

Sunrider - Too Good to be True!

This is what your Sunrider Friends are experiencing and saying:

- ✓ I now have the energy to do the things I enjoy in life.....
 - ✓ I'm not getting sick like I used too...
 - ✓ Everyone is saying I'm looking younger and younger....
 - ✓ My athletic strength is surpassing my peers....
 - ✓ My skin is becoming radiant....
 - ✓ My hair & nails definitely are showing new life.....
 - ✓ I've been coming off my meds....
 - ✓ I'm sleeping like a baby and awakening refreshed....
 - ✓ My aches and pains are disappearing....
 - ✓ My emotional balance is returning....
 - ✓ My mental clarity and memory are definitely improving....
 - ✓ Even my eyes are getting better....
 - ✓ Inches are disappearing....
 - ✓ Cravings are disappearing....
 - ✓ I'm overcoming my addictions....
 - ✓ I no longer need my caffeine...without withdrawals....
 - ✓ I feel satisfied and nourished....
 - ✓ I don't spend all day in the kitchen just to get healthy....
 - ✓ It's so easy to fix and enjoy all day in all situations.....
 - ✓ I'm saving money on doctor, dentist, chiropractic appointments & meds...
 - ✓ My grocery budget is cut by 1/3...
 - ✓ I'm making better table food choices...
 - ✓ I have something to share with those I love.....
 - ✓ As an IBO, I'm earning back rebates on my own purchases....
 - ✓ I am also earning an excellent part time income....
 - ✓ I'm getting younger, healthier and gaining financial freedom....
 - ✓ I have Excellent Health Mentors to Help Guide Me...
- ✓ I'm a Sunrider for Life! Sunrider is Our Health Care Plan!**

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James and I Welcome you to our Sunrider Family!

There's never been a better time to build up our health and live abundant lives of gratitude without fear.

We are so very thankful for Sunriders' simple yet profound "**Philosophy Of Regeneration**" if we Nourish + Cleanse our bodies with ENOUGH of the RIGHT KINDS of WHOLE FOODS, our bodies have the ability to gain and maintain excellent health. Sunrider gives us that concentration of a wide variety of whole live herbal foods that actually repel disease and give our bodies the tools to regenerate and also slow down that degeneration process. ***What a treasure for all time and especially needed today.***

I'll ever be grateful, 30 years ago, someone dear to me shared Sunrider and it turned my very hormonally out of balance body into one with great health, without hormone replacement and avoided a life of struggle and perhaps a marriage failure. Also, Sunrider has given us a remarkable miracle story of what Sunrider has and continues to do for our youngest son, see attachment along with many more stories from our Sunriders. Someone sharing changed our family, what a gift!

Your home can also become a Sunrider home, by simply **REPLACING** products that *you already use* with top quality, life saving, life-giving choices. Sunrider has 7 lines and we LOVE them all. We're so blessed to have just about everything the body needs to have excellent health in one- stop shopping. Sunrider is our Health Assurance and life-giving vitality!

- **Beverages** - our all time favorites to hydrate, energize & cleanse the body
- **Foods** - that truly fill the nutritional gaps and give internal energy for regeneration
- **Supplements** - whole foods, isolates to restore the balance of health
- **Dental** - the best anywhere --herbs clean and heal gently without negatives.
- **Home** - non toxic with amazing cleaning, loves your skin, replaces all others
- **Skin** - radiant, youthful skin results from deep nourishing...a simple regenerative program
- **Personal** - protect with healthy replacements

For those who love Sunrider and want to have a very nice secondary or full time income, Sunrider offers answers. You can become your best "**business card.**"

We're honored to have you in our Sunrider family! We feel privileged to serve you and look forward to keeping in touch. Please know we are here for you and our desire is to make sure you are loving your Sunrider journey to excellent health and well being.

Donna Ehrlich ND 423.779.4733 info@donnaehrlich.com web: cleanslate.live
<https://home.sunrider.com/stayyoungandwell>

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3 REASONS Sunrider is Unique to the Marketplace

LIFE-SAVING & LIFE GIVING

1. Philosophy of Regeneration: This is the blueprint of all of Sunrider's foods and healthy life-style products.

"Our bodies are designed to gain and maintain excellent health if we nourish our bodies with

- **ENOUGH** (concentration-8-1-xs, of a wide variety 72) of the
- **RIGHT KINDS** (system specific, food grade herbs-never medicinal)
- **WHOLE FOODS** (Proteins, Fats, Carbs, Vitamins & Minerals-all in intact)

2. Chinese Whole Herbal Foods:

- Based on thousands of years of **ancient Chinese wisdom &**
- Current cutting edge **research and development**

3. Restore the Balance in the Body:

- Symptoms are simply a system out of balance
- When we restore the balance in the body, symptoms quietly go away
- Rather than trying to meet deficiencies, treat symptoms, and disease

Nourish and Cleanse = Balance

If I can serve you in any way, please let's connect. We've been using

& loving these wonderful Sunrider products for nearly 30 for our entire family. They've given us a quality freedom lifestyle we couldn't have believed possible with health, wealth & incredible purpose for life.

Donna Ehrlich
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Why Sunrider Works – It's Truly Different! Life Saving – Life Giving!

