

IMMUNE BUILDING



Always Basics First – Increase as needed!

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

Basics First

Always Basics First – Increase as needed!

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

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

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

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

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

Prevention is Key!

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

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

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

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

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

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

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

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

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

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

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

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



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

In ancient China, a similar formula was used to:

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

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

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

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

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

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



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

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

In ancient China, a similar formula was used to:

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

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

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

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

NOURISH: **NUPLUS**

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



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

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

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

glycogen so fat can be burned; eat before meals to help lose weight!

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

The more NuPlus you eat, the more Regeneration.

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

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

- Weight Loss: A healthy body doesn't hold onto fat. NuPlus provides glycogen so fat can be burned. Eat it before meals to help lose weight!

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

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.

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

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



- **Calli** is a delicious, whole-food beverage. Exotic herbs are concentrated in herbal nectar and sprayed onto Camellia carrier leaves (green tea leaves). We want the incredible benefits of green tea without the caffeine and tannic acids. The way **Calli** is prepared and with the addition of other herbs, so we don't experience the caffeine and tannic acid effects and yet experience the incredible benefits of green tea.
- Based upon 5000 years of research and wisdom in combining, each food in Calli complements the other, overcoming the weaknesses of any one food and bringing out the strengths of each food more powerfully.
- Dr. Chen adjusts **Calli** by adding other herbs milligram by milligram to decrease the tannic acid and increase the antioxidants. The time-consuming procedure to make **Calli** further reduces the possibility of the adverse effects of caffeine and tannic acids. **Calli** is alkaline. (Note: Coffee and black are both "acidic." For every cup of Coffee, one must drink 2 cups of water to overcome the acid-producing results in the body)
- What does it cleanse? **Calli** cleanses the blood, tissues, and cells through its rich combination of flavonoids, catechins, and potent antioxidants, which nourish the body's ability to cleanse.
- Why a daily detox? Rather than an occasional stressful cleanse, **Calli** nourishes the five cleansing organs—the liver, kidneys, colon, lungs, and skin—so that they can cleanse the body more effectively and naturally every day.
- Weight Loss occurs naturally as toxic water is removed from the body. Fat is stored in poisonous water. A clean body is an energized body.
- **Calli** nourishes the brain's frontal lobe, which is excellent for studying, decision-making, and enhancing memory.

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

- unwanted fat and cholesterol
- accumulation of toxic metabolic wastes
- heavy metals (i.e. aluminum, mercury)
- fermentation and putrefaction from negative diet
- radiation
- chemotherapy residue
- nicotine and caffeine
- drinking water impurities
- Uric acid, unwanted joint deposit
- Impurities from kidneys, liver, lymph, lungs, skin, colon (cleansing organs)
- Pesticides, chemicals, preservatives
- Bacteria
- Free radicals
- Drugs

The body responds with:

- Stronger cell regeneration
- Cleaner organs, systems, and entire body
- Increased energy & enhanced mental clarity
- Greater emotional stability
- increased alkaline pH
- More natural slenderness, fat digestion
- Better circulation, blood, and arterial plaque cleansing

How to increase the benefits of Calli:

- **Begin by** steeping 1 tea bag (unbleached bag) in 4-10 cups of hot (not boiling) water for approximately 5 minutes. Eventually, you can increase it to 10 minutes and then several bags of Calli daily. Enjoy hot or cold. Drink freely within 24 hours or refrigerate for longer use.
- If you believe yourself to be very toxic, to lessen the cleansing effect, you may steep the **Calli** bag for 1-2 minutes, remove it, and dilute it with water to make 1 gallon.
- **Never reuse the tea bag** because the water has washed the **Calli** formula off the carrier leaf Camellia leaf and will start to pick up the negatives left in the single herb. NEVER MICROWAVE.
- The purer the water, the fewer residues there will be. Dr. Chen has said that Calli picks up residues. This is what it does in the body and carries them out of the body. Purified or distilled water is the best for preparing **Calli**.
- Never steep in aluminum or soft plastic, as this will remove toxic residues. PBF plastics and glass or stainless steel are best for preparing, storing, and drinking from.
- **Calli** is great with meals and throughout the day. Drink it during the body's natural cleansing cycle, especially in the morning.
- **Calli** can be drunk alone or combined with other Sunrider foods for more significant benefit.
 - It's delicious hot or cold, mixed with **Fortune Delight** (called **Calli/Delight**) and a drop or two of **SunnyDew or Sunectar**.
 - **NuPlus** can be added to Calli for a complete meal.
 - Similar to **Calli**, **Calli Night** contains soothing and relaxing ingredients that nourish the nervous system and have aided many in getting a good night's sleep!
- **Calli** is available in *Regular*, *Mint*, or *Cinnamon* as authentic plant flavors.
- **Save your used tea bags.** The **Calli** bag can be used externally as an effective poultice to draw out poisons and inflammation. When soaked in water, Calli bags make an excellent tea for watering plants. **Calli** tea bags put into animal foods are powerful for animals' health and beauty.
- **For chelation effect** – Steep & drink 1 bag to 1 cup water steeped for 10 min; follow the strong cup drinking 8 cups Calli throughout the day to help wash the heavy metals and toxins out of the body. If chelating for heavy metals, eat 3-4 capsules of SR's Spirulina to help carry the heavy metals out of the body so that they don't settle in some other place (they are heavy).

