance.
 - This spiny shrub is not in the same family as Asian and American ginsengs and is less costly than these varieties. It helps your body “adapt” to stress; it is often used to improve athletic performance.
 - (Included in **SportCaps** and **JOI**.)
 - Great before and after workouts with **SportCaps**, **Sunrise** and **JOI**!

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

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

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

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



- ***Dandelion Root*** is one of the most effective detoxifying herbs.
 - ***Dandelion Root*** is phenomenal food for the liver. The liver has some 70 functions and when the liver is nourished it can clean itself up.
 - ***Dandelion Root*** helps to resolve a liver that is sluggish, clogged up with fats and toxins, causing one to experience hot flashes, sweating, fever, constipation, chronic thirst, dry lips and mouth, rapid pulse and irritability, as well as arthritic conditions which are all indicators of a liver that is fatty or sluggish and 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 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 needs 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—excellent for anemia, iron deficiencies and skin problems.
 - Unlike that of other companies, Sunrider uses the root, not just the leaves, dried, and put into capsules or for 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 an amazing herb that affects just about every function in the body.

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



- 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 nutrition for girls from childhood on up.
 - 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 B₁₂, nutrients that feed the glands, which produce female hormones.
 - A Japanese study showed that ***Dong Quai*** increased both estrogen and progesterone levels in women with insufficient ovarian function. However, if women don’t need more estrogen, the body does not use it as such.
 - In menopause, for assistance with hot flashes, many women eat 4-5 capsules a day.
 - ***Dong Quai*** is now part of the revolutionary new Sunrider formula, ***Bella***, for women over 40. Best known as an herb for female problems, ***Dong Quai*** also aids in healing for both men and women by improving blood circulation.
 - Research conducted by Dr. C. P. Li, M.D., for the U.S. Department of Health Education and Welfare, showed that this herb possessed qualities favorable to female problems, aided in overcoming symptoms induced by Vitamin E deficiency, and produced a tranquilizing effect upon the cerebral nerves.

“My husband says his angel has returned” Joan

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 a catalyst in the metabolic process; and nutrients actually bind with electrolytes to be carried into and utilized within the cells. Therefore, **effective electrolytes are the TRUCK needed to carry the 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 electrolytes 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*** mixed with 2 quarts of any liquid, preferable ***Fortune Delight*** or ***Calli. Lemon Fortune Delight*** is a very good super-charged electrolyte and mineral drink for hydration. Consume within 24 hrs.

Applied topically:

ElectroSport is very healing to any wound, cut or burn. 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 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

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



- **Sunrider's Chinese Goldenseal Root** is our best weapon against any bacterial and viral invasion, supporting the immune system & increasing circulation.
 - Helps those who wish to avoid the use of antibiotics when infections threaten.
 - 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.
 - It is also 4x stronger than other brands, so it is extremely powerful and effective.
- **Chinese Goldenseal Root** contains Berberin and Coptisin, which are believed to soothe the mucous membranes and respiratory tract.
 - **Chinese Goldenseal Root** has anti-inflammatory properties.
 - Even though **Goldenseal** acts like a medicinal herb, **Sunrider's** enhancement process makes it a balanced food, safe to take whenever the first signs of infection, abscesses or fever appear.
 - Suggested: 1-2 capsules at a time – repeated every 4 hours.

Considered our “Sunrider Medicine Chest”: Goldenseal, Alpha 20-C, Conco, Spirulina for total fortification. 2 every hr. till under control and stopped!

“It sure is wonderful to have 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, Pro-Vit. A, which is converted to Vt. 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* will help carry heavy metals out of the body (especially aluminum) as it is chelated out of the cells, tissues and blood so that it does not settle some other place. Chelate with strong Calli – followed by weaker Calli thru the day.
- **SO MANY BENEFITS:**
 - excellent for weak **digestive** systems & **glandular**, particularly **thyroid**, needs
 - detoxifies the **kidney** and **liver**, builds and enriches the **blood**, cleanses the **arteries**
 - feeds the beneficial **intestinal flora**; inhibits **overgrowth of fungi, bacteria, yeast..**
- **Key Facts:**
 - Healthy Blood - world's richest natural source of B₁₂ 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 in 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...