Ancient wisdom combined with Modern Technology
Millions enjoying for 37 years in 50 countries

- Sunrider® herbal foods are **WHOLE LIVE Foods** – Like eating Raw! All 5 parts that make a “food”: Carbohydrates, Proteins, Fats, Vitamins & Minerals are left intact with only the indigestible cellulose and water removed making them highly digestible. The live force is re-activated when liquid is added. The Life Force and integrity of these whole foods are like that of eating a whole orange versus taking a Vitamin C.
- Sunrider® foods are **FOOD GRADE HERBS** - Never Medicinal Herbs (that substitute for a weakness, further weakening the body or forcing the body to perform). Food grade herbs, called Kingly Herbs, leave the body in control and actually help repel disease. Think Food Herbs - a much higher nutritional value than regular table food. We still eat regular table food, but we are receiving nutrient dense nourishment with Sunrider! We eat less table food, snacks and beverages. We love the Sunrider food/beverages!
- Sunrider® foods are carefully selected **WIDE VARIETY of SYSTEM SPECIFIC** foods with a very specific purpose: Nourish and Cleanse the body to restore the Balance; when in Balance, symptoms disappear. They simply take the guesswork out of Nutrition.
- Sunrider foods are **PROPERLY COMBINED** food herbs based on ancient herbal formulas, passed from generation to generation, recorded in detail in ancient Chinese Emperor's manuscripts, among China's most carefully guarded treasures. These are the property of Sunrider's owners, The Chen Family, and form the basis of these foods. The formulas have time-proven benefits designed to nourish peoples' bodies to “live long and die young.”
- Sunrider® foods are **CONCENTRATED 8-30** times. Imagine trying to eat that much table food. One cannot eat enough nutrition from our ordinary table food to bring about renewed regeneration, due to soil depletion, GMO, acid rain, chemical additives, and time from harvest to consumer. Concentration is vital!! Sunrider is our Nutrient Dense Whole Food Grocery Store!
- **PURITY, QUALITY CONTROL & EFFECTIVENESS** are top priorities for their Foods, Beverages, Skin Care, Dental & Healthy Home Products. Grown without pesticides in controlled gardens and in the wilds of mountaintops, no GMO, no pesticides. Because they are so pure and clean, the FDA doesn't require our herbs to be irradiated and fumigated like other herbs coming to the US. They are Safe, Pure, and they Work! Their methods have earned them a pharmaceutical level of manufacturing by the FDA, unheard of a for food company.
- **THE OWNERS ARE THE EXPERTS**, leading a team of scientists to manufacture these ‘one of a kind foods’ all self- manufactured in Sunrider's own pristine 1 million sq. feet manufacturing and headquarters in LA, along with 9 others plants around the world. Founders, Dr. Tei Fu Chen and Dr. Oi Lin Chen, along with their 5 professionally-trained grown children, are taking the company to the next level. Sunrider... Truly a Gift for our time! **SUNRIDER truly UNIQUE to the MARKETPLACE**

Begin Enjoying Your Sunrider “Basic Foods”



You're about to Begin Eating the most Concentrated, Properly Combined, Regenerative, Whole, Fast-Food available in the marketplace. These foods are designed to help bring desired balance to our body. Enjoy eating your way to excellent health, vitality and beauty!

NOURISH with NuPlus: **12 Whole Foods to Nourish at the cellular level:**

Shakes, Bars, Powders

- NuPlus Fuels your body with nourishment & energy so that next cell will be stronger than the one just replaced. We have millions of cells replaced every minute. The question is...will your next cell be weaker or stronger? Are you currently experiencing Degeneration or Regeneration? Whole foods are critical for regeneration!

BALANCE with Quinary: **50 Whole Foods to bring Balance to the Life**

Support Systems: Powder or Capsules

- Rather than treating symptoms, Quinary nourishes the body's 5 life-support systems: Immune, Respiratory, Circulatory, Digestive, Glandular (Endocrine) so that these *systems come into balance (rather than hyper or hypo)*. Whole foods regenerate. Vitamin isolates only meet deficiencies and often create more imbalances. *You can feed the weak systems with more of that systems' food.*

CLEANSE with Calli & Fortune Delight: **10 Whole Foods to CLEANSE the**

Digestive System, Cells, Tissues & Blood

- Rather than force a cleanse, we nourish the 5 cleansing organs: the liver, kidneys, colon, lungs and skin, so that they work naturally, more effectively, to cleanse the body of stored toxins and wastes. Calli focuses on cleaning up the cells, tissues and blood, while Fortune Delight focuses on cleaning up the digestive track and hydrating the cells and flushing fat. *Whole foods nourish to let go of toxins.*

SunnyDew: **2 Whole Foods to Nourish the Digestive System and make**

Everything Taste Extra Good...Very Nourishing, Very Good for You

- Very nourishing to the digestive system, anti-fungal, anti-viral. Wonderfully Sweet! These are whole foods vs. dangerous sugar isolates.

Sunbreeze: First-Aid Kit **in a bottle (comes in the SunPack)**

- Essential oils to bring balance. Apply to anything that hurts!!!!

SUNRIDER "BASICS" Suggested Eating Plan

1. Simply Switch Beverages: *Calli / Fortune*: So simple---Turn a coffee maker into a Calli maker—Simply let the hot water drip over the tea bag up on top...simple! This makes your 8 cups of delicious hot Calli. You can add your *Fortune Delight* or make a separate drink of 1 pkg to 1 quart water. Add *SunnyDew* to taste!!!! Drink all thru the day!!! The more you drink the better you feel!

2. Replace 1 meal or add to your Breakfast:

"72 Food Power Drinks:" Combine all the "Basics" into a power drink or eat them separately. Make 1-3 power drinks thru the day-- Breakfast, Lunch and Dinner. You certainly can eat additional healthy table foods with your "whole food nourishing power drink."

How to make the "72 Food Power Drink:"

Add to blender 2 cups of *Calli*, 1 pkg. of *Fortune Delight*, 1 pkg *Quinary* (or 10 capsules); 1 pkg *NuPlus* and a generous squirt of *SunnyDew* to taste: Blend for 1 minute. Enjoy hot or cold. Drink 1-3 "Power Drinks" a day.

Quinary is also great with just *Calli/Fortune Delight* and *SunnyDew* for a cold or hot drink. *Quinary* can be eaten as capsules...10 capsules = 1 pkg.

NuPlus can also be added to cereal, smoothies, dry out of the package, you name, it's so versatile. We love to have a power drink for breakfast & lunch, and then again in the evening with our main family dinner. The more we eat the more in balance we become and the more energy we have.

3. Replace Snacks: The "*Sunbar*" is a delicious *NuPlus* bar that can be eaten along with the power drink or alone with 2 cups of *Fortune* for a satisfying high fiber energizing lunch-\$1.45/bar (VIP).

