

WEIGHT MANAGEMENT - DIGESTION



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

Basics First

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

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

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

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

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

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

Additional

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

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

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

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

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

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

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

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

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

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

NOURISH: **NUPLUS**

NuPlus—The Key that Unlocks the Door to Regeneration...Internal Energy! Angel Food!



- Turn the internal clock back- Slow down or stop aging – **Regenerate!**

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

- The question is, **WILL OUR NEXT CELLS BE STRONGER OR WEAKER?**
- **NuPlus is the perfect food for NOURISHING at the cellular level with Internal Energy so that the next cell can be stronger.**
- **NuPlus Is complete, instant BALANCED nourishment:**
 - 65% complex carbohydrates (glucose)
 - 20% protein (amino acids)
 - 15% fat (good, essential fatty acids)
 - Naturally occurring micro-nutrients such as vitamins, minerals, antioxidants, phytonutrients, and bioflavonoids.
 - 55 parts potassium to 5 parts sodium
- **NuPlus is perfect for the entire family—full body regeneration!**
 - Pregnancy and strong, healthy kids
 - Athletes, bodybuilders, people on the go: strength, endurance, build lean muscle & burns fat
 - Hormonal Balancing: smooths teen, mid-life, and menopause years. NuPlus called the “happy food”!
 - Weight Loss: A healthy body doesn’t hold onto fat. NuPlus provides glycogen

so fat can be burned. Eat it before meals to help lose weight!

- It helps eliminate cravings and addictions, nourishes and satisfies.
- Brain food! Natural brain power for regeneration.
- Speeds illness recovery
- Loved by the elderly.

The more NuPlus you eat, the more Regeneration.

- **Complex carbs:** convenient, high-powered fuel that’s ready to go! Fights fatigue and sustains the energy level. No crash!
- **Protein:** all 21 amino acids. 5 kinds of beans (prepared for easy assimilation) that nourish five key organs: (red) the heart, (white) lungs, (green) liver, (yellow) spleen, and (black) kidneys.
- **Fatty Acids:** Balanced for brain & nerves.
- **Vitamins & Minerals in tact** – No isolates! Naturally occurring, hundreds of phytonutrients are known to build the body’s immune system, protecting it against viruses, bacteria, and environmental influences. Is loaded with antioxidants for cellular health!
- **Convenient nutrition to go.** Great for camping and backpacking. Great shelf life -- A food you can live on!
Six delicious choices:
 - *Regular:* the original formula, ideal for weak digestion & newborns,
 - *Simply Herbs:* Most Regenerative the Original plus 5 specially prepared beans
 - *Naturally Plain, Apple Cinnamon, Piña Banana, and Mixed Berry:* fruit added to Simply Herbs:

The more I eat, the younger and better I feel, I could live on it”
Donna

- **Weight Loss:** A healthy body doesn't hold onto fat. NuPlus provides glycogen so fat can be burned. Eat it before meals to help lose weight!
- This formula has been time-tested for centuries...originally considered "**Angel Food**" or "**Manna**"

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

NuPlus for Internal Energy for Regeneration. You can eat as many NuPlus a day as you choose. The more you eat, the more regeneration takes place.

Ingredients (Simply Herbs): Coix Fruit, Soybean, Chinese Yam, Fox Nut, Lotus Seed, Lotus Root, Waterlily Bulb, Green Bean, Red Bean, Black Bean, White Bean, Imperate Root.

BALANCE: *Quinary* + 5 Systems

Quinary — Nourish the "Working Balance" of the 5 Life Support Systems



- **QUINARY IS UNIQUE TO THE MARKETPLACE.** This terrific whole-food nourishment does not treat symptoms but restores Balance in the body, allowing the body to heal itself as it achieves Balance.
- **These 50 VERY SPECIFIC FOOD HERBS nourish the 5 Life Support Organ Systems:** Immune System, Digestive, Respiratory, Circulatory and Glandular (Endocrine System).
- **A "SYMPTOM" IS A SYSTEM OUT OF BALANCE.** When the balance is restored, the symptom quietly goes away.
- **BASED ON 5000-YEAR-OLD FORMULAS.**

- **FEED ALL 5 SYSTEMS WITH QUINARY:** There are approximately 10 very specific foods nourishing each of the 5 Systems. We feed all 5 systems with the combined food combination Quinary rather than just the weakened system because each system is so dependent upon the other, and when one is weakened, it weakens the others too.