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

Calli, so much more than regular tea, is a delicious gourmet beverage that can powerfully change your life. Drinking at least 8 cups daily is a habit you will want for life.

3 DAY CALLI CHALLENGE: look for more mental clarity, calm energy, and an overall feeling of well-being. On the first day..."I enjoyed it." On the second, "I think I feel a difference." On the third, "I do feel the difference".

CLEANSE: *Fortune Delight* — Nourishes Digestive System, Fat-Flushing, Energizes, Super Hydrating!



- Fortune Delight is a fantastic and delicious alternative to sodas, iced teas, and sports drinks, which can leave you empty, stressed, and bloated instead of energized!
 - Fortune Delight includes all the benefits of green tea antioxidants in a whole food form without the negatives of tannic acid and caffeine.
 - A healthy digestive system is essential for preventing and overcoming health Challenges. Fortune Delight helps clean up that system.
 - Need Energy? Do you work long days, or do you need energy to exercise? Natural nourished energy!
 - Aching muscles? It breaks up the lactic acid, creating aching muscles.
 - Fortune Delight is much more than chopped-up plant parts. **It** is considered “vegetable soup” because the many specially formulated herbs create a delightful, alkaline-pH instant beverage.
 - Prevent electrolyte loss by restoring and keeping the balance. Fortune Delight.
- Beat the uncomfortable heat and cold temperatures with **Fortune Delight**. It helps one deal with the temperature comfortably.
- Great for helping to keep the blood sugar balanced, cells efficiently absorb the glucose
- Fortune Delight is very thirst-quenching **and** is considered “wetter than water.” It chemically makes our water more easily, hydrating the cells to move nutrients in and wash debris out.
- Fat flusher by removing impurities stored in fat cells.
- Dinner beverages with meals and out-to-eat help food digest more effectively.

There are so many ways to enjoy and increase the benefits:

- **Fortune Delight** comes in 5 flavors: Regular, Peach, Raspberry, Lemon, and Cinnamon.
- **Fortune Delight** tastes excellent hot or cold and does not contain artificial sweeteners, preservatives, or chemical enhancers.
- Enjoy at least 2 quarts of hydrating **Fortune** or **Calli Delight** (mixed with **Calli**) all day.
- Mix with **Calli** for **Calli/Delight**, your Smoothies, or a quart of water, and you’re good to go!
- It is effective against Candida and parasites. Drink one small packet of Fortune Delight in one cup to one quart of water to use it. However, dilute your Fortune Delight and drink it separately from **Calli** to lessen the cleansing effect, especially for parasites, Candida yeast overgrowth, or a weak elimination system.
- To increase the electrolyte benefits, add a few drops to a vial of *ElectroSport*.
- Beat the heat with **Fortune Delight!** Enjoy the fresh, energized feeling!

Ingredients: Camellia Extract, Lemon Extract, Chrysanthemum Extract, Jasmine Extract, Imperate Root

Message from Dr. Chen on Fortune Delight® and Calli®:

Each food has a good side and a bad side. One is *camellia sinensis*, which Asians have consumed for thousands of years. It has tea catechins (good), caffeine and tannic acid (bad). Nearly all teas contain ground-up, unclean, fumigated, and/or irradiated tea leaves and herbs. Sunrider herbal beverages are entirely different and a true art. We hand and machine clean the herbs to eliminate insects, dirt, rocks, and other things that would ruin your appetite. It’s a time-consuming process. Then, we extract and concentrate the beneficial nutrients, minimizing the harmful ingredients like caffeine and tannic acid. Finally, we spray-dry the concentrated extracts onto the concentrated tea catechins. The result is light years ahead of typical teas. **Fortune Delight®** and **Calli®** are nutrient-rich, enhanced herbal beverages