4. More Regeneration: Eating the "Basics"

- Once a day: The body begins to wake up and starts to regenerate
- Twice a day: More Exciting changes begin to happen
- Three times day: Experience Full speed/ aggressive regeneration

"Early" Signs of Regeneration: Sleeping Better, More Emotional Stability, Calm Energy and Mental Clarity! Commit to 90 Days of Nourish, Balance, Cleanse for best results. Many of us continue for a lifetime for feeling our best! We're here to help you reach your goals, vitality, youthfulness, beauty, and longevity with optimum health.

Basic Sunrider Meal Plan

80% live food, 20% cooked

Sunrider's Basic Foods: 72 whole, live, concentrated herbal foods

NuPlus/VitaShake – 12 foods – Nourishes at the cellular level – Internal Energy

Quinary – 50 foods – Nourishes & Balances all 5 Life Support Systems

Calli – 5 foods – Nourishes the 5 Cleansing Organs-liver, colon, kidney, lungs, skin

Fortune Delight –Cleanses the digestive system/super hydrates/sports/energy

SunnyDew –Nourishes pancreas, anti-inflammation, topically healing

SunBar – High Fiber, Meal replacement, snack power bar, 1/day for 15 days great gut health. Be sure and drink 2 cups liquid – it swells!

These are groceries. Great food budget savings!

Upon Rising: *Calli:* For super convenience, use a Coffee Maker-tea bag in top, add water, push button and you have 8 cups of Calli in minutes. No coffee maker? Steep 1 bag 5-10 min. in 6-8 cups water, do not boil or microwave, or reuse the bag - you start to pick up the weaknesses) **keep for polticeses, plants, and animals)** Add Fortune Delight to Calli if you choose or keep it separate. *SunnyDew:* Add drops or squirts for delicious.

BREAKFAST: **Make a “72 Food Power Drink”** Add all the above Basic foods to 2 cups of Calli in a blender Enjoy hot or cold.

Thru Morning: **Calli/Fortune Delight:** Enjoy drinking thru the morning 2-3 cups Be refreshed and energized! Keep the nourishing of the cleansing organs going thru the day.

LUNCH: *Vitalite SunBar* - “meal in a bar”
Fortune / Calli - separately or together
Eat some fruit or a salad

Thru Afternoon: *Calli/Fortune Delight* - 2-3 cups - Continue to be refreshed & energized, and gentle detoxing.

DINNER: *72 Food Power Drink* or a *VitaShake*
Huge salad with seeds
Some baked or cooked food
Ideal is to eat the dinner meal at noon!

Goal: 80% raw (fresh) food and 20% cooked

For serious regeneration & extra weight loss: *72 Food Power Drink-3 xs/day*

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Cleansing: When the going gets tough, The Tough *Keep Going!*

Question: I thought I would only feel better and better after eating SR foods. But now I have a cold and sore throat. I seldom ever get sick! What's happening?

Answer: When the quality of food coming into the body is of higher quality than the tissues that the body is made of, the body begins to discard the lower grade materials to make room for the superior materials. This can sometimes cause a temporary cleansing situation. Don't give up! This is the testing time! Keep being consistent in nourishing, balancing, and cleansing—greater health and vitality is ahead!

Cellular intelligence reasons something like this:

"Oh, look at all this fine material coming in. How wonderful, now we have a chance to get rid of this old garbage and build a beautiful new house. Let's get started immediately." Let's get this excess bile out of the liver and gallbladder and send it to the intestine for elimination. Let's get this sludge moving out of the arteries, veins and capillaries. These smelly, gassy, brain-stupefying masses have been here too long, out with them! These arthritic deposits in the joints need cleaning up. Let's get these irritating food preservatives, sleeping pills, aspirins, and drugs out of the way, along with these other masses of fat which have made life so burdensome for us for so long. Let's get going and keep going until the job is done, until we have a beautiful house, and from then on we'll keep it a beautiful, ideal model house."

CLEANSING SYMPTOMS

People who have had tendencies in the past with recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If they go to a doctor now, who is unfamiliar with this aspect of nutrition, he will probably diagnose it as an allergy. But they ask, "How come? I'm eating better now than I ever did before, and instead I'm getting worse." They don't understand that the skin is getting more alive and active. It's throwing out more poisons more rapidly **now that the body is building up more energy.** For some, colds, which haven't appeared for a long time, may occur, or even fevers. This is nature's way of house cleaning. These toxins being discarded are saving you from more serious disease, which will result if you keep them in your body too much longer, possibly kidney disorders, blood disease, heart disease, arthritis, nerve degeneration or even cancer, depending on your heredity or structural weaknesses. **Be happy you're paying bills now in an easy-payment plan.**

Common Signs of Eliminating Toxins thru the System

Remember these are temporary signs...

Allergies, heart palpitations, abdominal pains, constipation, gas, skin rashes and hives, sinus drainage, excess mucus, sore throat, colds and infections, kidney or liver pain, bladder conditions, joint/muscle discomfort, leg or feet tenderness, reproductive organ dysfunction or inflammation, head, eye/ear problems, etc. can develop **AFTER** the start of a wellness program and is the result of cleansing excessive poisons from the tissues.

Calli chelates or draws out the toxins from the tissues in the body. Exercise is the only pump that moves the toxic masses to the lymph nodes in the neck; and from there they go into our body's eliminatory system thru the liver and into the colon where the toxins are absorbed into fecal matter. The colon needs to pop this right out of the body so it is not reabsorbed.

We all have waste material that has been in our body for years even from when we were ten or fifteen years old. It is still there stored in the tissues or even in the pockets in the colon ever weakening the body. We cannot expect to heal and cleanse the body in a short period of time after years and years of eating negative food three or more times a day with all the junk, chemicals and medications and drugs somewhere in between.