- ***White Willow Bark***, according to pharmacological research, reduces fever and relieves pain.
- ***White Willow Bark*** is the source of Salicin, aspirin's basic chemical, which naturally helps the body to deal with aches and discomforts.
- This is a medicinal herb but without the side effects.
- 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, 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



- **Citric C** – Delicious Chewable Vit C from whole Food Sources
- **ElectroSport** – Instant (Electrolyte) replacement “mineral toddy”
- **Energy Plus** – Vit. E Anti-Oxidant – Energy boost
- **Herb Cal** – Unique Assimilable Combination of Calcium and Herbs
- **Metabalance 44** – SR’S VITAMIN - 44 Vitamins and Minerals bonded to Whole Foods
- **Metabooster** – “Turn the clock back” – DNA Repair
- **VitaSpray** – 200% delivery of B12 in 1 puff

**SICK
CARE**

vs.

**HEALTH
CARE**



WHICH WILL YOU CHOOSE?

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, there is a great deal of difference in the quality of different Vitamin C tablets. Many companies use synthetic Vitamin C. Natural sources are much better for the body and are used much more efficiently.
- **Sunrider's formulation Citric C Tabs uniquely contains citrus bioflavonoids, rose hips, and green tea extract**, each known for their antioxidant properties makes it more likely to be absorbed and made available to our bodies.
- Bio-flavonoids perform antiviral, anti-carcinogenic, anti-inflammatory, anti-histamine, as well as 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 in forming red blood cells.
- According to Dr. Van Beveran, Sunrider's Vitamin C contains all 9 parts of the Vitamin C complex, the most important being 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 desert after a meal...We could eat them like candy-whole food Vitamin-C Candy” Marsha

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

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



- First of all, **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, which both aid calcium absorption.
- Sharon Farnsworth suggests **Herb Cal Tab** if one is hurting anywhere (5 per day). Great nourishment for 1) muscles and joints, and 2) bone density.
- Highly Recommended: 4 Herb Cal Tabs a day, delicious with Citric C.

Ingredient Highlights

- Flax Seed Oil
- Alfalfa
- Dandelion

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

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 a catalyst in the metabolic process; and nutrients actually bind with electrolytes to be carried into and utilized within the cells. Therefore, effective electrolytes are the TRUCK needed to carry the nutrition into the cells.
- This makes all your other SR foods more effective if you can add some ElectroSport to your beverages.
- You can see for yourself the immediate effect of **ElectroSport** when added to one of Sunrider's herb food beverages. As you pour the clear **ElectroSport** liquid into the beverage, the beverage will darken as the **ElectroSport** binds with the food particles contained in Sunrider herb foods. This binding process helps the body to better utilize the components of the **ElectroSport**.
- 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.
- ElectroSport is especially formulated for the physically active, for during periods of high temperatures when bodily fluids and electrolytes may be depleted through perspiration, when we are under stress, and in high altitudes. These all deplete the body and upsets the water balance inside and outside the cell walls.
- This liquid herb concentrate is a vital component of any fitness, athletic or nutritional program. Because it is an ionized solution containing no sugar, sweeteners, preservatives or artificial ingredients, **ElectroSport** acts quickly in the body and electrolytes can function unimpaired.
- This mixture is very healing when the body is under stress of any kind.

How to enjoy:

- While the other herbal food liquid concentrates can be consumed directly from their vials, because of its high mineral taste, most people mix 1 vial of **ElectroSport** mixed with 2 quarts of any liquid, preferable **Fortune Delight** or **Calli**. One can use **ElectroSport** all through the day, in any number of combinations. If you prefer to mix one glass of **Fortune Delight** or **Calli** at a time, simply add 1/3 or 1/4 vial of **ElectroSport** to the single glass.
- Some Combinations: Combined with **Fortune Delight** (1 vial **ElectroSport** to 1-2 quarts **Fortune Delight** (or **Calli**) along with **Sunrise** or **VitaFruit** and **SunnyDew** makes a superior sport drink. Or just mix **ElectroSport** with 1-2 quarts of water or **Fortune Delight** or **VitaFruit** (with **SunnyDew** if desired.) **Lemon Fortune Delight** is good super-charged electrolyte and mineral drink for hydration.
- One important caution: Be sure to use the entire vial within 24 hours. As this formula is a food, it spoils within that time if not used

Special Note: Applied topically, **ElectroSport** is very healing to any wound, cut or burn. Even helps the body heal chronic hemorrhoids or anal fissures. Mix 1/4 vial in 2 tablespoons water and a few drops of **SunnyDew** and apply with 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

Energy Plus—Natural Energy Boost, Endurance, and Stamina



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

- ***Energy Plus*** includes Vitamin E, 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 source for energy, hence the name “***Energy Plus***”).