- **TO SPEED UP REGENERATION:** First, feed all five systems with Quinary. If you choose to nourish the weak system (where the symptoms are), you can also feed that individual system.
- The Quinary comes in a powder, in capsules and in Liqui 5. Because these are whole foods, properly combined to restore balance, you can eat aggressively of any of the foods without concern of overdoing it. (10 *Quinary* capsules = 1 *Quinary* powder packet = 1 *Liqui-Five* vial)



How to eat *Quinary*:

- Maintenance: 3-4 caps throughout the day or 1 pkg. a day. Exciting Changes: 2 pkg. or 20 caps. Full Speed Regeneration: 3 pkgs or 30 caps a day.
- *Quinary* powder is the most popular form of *Quinary*. It dissolves instantly in liquid or is eaten straight from the packet. Enjoy in warm water, in your smoothies, or Meal in a mug. SunnyDew/Sunnectar adds a delicious taste. Enjoy in between meals for sustained nourishment, at bedtime, for deeper, longer sleep. Or increase at the first sign of imbalance.
- *Liqui-Five* (liquid in vials) is *Quinary* plus extra immune-system food. It is Dr. Chen's personal favorite, and he regularly drinks a vial and follows it with a *Sunrise* vial for an even greater energy boost!

"Can't believe the convenience & balancing of these 50 very specific foods – concentrated 8-10xs... Certainly unique top the market," Donna

The following Five individual herbal formulas that make Quinary & Liqui-Five

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



- **Alpha 20C** is 8 very important system-specific concentrated whole foods for building a strong and healthy immune system ... whether overactive or underactive, restoring the balance. It nourishes the ability to “fight.”
- Alpha 20-C strengthens the fighter T-cells that are critical to
 - Fight infections
 - Control the growth of dangerous and destructive extraneous cells, such as cysts and tumors
- Alpha 20-C nourishes the immune system through the bone marrow, liver, and adrenals.

In ancient China, a similar formula was used to:

- detoxify the body and help expel fever and illness
- reduce vulnerability to viral and bacterial infections
- help resist parasites and yeast overgrowth
- govern the body’s resilience and adaptability; assist in an appropriate response to environmental stresses
- fortify the body as **emotional food for anger, irritability, and depression.**
- positive emotion from a system in balance: **planning and decision-making**

Enjoy: **Alpha 20C** has a delicious “mocha” taste and can be eaten as is or added to any Sunrider food. It is a great as a bedtime beverage—sleep like a baby.
Available in capsules and powder stick packs (1 powder packet = 10 capsules).

Extra Protection: Eaten throughout the day, together with **Conco**, Sunrider’s **Goldenseal**, and Sunrider’s **Spirulina**, promotes a strong immune response.

Ingredients: Chinese White Flower, Paris Herb, Scutellaria Herb, Dandelion Root, Imperate.

“In this world where we don’t know what we are being exposed to, keeping a strong immune system is critical....prevention is key! I super strengthen this system every day!”

2. ENDOCRINE SYSTEM: *Prime Again* — Coordinates All Systems...



- **COORDINATES ALL 5 SYSTEMS:** 13 system-specific concentrated foods nourishes the endocrine system. This system is vital as the body's communication messenger. Prime Again was Sunrider's first single formula in **Quinary**, significantly affecting all the others.
- **MAJOR ORGANS FED:** Heart, small intestines, pituitary, hypothalamus, thyroid, and hormonal system.
- **INTERNAL ENERGY:** The thyroid and adrenals are keys to having energy. The more **Prime Again** you eat, the better you feel!

In ancient China, a similar formula was used to:

- nourish the general processes by which body cells reproduce (regeneration)
- regenerates the endocrine glands, including adrenals, thyroid, and reproductive glands
- strengthens the nervous system and adrenal's ability to handle stress
- regulate hormonal secretions, and enhance sexual response and reproductive processes
- build muscle strength; helps regulate growth and development
- decreases allergic reactions
- relieves PMS and menopausal symptoms
- enhances the body's ability to recover from illness or injury
- fortifies the body as emotional food for **anxiety, lack of joy**

Positive emotion as the system is balanced: making things happen, manifesting joyfulness.