If these cleansing symptoms begin after we start eating and drinking the Sunrider concentrated high quality nourishment, it is very important to realize that the foods used to nourish and cleanse the body is not the *cause* of our discomforts or symptoms. If we think the Sunrider products are causing the problem, we are defeating our own purpose with this misunderstanding, we do not need to blame them. **The removing of the waste material from the longstanding site of accumulation, the dying off from killing Candida (fungus) and the acid wastes entering the blood can cause us to experience these temporary symptoms.** Any pain and discomfort associated with this removal is the necessary price to be paid for the health and wellness we so desperately seek.

Remember, the strong areas of your body will cleanse and heal themselves first, as the weaker areas do not have the strength or integrity to remove the impurities as quickly. It takes a while longer for energy to build up in these suppressed areas before sufficient cleansing can take place, allowing the symptoms to disappear. **The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of energy we have available.**

If the cleansing process is too strong, then slow the program down for a while by diluting your Calli even further (some have had to mix 1 bag/3 gallons.) but do not stop the program, keep the energy flow going. **The more you rest, sleep and exercise when the symptoms are present, the milder they are and the more quickly they are terminated. Adding extra Quinary and NuPlus helps the body adjust and keep balance while cleansing.**

CYCLICAL HEALING

We must not expect to go on a straight road to perfect health, thinking that improving our diet and lifestyle will make feel better and better each day until we reach perfection. The body is cyclical in nature (on a circadian rhythm), and health returns in a series of gradually diminishing cycles. For example, we start a better diet and lifestyle and for a while we feel much better. After some time, a symptom occurs, we may feel nauseous for a day and have diarrhea with a foul-smelling stool. After that day, we feel even better and all goes fine for awhile. Then we suddenly develop a cold, feel chills, and lose your appetite. After about two or three days (assuming we don't take drugs or do anything negative), we suddenly recover and feel better than we did for years.

Let us say this well being continues for two months, when suddenly we develop an itch or rash. We still don't take anything for it. This rash flares up, get worse and continues for ten days, and suddenly subsides. Immediately after this we find that our hepatitis, for example, is gone and our energy has increased more than ever before. The rash became an outlet for the poisons in the liver, which produced the hepatitis. This is how recovery occurs, like the cycles in the Dow-Jones Average at the beginning of a bull market.

We can do many good things that bring good rewards, but we are as strong as our weakest link and it is our weaknesses that do us in. Any pain and discomfort associated with the removal of the toxins in the body is the necessary price to be paid for the health and wellness we so desperately seek. Why go back to the old ways of eating and living? Continue to give your body the best opportunity to have a life of wellness and vitality. *It's well worth the price!*

May God bless you in your journey to a healthy and fit body. Remember, it's a journey that lasts a lifetime and the rewards are well worth it!

Remember the **Wellness Formula: Nourish, Balance, Cleanse**

NBC

Nourish with NuPlus, SunnyDew

Balance with Quinary/Liqui 5

Cleanse with Calli and Fortune Delight

*Let your food become your medicine
and your medicine be your food! -- Socrates*

Cleansing Check List:

_____ Am I am drinking enough Calli? 4- 8 + cups/day – keep it diluted to 1/2 Gal/1 bag for the 1st month so as to not pull too much energy from the body with too aggressive cleansing.

_____ If you are drinking Fortune Delight also, remember this will increase the cleansing effect, especially for the digestive system. This is a powerful beverage and some people find they have to wait on F/D for awhile. It can send some to bed with the die off of Candida. Usually best not to combine Calli and Fortune Delight (Calli/Delight) in the early days of eating Sunrider foods, as together they make a very strong cleansing.

_____ Any **stressors** tearing your body down and decreasing your energy needed for cleansing & health?

1. **Sugar** - - #1 dietary cause of degenerating the body. It is a robber! Stop it in its tracks! All simple carbohydrates –Anything white & highly refined – white rice, white flour, pastas, white bread, pastries etc. quickly turn into sugar. Don't be tricked with white that has been "enriched! – only a fraction of nourishment has synthetically been put back.
We want to eat *complex* carbohydrates – fruits and veggies and whole grains as in nature.
2. **Dairy** – coats the lining of the digestive system with mucus so it can't absorb the nutrients and is loaded with antibiotics.
3. **Meat** – the taste in meat comes from uric acid and is extremely acidifying to the body. Once the meat is cooked, the protein becomes difficult to break down and digest.
4. **Hydrogenated fats** – these are like plastic clogging the body.
5. **Salt** – TV dinners, canned foods, processed foods create an extremely high sodium imbalance in the body. Check out a salt as it comes from nature.
6. **Caffeine** – we are living on borrowed energy, greatly stressing our adrenal glands.
7. **Alcohol and Cigarettes, Drugs** – Poison!
8. **Stress** – Seek inner calm among the storm—the more stress the more exercise is needed.
9. **Negative Thinking** – every negative thought creates a health-destroying chemical reaction in the body. Determine to be positive about everything in life.

Good News: Eating the Sunrider Whole Food Concentrates makes it easy to eliminate these foods without some of the typical withdrawal problems. Even our taste buds change and our desire for less nourishing foods diminish greatly. Caffeine Cravings: Drink more **Calli** and **Fortune Delight**; Other Cravings: Eat more **NuPlus** and VitaTaste. Smoking, Alcohol and Drugs: Add **TOP** and **ESE** to the basic foods

_____ Am I *nourishing* enough to give my body the energy to cleanse? Fuel your body's cellular energy generators with NuPlus 2-5 servings/day

_____ Am I *nourishing* my life-support organs enough? Eating Quinary each day helps the energy flow thru these vital life support organs. The more Quinary, the better!

_____ Am I *exercising* at least 30 minutes/day? Lymphasizing on a mini tramp (5-10 min.= approx. 20 min. of walking) is very effective way to remove the toxins from the tissues. Exercise is the *only pump* the body has to remove the toxins from the tissues in the lymphatic system.

Popular – Switch Brand Products: No Extra \$-Loaded with Benefits!