BETTER “LIFT” THAN CAFFEINE

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

HEART HEALTHY FOOD SUPPLEMENT:

- Because of the wholeness of the isolate Vitamin E.
- Energy Plus contains 200 IU Vitamin E.
- ***We must have Vitamin E for heart protection because it*** dilates the blood vessels and permits a fuller flow of blood 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 be useful in slowing the aging process, since aging in the cells is largely due to oxidation and, Vitamin E is so effective as an antioxidant.¹

BURN MORE FAT

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

SOFT GEL

- Sunrider is one of only four companies in America—the other three are pharmaceutical—that has this soft gel machine in its own manufacturing process!

ENJOY

- The benefits are greatest when the formula is taken consistently
Recommended: 2 caps daily.

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

¹ [Nutrition Almanac](#), Kirschmann

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



- **Metabalance 44** is designed for people who take vitamins and minerals every day.
- It is excellent during pregnancy as a prenatal vitamin.
- The Chens developed **Metabalance 44** after years of intensive research.
- **Metabalance 44** provides a complete combination of 44 known and needed nutrients, including 12 macro minerals, 6 trace minerals, 8 special purpose food elements, 10 high-nutrient foods, and is enzyme rich!
- Rather than simply throwing in whole foods, Dr. Chen actually blends whole plant foods right with the isolated vitamins and minerals, which causes a bonding of the isolates to the whole foods. This causes these vitamins and minerals to be accepted by the body as whole foods.
- **Metabalance 44** is a Balanced combination of essential nutrients:
 - Wheat germ oil, flaxseed meal, and rice bran are used to stabilize the fat-soluble vitamins. Without these food oils as a base, the vitamins tend to break down before they can be used. They are also highly beneficial in their own right; for example,
 - wheat germ oil has an abundance of the entire Vitamin E complex.
 - Flaxseed is 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.
 - Other whole foods include rose hips (for Vitamin C), kelp (for iodine), bee pollen, beet root powder, alfalfa, and parsley (all of which contain numerous vitamins and trace minerals).
- To Increase the nutritional base and assimilation it is Concentrated
- **Metabalance 44** provides Effective anti-oxidant protection
- **Metabalance 44** is preservative-free in a soft gel capsules to provide a slow release.
- **Sunrider's** superior formulation **Metabalance 44** is made in Sunrider's own quality-controlled manufacturing facilities

“If I’m going to take a vitamin, this is my choice – vitamins bonded to whole foods!”
Donna

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 not only as a “booster” to the metabolism but also as a powerful antioxidant. This formula is for anyone who wants energy and a faster, more efficient metabolism.
- **DNA REPAIR:** **MetaBooster** helps to maintain the structural integrity of the membrane of the cell. It also assists with the transport of 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** are living longer and healthier – their DNA is actually 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 MITOCHONDRI:** **MetaBooster** regenerates the mitochondria in cells.
- **ANTI-AGING:** **MetaBooster** may prove to be one 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. Ideal for active people and those susceptible to stress.
- Enhances metabolism deep down at the cellular level with an exclusive combination of ingredients that promotes the transformation of nutrients into energy.
- Normalizes nitric oxide levels in the cells, which reactivates dysfunctional cells and regulates cell metabolism when under physical stress.
- Contains an easily absorbable antioxidant, Alpha Lipoic Acid, to fight free radicals, help dissolve heavy metals and other toxic substances, and enhance the benefits of Vitamins C and E.
- Decreases fat mass and waist circumference.
- Contains essential amino acids to help support and improve the body’s natural immune defenses.
- Could help improve memory.
- Chelates chemo and radiation effects. Shorten healing time from wounds.

- Amplifies **Quinary** and other Sunrider formulas – called the 6th Basic!
- Combine with **Sunrise** for clear thinking and energy – great for students!

Ingredients:

Niacinamide (B-3):

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

Zinc:

- Assists with metabolizing of B vitamins — healer, anti-inflammatory, immune system building, anti-histamine.

L-Arginine:

- A basic 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 body's ability to increase muscle mass and immune function.

Carnitine:

- Antioxidant, anti-toxin
- Helps with transportation of fatty acids across mitochondrial membranes and maintaining cell structure; more efficient energy production in the cell, repels radio rays, nerve and liver regeneration.