Prime Again means " putting you in your prime again" and promoting youthfulness and longevity!

Ingredients: Chinese Yam, Forty Knot Root, Leek Seed, Poria, Cornel Fruit, Paper Mulberry, Eucommia Bark, Mongoliavine Fruit, Morinda Root, Broomrape, Senega Root, Fennel Seed, Lycii Fruit.

***"I started with this before we had Bella – so thankful for the renewed hormonal balance,"
Donna***

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



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

Major organs fed: Lungs, large intestine, skin, thyroid

In ancient China, a similar formula was used to:

- resist viruses—phenomenal protection against influenza and colds
- build protection against environmental allergies (pollen, dust, etc.)
- relieve congestion of the air passages of the chest and head (sinus, bronchial, etc.)
- relieve fevers and headaches (including migraines)
- relieve muscle and joint pain accompanying influenza
- soothe the stomach and reduce nausea and vomiting
- rebuild and improve the immune system functions
- fortify the body as **emotional food for grief, melancholy, holding on, can’t let go.**
- Positive emotion when the system is in balance: creating order.

ENVIRONMENTAL & VIRAL ATTACKS: For a strong immune response to environmental and viral attacks, Eat throughout the day, along with **Alpha 20 C**, Sunrider **Goldenseal**, and Sunrider **Spirulina**.

Ingredients: Mint Herb, Honeysuckle Flower, Chinese Lovage, Golden Bell Fruit, Chinese Catnip, Bell Flower Root, American Lovage Root, Angelica Root, Licorice Root, Bamboo Leaf, Burdock Seed, Reed Root

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

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



- 10 System-Specific concentrated foods that nourishes the functions associated with the digestion of food followed by the assimilation of food (absorbing the nutrients into the cells).
- Helps to restore and normalize acid secretions and enzyme production in the digestive system.
- Strengthens the liver's critical functions and all the processes through the gastrointestinal tract.
- Provide digestive healing to the stomach and lubricate the intestinal tract

Major organs fed: Stomach, spleen, pancreas, thymus

In ancient China, a similar formula was used to:

- alleviate heartburn, upset stomach, vomiting,
- help resolve indigestion, gastric ulcers, gastritis, colic
- relieve abdominal pain and distention
- aid sleep by reducing gastrointestinal tension
- fortify the body as **emotional food for worry, lack of contentment**
- positive emotion for a system in balance: imagination, sympathy

Enjoy:

*3 caps a day for great maintenance. **Assimilaid** makes a delicious hot beverage by itself; just open 1-2 capsules and add to a cup of hot water. Eating before meals aids digestion and is helpful for diarrhea and irritation of colon.*

Ingredients: Ginseng Root, Bai Zhu Root, Poria, Licorice Root, Pinellia Root, Orange Peel, Cinnamon Bark, Fennel Seed, Amomum Seed, Mint Herb.

Why am I a worrier? Perhaps I need to nourish my digestive system for emotional balance ” Sandy

5. **CARDIO-VASCULAR SYSTEM: *Lifestream*.**



- **Lifestream** denotes “the stream of life.” 10 System-Specific concentrated food for the circulatory system, nourishing functions associated with the fluid-related processes of the body (blood and water), affecting general circulation.
- **Lifestream** strengthens the heart’s blood flow and cleanses the vessels, allowing the capillaries to become strong and supple.
- Good circulation provides a plentiful oxygen supply, free-flowing blood, and efficient removal of toxic impurities.

Major SYSTEM organs fed: Kidneys, bladder, adrenals

In ancient China, a similar formula was used to:

- enable the body to regulate the blood pressure better
- cleanse the blood and reduce extraneous clotting
- reduce the level of free fat and cholesterol in the blood
- improve eyesight, reduce redness of the sclera
- effective with circulatory disorders, such as varicose veins and hardening of arteries
- strengthen the bowel and cleanse the intestinal system
- strengthen the nervous system, and relieve depression and poor memory
- fortify the body as **emotional food for fear. “Cup of Courage”**
- positive emotion when the system is in balance: perseverance, will, vitality

Ingredients: Tora Seed, Gou Teng, Sophora Flower, Chrysanthemum Flower, Orange Peel, Pinellia Root, Dwarf Lilyturf Root, mushroom powder, ginger root, ginseng root (panax)

“No need to fear!” Kathy

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



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

Some Ingredient highlights:

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

COIX Fruit – Antioxidant-rich grain - twice the protein of rice. It is very good for the digestive system and weight loss and helps support the kidneys as it filters all the extra waste so you don't have to go to the bathroom so often.