___ Coffee or tea	<i>Calli</i>	No stimulants. calm energy, mental clarity Cleans blood, tissues & cholesterol Is alkaline!
___ Colas, pops, fruit juices	<i>Fortune Delight</i>	No sugar or caffeine, high antioxidants, flushes fat, hydrates cells, alkaline!
___ Chips, popcorn, crackers, croutons	<i>NuPuffs</i>	Delicious food nourishment with a crunch No oil, preservatives, chemicals, additives!
___ Snack-granola-breakfast power bars	<i>Vitalite SunBars</i>	Packed with whole foods, FOS fiber, No isolated soy products, chemicals or preservatives!
___ Protein Drinks, Smoothie powders, Hot cereals	<i>NuPlus/VitaShakes</i>	Complete power packed nourishment. No isolated soy Muscle building, Cellular energy
___ Meal Replacement/Ensure	<i>VitaShakes</i>	Complete meal - \$1.83!
___ Barbecue sauce, marinades	<i>Dr. Chen's Sauce</i>	No vinegars and irritating spices & chemicals
___ Nutra-Sweet, Aspartame Equal, Splenda	<i>SunnyDew/Sunectar</i>	Artificial sweeteners, neuro-toxins
___ Laundry and Cleaning Supplies	<i>SuperClean</i>	Gentle to skin but totally effective for all your household cleaning jobs! Fresh Smell!
___ Toothpaste/Whitening Gel	<i>SunSmile Toothpaste/ Whitening Gel</i>	No fluoride, saccharine, not poisonous, Cleans tartar with herbs, no harsh whiteners!
___ Mouthwash	<i>Refresher Drops</i>	Safe when ingested, most are dangerous, 4 hr. bacterial protection, sore throats
___ Antacids, breath freshener	<i>SunSmile Tabs</i>	No more Tums! No sugars, alcohols
___ Shampoos/Conditioners	<i>Oi-Lin & Kandesn Shampoo</i>	No Sodium Laurel Sulfate (carcinogen) promotes healthy scalp & hair
___ Deodorants	<i>SunSmile Herbal Deodorant</i>	No aluminum, no anti-perspirants; no stains, long lasting confidence, herbs kill bacteria
___ Fruit/Vegetable Washes	<i>Fruit & Vegi Rinse</i>	Removes fertilizers, chemicals, waxes; kills ecoli etc. extends life, soak 1 min./no rinse, SAFE! Multitude of uses.
___ Skin Care Products/lotions	<i>Kandesn Line</i>	No animal, mineral oils, petroleum, creams & emulsior with squalane –extra virgin olive oil!
___ Make-Up	<i>Kandesn Cosmetics</i>	No animal fats, dyes, and mineral oils Finest herbal ingredients
___ Perfume and cologne	<i>Forbidden & Crazze</i>	Real floral, non allergic, radiant!
___ Nail Polish	<i>Kandesn Nail Lacquer</i>	No formaldehyde, non toxic, beautiful colors
___ Men's shaving products	<i>Kandesn Men's line</i>	Same wonderful , healing, regenerative products, creams, after shaves, soaps, etc. as above!
___ Essential Oil	<i>Sunbreeze</i>	Brings healing to anywhere it hurts!
___ Sunscreen/Insect Repellant	<i>Natural Protective Lotion SPF25</i>	Non toxic, nourishing & beautifying to skin Many other wonderful skin care products!

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Happy Sunrider Stories

You Don't Have To Be Sick to Eat Sunrider!

Sandy Besemann, Sunrider Group Director, Buffalo, MN

During the first 38 years of my life I was blessed in that I had not experienced any health challenges and/or disease. I wanted to maintain my wellness, not experience those “health challenges” 40 and 50 year-olds face. I made an effort to learn what to put in and on my body. I began consuming Sunrider foods when I learned they were the most highly concentrated, whole and enzymatically alive food source available on our planet. I gained a tremendous sense of well-being and a much higher level of energy. The Sunrider Kandesn skin care and cosmetics nourish my skin from the outside and retain that “youthful” appearance. Since beginning my Sunrider journey for even better health, I have experienced a very healthy pregnancy and the birth of my fifth child at the age of 40. Michelle, now 11, is the healthiest of my children because she is my Sunrider baby having received the excellent nourishment since conception. Michelle, now in fifth grade, continues eating NuPlus, Fortune Delight, Quinary and Evergreen on a consistent daily basis. She is the most active child in her class, has never missed a sick day from school; has never experienced antibiotics or a trip to the doctor’s office! Continuing on my Sunrider journey, I have successfully maneuvered through menopause all naturally. Sunrider is about superior nutrition and having a healthy lifestyle, and for me Sunrider is also about financial freedom.

Sunrider offers health, travel, fun, financial freedom through residual income, and can be anything from a part time opportunity to a full time career. Great health, arranging my own work schedule and financial freedom are a winning combination for me!

Building A Solid Foundation

Marsha Turner, Sunrider Golden Group Director, Stevensville, Montana

We are all at different stages in our Sunrider journey and each of us have different goals; for some it is regaining health, others want to lose weight, or maintain good health and some seek extra income. **Eleven years ago, I wanted to lose some weight and continue to maintain good health for my family.** I went looking and found Sunrider and a phone number. Picking up the phone began my Sunrider journey.

I was working full time and a very busy mom with two teenagers, but once I chose to slowly start eating Sunrider foods, I have never missed a day in these eleven years.

Within the first year, I knew I wanted to be a Director so I could buy all the Sunrider my family would need. Knowledge is very important to me and I gained as much as I could through meetings, listening to tapes and reading. **Early on, we realized the potential for Sunrider to be our “retirement” income.** I knew that for this to become a reality, a solid foundation of consumers would need to be laid, and from those consumers, business builders would rise to the top.

I am extremely thankful for the solid spiritual and nutritional foundation we have built in our lives. Since our Sunrider journey began, we have been blessed with five grandchildren. What an absolute joy to watch the mothers go through pregnancies, labor and deliveries with Sunrider. **Now we are watching another generation grow with a solid nutritional foundation.** We are truly blessed!

No Heart Transplant Necessary!!