“This is our favorite instant drink to go - energy, thirst-quenching, sports - you go!” Barb

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



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

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

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



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

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

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



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

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

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

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



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

Benefits

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

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

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



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

Specific Benefits:

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

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



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

- **NOURISHES AND CLEANSSES:** *Because of its rich chlorophyll content, **Spirulina** is unique in that it nourishes and also cleanses.*
- **NATURALLY OCCURRING VIT AND MINERALS:** As a whole food, it does so much more for our health than taking vitamins and minerals. It is rich in the B vitamins and Pro-Vit. A, which is converted to Vit. A by the body, high in chlorophyll, iron, carotenoids, antioxidants, micronutrients, trace minerals, and lipids – all naturally occurring.
- **ANSWER TO MALNUTRITION:** Because it provides 20 times the amount of protein as that of soybeans on an equal land area and is effective against a series of viruses, it is being studied as the answer to underdeveloped countries' malnutrition.
- **HYGENIC CULTIVATION:** Unlike many brands, **Sunrider's** blue-green algae, **Spirulina**, is cultivated in hygienic tanks and ponds under the latest scientific conditions and then concentrated 4xs. It also smells fresh.
- **SO MANY BENEFITS:**
 - excellent for weak **digestive** systems & **glandular**, particularly the **thyroid**, needs
 - detoxifies the **kidney** and **liver**, builds and enriches the **blood**, cleanses the **arteries**
 - feeds the beneficial **intestinal flora**; inhibits the **overgrowth of fungi, bacteria, and yeast**.
- **HEAVY METALS:** **Spirulina helps** carry heavy metals out of the body (especially aluminum) once they have been chelated out of the cells, tissues, and blood, so that they do not settle elsewhere. Chelate with strong Calli, 1 bag/1 c. water, followed by weaker Calli throughout the day + 3-4 Spirulina.

Key Facts:

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

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

Sunbreeze Oil... Instant Relief!

One bottle does it all! Heavenly Smell!

Ancient Chinese Wisdom & Modern Technology



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

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

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

Suggestions for Use:

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

Ingredients:

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

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

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

Sunrise - Natural Energy Booster – Overcoming Hurdles



- **Sunrise** is for overcoming hurdles, whether as an athlete or with any physical (health) challenge. It gives the body extra strength to overcome weaknesses and naturally boosts energy throughout the day.
- **Sunrise** is a high-energy, high-impact food that provides a quick start, increases stamina and endurance, warms up or cools down muscles, and reduces recovery time. It is great for athletes or any exercise program and will help you go the “extra mile.”

- It helps refresh your body before or after a hard workout or following a hard day’s work.
- **Sunrise** is especially helpful when under mental, physical, and emotional stress.
- We have seen benefits in auto-immune challenges. In Chinese medicine, chronic fatigue is deficient spleen Chi (Energy.) Feed the spleen **Sunrise** for energy!
- **Sunrise** is great for helping children grow strong.
- *As we age, add 1-3 vials of **Sunrise** daily.* It is very regenerative and promotes longevity!
- The Chinese believed that if the spleen and digestion are out of balance, the muscles lose tone and appear thin or even wasted. Developing muscle tone and definition will be a struggle, no matter how hard you work. If digestion is harmonious and adequately transports nutrients to the muscles, the muscles will respond well to exercise.
- Formulated from herb food extracts in the liquid form, it is digested quickly and rapidly absorbed into the body system.
- **Enjoy many ways: Experience even more significant results when you:**
 - Drink your **Sunrise** immediately after drinking *Liqui-Five*.
 - Drink **Sunrise** with *Quinary* (or *Liqui-Five*) and *NuPlus* for Peak benefits
 - Add to *Calli*, *Fortune Delight*, smoothies, or sip on this vial
 - Combine with *MetaBooster* for a clear mind and energy!
 - *Sunrise* enhances the benefits of the *SportCaps* when eaten together.
- **Key Ingredient of Lycii & its benefits: (Note Lycii Fruit is #1 Ingredient in NuPlus also)**
 - renewing cells
 - balancing blood pressure & restoring kidneys
 - balancing blood sugar & increasing acidophilus in the intestines
 - assisting organs and functions
 - increasing body strength and endurance
 - strengthening male sexual stamina
 - strengthening the bones
 - quicker illness recovery

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

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

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



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

Ingredients: Apple Powder, Apple Flake, Acidophilus Bacteria.

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

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



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

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

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

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

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



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

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

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

Ingredients:

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

Benefits:

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

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