BAMBOO FIBER – This plant fiber aids in digestion and enhances the sensation of feeling full

How to enjoy:

- Healthy snack or meal replacement, add 1-2 scoops in 2 cups of water or Fortune Delight, Calli, VitaShake, or NuPlus.
- Add to smoothies, sprinkle on oatmeal, cereal, alternative milk, yogurt, etc.
- The natural vanilla flavor makes it easy to add to just about anything.

Sum it up:

- Nuplus base with additional easy-to-digest protein
- Helps with healthy digestion and supports the kidneys
- Satisfies the appetite
- Helps curb cravings
- Tastes great
- Supports muscle growth and recovery
- For those wanting to lose fat, we don't want to lose muscle, which would leave a person looking flabby. To burn fat in the muscle, we want to build muscle, not lose muscle, as happens in a typical diet program.

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

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



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

Enjoy the Benefits:

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

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

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

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

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



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

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

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



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

Among many chlorophyll benefits:

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

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

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

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

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



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

Possible Benefits:

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

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

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

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



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

Specific Benefits:

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

Ingredients:

Niacinamide (B-3):

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

Zinc:

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

L-Arginine:

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

Carnitine:

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

Magnesium Stearate:

- A necessary mineral.

Alpha Lipoic Acid:

- ALA - Major antioxidant plus it recharges other antioxidants, for example, glutathione, and Vitamin C in that it enables the cells to utilize more oxygen.
- Exciting ingredient repairs mitochondria damage (energy producers in the cells and a major contributor to aging), heals mutations. Recent study of rats concludes that carnitine and lipoic acid will lead to an improvement in the quality of living during the later stages of life by preventing free radical induced damage to proteins.

L-Lysine:

- Most abundant amino acid in the human body -- about 2 lbs in the body at any given time.
- It assists in the repair of damaged cells and helps to inactivate viruses and bacteria.
- Found in beans and yeast - 3rd highest amino acid in muscles, needed for body to produce antibodies and enzymes.
- Improves absorption of calcium and may increase bone-building cells.
- Studied for relieving pain, migraine headaches, and painful periods.

Recommendation: Take 1-2 capsules **at mealtimes** two or three times a day. Start Slow, such as 2 capsules a day - fractions from food don't need a lot, but need a long time for results to appear. Excellent with **MetaShaper** and **Veros** or **Bella**.

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

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



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

Powerful Ingredients:

Garcinia:

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

Resveratrol: (in the Polygonum)

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

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

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

Green Tea catechins:

- It contains a significant ingredient that promotes thermogenesis and weight loss, reduces lipids and fats, and scavenges free radicals before they damage cells.

- **Recommended** 2-3 caps with each meal.
- **Story:** After eating 3 caps 3xs a day within 24 hr., the dizziness and having to hang on for balance disappeared.

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



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

Ingredients:

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

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

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

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



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

Some Ingredient highlights:

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

COIX Fruit – Antioxidant-rich grain - twice the protein of rice. It is very good for the digestive system and weight loss and helps support the kidneys as it filters all the extra waste so you don't have to go to the bathroom so often.

BAMBOO FIBER – This plant fiber aids in digestion and enhances the sensation of feeling full

How to enjoy:

- Healthy snack or meal replacement, add 1-2 scoops in 2 cups of water or Fortune Delight, Calli, VitaShake, or NuPlus.
- Add to smoothies, sprinkle on oatmeal, cereal, alternative milk, yogurt, etc.
- The natural vanilla flavor makes it easy to add to just about anything.

Sum it up:

- Nuplus base with additional easy-to-digest protein
- Helps with healthy digestion and supports the kidneys
- Satisfies the appetite
- Helps curb cravings
- Tastes great
- Supports muscle growth and recovery
- For those wanting to lose fat, we don't want to lose muscle, which would leave a person looking flabby. To burn fat in the muscle, we want to build muscle, not lose muscle, as happens in a typical diet program.

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

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

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



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

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

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



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

Ingredients: Apple Powder, Apple Flake, Acidophilus Bacteria.

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

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



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

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

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