Roy Douglas, Eureka, Montana

Roy, a flight engineer, started experiencing shortness of breath and found out that he had only 18% effectiveness of the left side of his heart. **After extensive medication, hospitalization, and a date set for a heart transplant, his brother bought him a canister of NuPlus that he started eating three times a day.** He also started walking two or three miles every day. Two months later his evaluation showed he now had 41% effectiveness and no need for a heart transplant! He is now walking four or five miles per day. Roy's next challenge of lowering his 482 blood sugar level has been met with a continued use of Sunrider foods. Five months after his high blood sugar diagnosis, his morning blood sugar count is 140 and the daytime level is 85. Roy has also lost 55 pounds. Roy is a new man today!

Amazing shoulder recovery from football injury!

Willie Burke, Corvallis, MT

Willie had a third degree AC (acromioclavicular) separation of the shoulder. We went to three Dr.'s. One said surgery, one said no surgery and the other said either way he wouldn't be playing football that season. His injury happened the first game of his high school senior year. He came back to play the last four games. He was quarterback and the injury occurred in his throwing shoulder. He decided against surgery and went with Sunrider and physical therapy. Willie ate 3 NuPlus a day plus 12 *Joi* and 12 *Sport Caps* a day (6 each in the morning and 6 each at night). Plus Willie rubbed *SunBreeze* on his shoulder a couple of times a day. He was able to pass the physical requirements for West Point Military Academy a couple of months later. After 6 weeks of boot camp at West Point, the first thing Willie asked me to send him was his *NuPlus*!

Animals – Conception for Prize-Winning Champions!

Debbie Nadon, Eureka, Montana

Sunrider works for animals, too! Chea is an American-Canadian National **Champion Chow** dog diagnosed with numerous blockages in her reproductive system. She was unable to conceive. The health specialist said, **“Find Sunrider and feed her Prime Again!”** And that's exactly what Debbie did, 10 Prime Again for 10 days! The blockages cleared up quickly, and Chea gave birth to nine puppies! Chea and her “family” now eat *NuPlus* and other Sunrider foods. The dogs continue to win more and more championships.

A New Life Began in 1989!!

Nancy Donahue, Sunrider Silver Master Director, Missoula, MT

In February of 1989, I was introduced to Sunrider International. At that time, I was very depleted and worn out. (At an amusement park in Denver I was guessed to be 10 years older than I really was, and after going home and checking in a mirror, I could see they were right in their perception. That's how I looked!) But, I didn't know what I could do. I had been “into” vitamins, minerals, medicinal herbs, and even aloe vera for 15 years, but they couldn't regenerate. I came to understand these supplements could add sparks to life, but not give *life* itself! *Only life can give life!* My start in Sunrider was with one product (even though I had been shared the wisdom of eating the whole *SunPack*). I began with *Prime Again*, as I had menopausal hormonal needs. **Interestingly, in 3 days**

not only were the hot flashes gone, but a severe dry eye problem, which had gone on for over a year, ceased, never to return! I was impressed! Now with Bella, I “sail” through the senior years!

Sunrider has become the most rewarding career I could ever have imagined! I enjoy good health, helping others, freedom of lifestyle and excellent financial compensation. **Sunrider pays me for what I would be doing anyway – sharing these life-changing products!** I am truly grateful to Drs. OiLin and Tei Fu Chen.

“Two Days Ago, I Had My 11th Baby, And I Feel Terrific!”

Rose Ruhl, Sunrider Director, Exeter, Nebraska

When I started Sunrider, my 10th child was two years old; that was 9 months ago. Two days ago, I gave birth to my 11th child! I feel terrific! The last time I was pregnant, I felt and walked like an 80-year-old. I was so tired and had no energy. During this pregnancy, I drank *Calli* thru the day, mixed 1 scoop of *NuPlus* (Mixed Berry) in a cup of *Calli* with 2-3 drops of *SunnyDew* morning and afternoon, and 3 capsules of *Quinary* a day.

At age 41, I had been low in progesterone and had had one miscarriage. One month after beginning to **Nourish, Balance and Cleanse**, I noticed I wasn't tired in the morning, didn't need 10 hours of sleep, and no afternoon nap, Wow! My children say, “Feed Mommy more *NuPlus*!” I was totally satisfied with one helping of food at meals and no cravings for sweets or junk foods. My journey through pregnancy was remarkable. When I realized that these were not pills, drugs, medicinal herbs or medicine, rather, phenomenal whole foods, I could relax and just nourish myself and my baby. I experienced no morning sickness. When I wasn't eating *NuPlus*, I would start to swell. If I experienced any heartburn, *Sun Smile Tabs* would neutralize the stomach acids.

I didn't think we could afford to use these products. Now I know, though, we can't afford not to use them! As a home school Mom with 11 children, time for sharing Sunrider is at a precious minimum. But even 2 hours a week is allowing me to still nurture a growing Sunrider Family. People want what I have found! I can't be still. When I started using Sunrider, I told my friend that I didn't want to be a Distributor, because I had “been there, done that.” Now I can't keep my mouth shut, because these foods have made such a big difference in my life. **The marketing plan is wonderful! It's possible for anyone to be able to purchase foods every month.** I thank God for my friend and Sunrider Family who didn't give up on me. I now have more energy to share the Good News, my faith about God's mercy, home school my children, love those around me and to share these wonderful Regenerative food grade herbs...Sunrider!

Kidney Failure...Back to life!

Effie Kimp, Sunrider Director, Missoula Montana.

Three years ago I was diagnosed with kidney failure. What a journey I have taken! My kidney specialist painted an awful dreary dark picture of my future. **All he had to offer were drugs to mask the problem, lowering cholesterol drugs, high blood pressure medicine, dialysis machine and then finally the kidney transplant.**

I asked, "Is that it?" He said, "Yes". I replied, "I need to go check out some other options!" He responded, "You'll be back." As I researched the drugs he had offered, they all caused kidney damage. I thought to myself, I already have kidney failure; why should I take drugs that will make them worse?