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! Mary

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



- Is it a delicious breath freshener or a multi-vitamin spray? Actually, it's both! One spray in your mouth and you will have a pleasant, tasty surprise. It is very refreshing!
- One “spritzy” of **VitaSpray** delivers 200% of recommended daily Vitamin B₁₂, the essential B-complex vitamins, a *stable* Vitamin C, antioxidants, and necessary minerals. One **VitaSpray** bottle is equal to 80 injections of B₁₂.
- **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; no artificial ingredients, colors, or flavors; calorie and sugar-free. Highly concentrated, **VitaSpray** is an effective, easy, and refreshing way to receive your daily requirements of vitamins and minerals. Since there are no capsules to swallow, kids love **VitaSpray**, too!
- Spray as desired under the tongue; hold as long as you can, for 100% assimilation. You can use **VitaSpray** as many times during the day as you like with no harmful build-up. It leaves your mouth refreshed, plus our bodies get a quick nutritional boost with almost instant assimilation.
- This amazing product comes in a small 0.42 fluid 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 nice energy “pick-up” (and breath freshener!) any time.
- Take a spray after your meal to ensure efficient processing of your carbohydrates. If the B vitamins are not present in our bodies, we 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 & BODY CARE



Prepare for head-to-toe pampering nourished by nature's best herbal ingredients. Our body care shows you and your family how to love the body you're in.

- **Deodorant** - All day protection without dangerous blocking of sweat glands
- **Dental Care** -
 - Free of fluoride, SLS, sugar, yet powerfully cleaning, whitening and protecting with just the right herbal foods,
 - **Kids' Toothpaste**
 - **Whitening Gel**
 - **Sunsmile Drops**
- **Hand Cleansing Gel** – Waterless cleaning, disinfecting with 70% alcohol. Leaves hands healing and feeling soft.
- **Sunbreeze** – Miracle in a bottle! Oil & balm, instant pain relief, sooth, relax & heal...1 bottle



Safe for the whole family!

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



- Instead of using pore-clogging, aluminum anti-perspirants, 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 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 not only kill the offending bacteria; they also give us a very pleasant, fresh smelling scent.
 - Clogged lymph nodes under the arms are very common 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 keep the toxins found in sweat trapped there – much like damming up a river.
 - Will not stain clothes.
 - Helps prevent odor naturally and safely.

“Clean, Confident, 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 for a complete clean and fresher 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, they just 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
- 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 & balm formula on the market. Distilled from flowers, bark, roots, peels, seeds & herbs, 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 need cool applied, it will turn cool. If you need heat, it turns warm. It takes 200 lbs. of herbs extracted to make 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 ear for infections, water logging, wax buildup, motion sickness, and ear pain while flying
- **Burns:** helps prevent blistering & helps take heat and soreness out; mix with lotion if sore to touch. Mix 10-15 drops of oil with water in small spray bottle to spray or mist.
- **Air freshener:** Absolutely 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 - small babies, children, elderly; if baby is constipated, apply on the abdomen and bottom of the feet.
- **In Calli:** Opens up sinuses, bowel cramping, sore throats or upset stomach; couple of drops of oil in cup of Calli and sip.
- **Avoid contact with eyes,** won't harm eyes, but 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? 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!”



- Four times more concentrated than regular brands, this gentle and non-abrasive herbal toothpaste is safe, gentle and thoroughly effective.
- **SunSmile Herbal Toothpaste** is anti-bacterial, helps prevent tooth decay, and is also nourishing to the gums.
- **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—prevents plaque and will 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 along with a cool, fresh great taste.
- Need only a ¼ brushful (pea size amount), so is extremely economical!
- **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! After using, you 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) or a similar ingredient SLS is a grease-cutting detergent that is too strong for the mucus membrane. It’s very irritating 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, 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. I achieved this formula after exhaustive research of various herbal and plant combinations. Our herbal toothpaste is very, very expensive for me to make, but there is nothing else on the market that works as well.”

- **SunSmile Herbal Toothpaste** is concentrated so you use less. It polishes and cleans with natural baking soda, and best of all, contains no Fluoride or Sodium Lauryl Sulfate.
- Use just a pearl drop on your toothbrush - it goes a long way!
- Many Sunriders have had a 4.75 ounce tube last 9 months!

***“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 greater stain removal and effective tooth whitening without harming the teeth.
- This gel may be used alone for daily oral hygiene or along side ***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 also 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 skin care to targeted treatments, our scientifically advanced formulas keep your skin in top form at every age with nature's best ingredients and balanced formulas. Safe and gentle for all skin types. Beautiful and enhancing Cosmetics that bring out your beauty from within. Not the typical Skin Care and Cosmetics in the marketplace. You'll never want another line again.