I tried many different procedures and herbs for the next 2 ½ years. Many of the things I tried worked for a short period to bring down my numbers, but then they would escalate again. All the alternative methods that I tried helped me keep functioning through that period, but my kidneys were still failing.

Near the end of the 2 1/2 years I knew it was time to start finding a compatible donor. I am so fortunate; I had seven wonderful friends offer their kidney. I still wasn't ready to give up. I knew I could rebuild every cell in my body, I just couldn't find the key.

I was guided to The Healing Touch in Florence, Montana and met Fred and Denny Guenzler. They introduced me to Sunrider! My prayers were answered! Yes, I found the key to regenerate my body! In just four weeks my numbers started going down. In eight weeks they were down farther. In 12 weeks down more. In 16 weeks my cholesterol was down 190 points. My blood pressure (which had been riding mostly in the stroke range for 3 years) was on its way down. All the other numbers to track the kidneys were down. **In 20 weeks the nephrologist released me from the transplant procedure. Wow!**

Thank you, Sunrider, for giving my body the health to heal itself. My whole body has changed; even my hair went from straight straw to flexible curls. My "Inner Being" is full of joy. I have met and made the nicest friends. My future is full of life!

Call me if you have questions. Effie Kimp, Missoula Montana. 406-251-0156

I Got My Life Back!!

Norell Sears, Sunrider Director, Happy Jack, AZ

In 1997, I was so tired, all the time, and could not get enough rest. **I had multiple, large hard lumps in both breasts and on the back of my head, as well as a large lump under one arm.** Around my neck and upper chest, I had "skin tags" and other skin abnormalities that had become itchy and sensitive to the touch. There were enough other irregularities to fill a page.

After viewing the J. W. Emerson video, I decided to clean up my diet and eat lots of Sunrider foods. For the first 6 months, no sugar, salt, meat, dairy, or hydrogenated oils passed my lips. I ate at least 3 to 5 NuPlus daily; 3 Liqui-Five, 3 Alpha 20-C powder packets, and as much Calli and Fortune Delight as I wanted throughout the day (at least ½ gallon). I often combined the beverages and added SunnyDew and ice for a refreshing cool drink. **Within 3 months, all the growths started to diminish.**

I continue to gain strength and endurance. Now I look radiantly healthy! People are astonished that I am 53 years old and have 8 children!! I lost 35# in the first 3 months of eating a better diet. My skin is tight and youthful. Best of all, I have energy again!

Chemically Toxic...Sunrider Healthy!

Diana Ford, Sunrider Director, Stevensville, Montana

We were an Air Force family and **exposed to Agent Orange** while living in Arkansas. I was chemically poisoned but did not know it at the time. My symptoms were numerous: toxic shock syndrome, allergic asthma, allergic arthritis, aspergillus, staph infections, T & Bcell failure, severe allergies to molds, severe memory loss and dehydration, Candida throughout my system, and the "gray fog" that I lived with every day. I could not concentrate, think clearly or hold a thought for more than a few seconds. We were tested in numerous research centers, without help. I was chronically depressed, chronically tired, and my body ached from head to toe; yet **by medical standards, I was well.**

After moving to Montana, being introduced to Marsha Turner, and offered a cup of *Calli*, I immediately became excited! While at the Institutes of Health and the Naval Medical Center, I had been given *Calli* to cleanse the toxins from my liver. It made me ill for a week, because I was given 1 bag to a quart of water; but I felt so much better afterward. **I had been searching for this *Calli* for 7 years, knowing only that the Dr. Chens had created it.** From that day to this, I have been eating Sunrider, starting with the basics, and adding many more over the past 3 years and our health has shown it. Within a month of eating the 3 basics, I was sleeping & getting up rested. It has been a long climb back to health, but Sunrider products and my Lord have been my mainstay for the journey to Regeneration.

This year (3 years of eating Sunrider) I looked at my husband and joyously realized that I was well—no aches, no pains, no illnesses—just loads of energy and joy in my life. We have to tell others about the wonderful Sunrider products—they are too good to keep it a secret! **We can't keep quiet!**

Healthy? Surprises!!

Charlene Anderson, Collegedale, Tennessee

Compared to most people, we were considered healthy! Total vegetarian, with lots of raw fruits & veggies, low fats, no sugar or caffeine, as well as following other health principles. We didn't know if Sunrider would do anything for us, but we decided to give it a good try. We really liked what we had learned!

The first month I started drinking *Calli, Fortune Delight*, and only 1 *NuPlus* per day. I gained mental clarity! The second month I added 1 more *NuPlus*/day (2). I started losing inches for the first time in 30 years. The 3^d month I added 1 more *NuPlus*/day (3). Nothing exciting happened! **My fourth month I finally got on the scales and realized that I had lost 8 lbs. and also more inches. Other surprises -- stronger fingernails, old knee injury improving, no more skipping and racing of heart at night, and a bonus!** The heat from my husband's body no longer bothers me, so I can cuddle up to him at night! Although we had faithfully taken good quality vitamins for years, we finally have found something that regenerates!

We're amazed!

If You're Not Getting the Results You Want, Try Increasing Your NuPlus!

Severe muscle and joint pain gone!
Collegedale, TN

Kathie Christiansen, Sunrider Director,

I am so excited I can't keep quiet about our success on the Sunrider foods. I hardly hurt anymore and have sustained energy. Though 49 now, I had been looking for help for the last 40 years for multiple muscle and body imbalances. I'd tried multiple avenues to health and any healing approach that looked promising. My cupboards were full of herbs, powders and pills. In addition to these things, we bought numerous mechanical devices and various mattresses, etc. My husband supported me even though our budget took many a severe hit. But even after trying many wonderful things, I was still degenerating. I needed major regeneration! On the Sunrider foods, I am now healing and finding sustained energy and life again. This is an incredible miracle for me. I eat 4-6 *NuPlus*, 2 *Calli*, 2-3 *Quinary* pkgs, 4 *Bella*, and 6 *ESE* for nerve rebuilding. My advice: Increase your *NuPlus* or whatever it takes to make the difference for you, and eat consistently for at least 100 days. Share your story! Being blessed by the Sunrider marketing plan, and teaching others how they can have success also, our family has been able to eat "lots of the needed Sunrider foods" as several in our family have serious health challenges we are overcoming. We praise God for Dr. Chen's wisdom to

bring ancient understanding of food herbs to help with our modern “desperate needs.” We believe God desires to give us health through the “food” that He has so abundantly provided.