HEALTHY HOME

- **Fruit & Veggi Rinse** - for cleaner, brighter, tastier produce plus 50 other home uses.
- **SuperClean – Household** – replaces ALL your cleaning products...super safe and effective
- **SuperClean – Laundry** – clean clothes that feel and smell the difference
- **Sunbreeze** – Miracle in a bottle! Oil & balm, instant pain relief, sooth, relax & heal...1 bottle does it all



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 that truly work to help keep every inch of your home safe, clean, and comfortable. You and your housekeeper will love these products.

SunSmile Fruit & Vegetable Rinse—Be Confident About What You Eat—Clean...Safe + 50 Other Uses



- We have had several public alerts concerning pesticide and insecticide use on our crops, especially the fruits and vegetables that 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, there are various germs and parasites that 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 all 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; trial size ideal for travel. Best value available: one capful to sink full or a gallon of water; food does not need to be rinsed again. Retains effectiveness for one hour only outside original bottle.
- Sanitize your home! In an emergency, ***SunSmile Fruit and Vegetable Rinse*** will add disinfectant to 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 Veggi Rinse*** melts the waxy coating and then cleans up the food from pesticides, chemicals, bacteria, viruses.
- Fruit: bleach bath slows down ripening, replace with F & V, slows down, doesn't stop ripening process
- Meat: soak 5 min or more to help remove parasites and anything else....meat more tender
- Vegetable Greens: considered the dirtiest and deadliest of all vegetable. 90% come from Arizona and Calif and are top irrigated from the rivers.
- Vegetables, Fruits, nuts, legumes: 1-3 minutes in 1 capful to 1 gal – no need to rinse. Washes off waxy coating and kills E.coli, salmonella, pesticides, chemicals etc.
- Foods stay fresh longer and taste soooooo much better.

Key Notes:

- F & V activates with a little water
- Full effectiveness for 1 hr. after adding f & v to water
- Not designed for internal use, but certainly can be used safely. SunSmile drops designed for internal use.

- Can follow use with Vitadophilus – probiotic if unsure of killing good bacteria along with harmful substances
- Kills 100% of fungus, virus, bacteria, promotes healing. 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 just 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. amazing difference – color, the way the drain off of it, etc. Wash Kale – show how bright green
- “F & V is like a fire – everything thrown into it, it consumes” Dr. Chen

Below are multiple effective uses for FV Rinse:

- Acne: Wash with f & V, can follow with Sunbreeze
- Air Freshener, spray to kill germs, viruses etc in the air, rub a little in the nose when in congested or infected possibilities – Flu, Covid 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 eye, next day cleared up
- 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 rinse
- Cuts: Nasty cuts falling thru sidewalk grill, washed with f & v next morning pink and healing
- 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 to shampoo
- Diarrhea – appx. 3 drops in cup of water
- Dentist: Brush with F & V prior to and following a dental appointment, instruments not always sanitary
- Deodorizer – pet smells, sour clothes, any smells – pour into laundry
- Use with anything going on in digestive tract: A squirt of FV in ½ c water and squirt of Sunnydew (cover the taste) clean up anything in the digestive tract. Follow it with Vitadophilus an hour or so later.
- 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: appx. 3-4 drops in ½ c. water f & v melts wax
- Fever: appx 3-4 drops or more in cup of water, fever means the body is trying to burn up the poisons and toxins...help it out.
- Food poisoning: appx. 3 drops in cup of water
- Fungus-Toe nails: f & v on cotton swab on or under nail- secure & repeat
- Gargle: appx. 3 drops in little water
- Head Lice: add to shampoo, repeat in several days (eggs)
- Flying: Spray or wipe down seating, certainly clean up the air, up 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. Flying/hotels: Spray or wipe down seating, certainly clean up the air, up nose
- Humidifier, diffuser: both Sunbreeze and f & v – keep germs down in the air
- Insect Bites: F & V then Sunbreeze, Wasp, Brown Recuse, Black Widow, Misquitos etc
- Insects Exterior: Wash down condo patio – no bugs appeared on patio (1 gal/ 2 caps full, Hornets nest
- Insects /Interior- House spray: ½ cap to 1 quart – spray baseboards or where needed
- Itchy: Spray or wash
- Mold: Destroys! Spray in air &/or apply directly, cutting boards
- Nasal spray or wash out nose: appx. 3 drops 1 oz. of water
- Non healing injury: washed with F & V, next morning significant healing
- Parasites: Full moon- day before, full moon and also day after; parasites rapidly reproduce, 3 drops in ½ water 3 days in a row. Enjoy a Vitadophilus each evening. Parasites can live within the cells. The white blood cells go to work trying to kill the parasites but can't because hidden.
- Pedicure, manicure: 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 never got sick), wash toothbrush
- Vomiting: appx. 3 drops in cup of water
- Warts: wet wart, squirt directly onto wart, cover with Band-Aid (1 wk will probably remove it)

- Wax removal: Pour straight on – table cloth, brick hearth from dripping candles.
- Water: Bottled, City, Well, Streams
- Wounds/cracks: washed wound and cracks, healed up quickly

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

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 & balm formula on the market. Distilled from flowers, bark, roots, peels, seeds & herbs, 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 need cool applied, it will turn cool. If you need heat, it turns warm. It takes 200 lbs. of herbs extracted to make 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 ear for infections, water logging, wax buildup, motion sickness, and ear pain while flying
- **Burns:** helps prevent blistering & helps take heat and soreness out; mix with lotion if sore to touch. Mix 10-15 drops of oil with water in small spray bottle to spray or mist.
- **Air freshener:** Absolutely 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 - small babies, children, elderly; if baby is constipated, apply on the abdomen and bottom of the feet.
- **In Calli:** Opens up sinuses, bowel cramping, sore throats or upset stomach; couple of drops of oil in cup of Calli and sip.
- **Avoid contact with eyes,** won't harm eyes, but 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 are a pH of 5.5, rather than high alkaline pH as in most cleaning products. **Therefore, this SuperClean is good 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 huge value for smart shopping! 0.08 per spray bottle.
- So concentrated - simply **fill a Spray bottle with 1 tsp. SuperClean and the rest with water. You're ready to go – Perfect to replace all your cleaning supplies!**
- 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 So gentle and protective to the hands and still it really works!



HOUSEHOLD:

Use on Everything:

- Bathrooms, tubs, decks, potties, & mirrors
- Everything in the kitchen, even 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 Veggie rine – excellent insect repellent!

“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
 - Not petroleum based, reducing irritations and allergic reactions.
- No need for water softeners
 - Water conditioners clean and reduce calcium buildup.
- Cuts the grease, great for stains, while gentle on all your clothes!
 - Powerful enzymes remove protein stains, grease and oil.
- Pre-treat Stains – spray diluted or concentrated on stain for 5-min, rub then launder
- No need for anti-static dryer sheets

“The most cost effective, safe and wonderful way to do my laundry” Donna

DOING SUNRIDER AS A BUSINESS IS....

Listen
Ask Questions



Listen with ears
of tolerance.
See through
the eyes of
compassion.
Speak with the
language of love.
~ Rumi

Offer Solutions!

20 very 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 some new skills and new ways of looking at those around us.

1. Rather than thinking I'm not good a sales - just change the word "selling to service", serving people vs. trying to persuade people.
2. It totally 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 in service vs. selling.
3. You develop a deeper relationship and build lifetime friendships with people when they realize they can trust you to be interested in their need vs. your need.
4. Step out of our comfort zone in tremendous personal growth
5. It transforms the heart from selfishness, 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 you, but truly offer 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 how to reach the heart not just sharing head knowledge.
9. You develop character quality of trustworthiness – you do what we promise , we call when we promise, etc. You don't let people fall thru 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 – company computer, your computer, and even when you're helping them with their computer skills.
12. You learn how to tell your own SR story in a compelling and simple way...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 lifestyle to live within God's design for life and health, and helping them realize when we violate this design plan, suffering follows, natural result.
15. You are relieving suffering, pain, 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 a wonderful way to "pay it forward" for someone sharing SR with us and changing 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%
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.



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.

Check Match %	10%	15%	18%	20%	22%	25%	27%	30%
Paid-as Title of Pay on IBO	ACE ELITE OR LOWER (Career Title Ace Royal+)	ACE ROYAL	HERO	HERO E	HERO R	ICON	ICON E	ICON R
Generation Depth			1	2	3	4	5	6
Per Match Cap			US\$1,000	US\$2,000	US\$3,000	US\$4,000	US\$5,000	US\$6,000
YOUR PAID-AS TITLE			HERO	HERO E	HERO R	ICON	ICON E	ICON R

Turbo Infinity Bonus (3% Company CV Cap)

Icon Bonus

The Icon Bonus recognizes extraordinary achievement in leadership and development.

HERO	HERO ELITE	HERO ROYAL	ICON	ICON ELITE	ICON ROYAL
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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 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.