May God bless each of you on your Sunrider Journey!

Silent Sufferer -- Urgent Prayer Answered!

Maxine Bartlett, Cleveland, TN

In the short time I have been eating Sunrider Foods, with the amazing results I have seen, I know that it is an answer to my urgent prayers. Of all of the years of suffering silently, within a few days, I saw and felt a difference in my well-being. My large toenails were blackened (fungus) and infected for more than a full year and my face displayed a severe acid burn around my mouth for more than fifteen years. **Just using the occasional *NuPlus* and drinking the *Calli* tea on a daily basis, I discovered a remarkable change in the appearance of my toenail and my face. Later, the *Vitadophilus* cleared these ugly symptoms when nothing else did. The nagging pains in my joints have diminished and my eyesight has improved to the point of not needing to use my glasses to read.** Not only has it made me feel better, because my bowel movements, which did not occur more than three times a week, have become regular and I can safely say thank God for Sunrider. I cannot tell you the relief I have been blessed with over the last few months. These benefits are only a small measure of what I would like to write here!

We're Sunriders for Life!

James & Donna Ehrlich, Sunrider Golden Group Directors, Collegedale, TN

Midlife and teenage changes, along with a great demand for a consistent level of high energy and health, have convinced our family that the Sunrider lifestyle is a vital link to our family's success! **Although we have always been vegetarian and eaten carefully, we find our quality of life has significantly improved.** We love the convenience and the satisfied nourishment that fit into a full lifestyle.

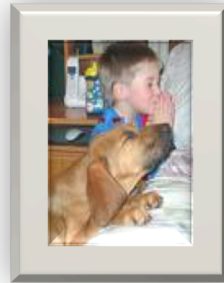
Because of a regenerating endocrine system, I haven't needed any type of hormone replacement therapy. ***Bella*** is giving me even more success -- from being severely out of balance hormonally to calm vitality. My husband loves the ***Veros*** and keeps up with our 21 year old son's racket ball challenges -- still going strong after 2 hours with his pre-game ***SunBar*** and ***Fortune Delight***. At 53, he can still run faster than our lightning runner, 18 year old daughter.

Our 10-year-old Downs Syndrome son has greatly benefited from Sunrider. *NuPlus* is critical for a cooperative, happy disposition and calm energy and his ability to be successful with his studies. We are in the process of regenerating brain/nerve cells with ***TOP*** and ***ESE*** and improving his speech and overall physical growth with ***Prime Again*** (endocrine system). Compared to a number of other therapies for him through the years, Sunrider works, is simple, and is very cost effective!

We love the benefits, and it's better health insurance than we could ever hope for. **There is no question in our minds as to whether these foods work, for we see them helping every single person who consistently nourishes with a grateful heart.** Sharing the foods and making a difference in the lives of hundreds of people has been among the most exciting things we have ever done. We've been able to send our two college students to a Christian University without big debts because of the financial benefits. We are Sunriders for life!

Why We Love Sunrider

What Sunrider has done for our Downs Syndrome "Special" Child!



In 1991, our 3rd child, Seth was born as a Downs baby. We determined that we would do everything possible so that he would not be a typical Downs child –short, fat, & couldn't communicate well, along with the many health challenges they struggle with! With that decision, we spent thousands of dollars and wore ourselves out on every promising remedial therapy we

could find. Finally, when Seth was 5 yrs. old, we committed to giving him Sunrider's regenerative foods that could grow new brain cells. We couldn't change his chromosomes, but we could regenerate the brain.

When Seth started Sunrider at age 5, the MRIs showed he still had a small hole in his heart from birth, his heart was very enlarged and the walls were thick. He was often sick! What a relief to be able to lay aside all the other tough therapies for regenerative food that he could actually enjoy, he was eating anyway, we just enhanced his nutritional program with live, concentrated, whole foods.

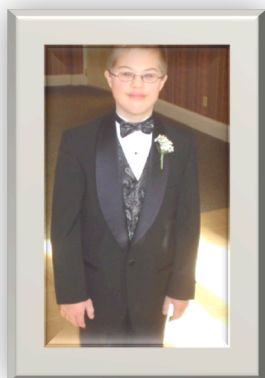


The **regenerative whole food** program we have used with Seth for over the last 16 years has varied, but the Basics that we used and continue to use to bring back the balance to his body and regenerate his brain are: **Nourish, Balance, Cleanse whole foods!**

NOURISH: *NuPlus* (cellular regeneration and brain food),
TOP (Nourish - Brain chemistry),
ESE (Nourish - Nervous System)

BALANCE: *Quinary* (bring balance to the 5 life Support Systems), *Prime Again* (extra Balancing to the Endocrine System - - heart, growth, hormonal)

CLEANSE: *Calli & Fortune Delight* (cleansing beverages) *Sunbars* (clean colon & digestive system).

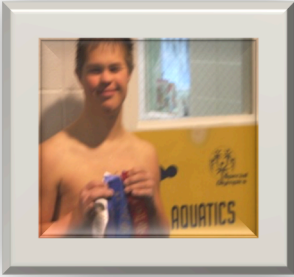


We chose Sunrider because it was: **whole foods, rather than isolates; concentrated enough to be effective; properly combined to nourish systems vs. treating symptoms; based on time tested ancient formulas known to bring the balance back to the body.**

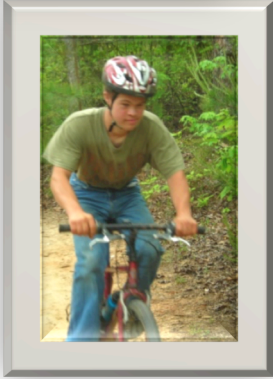
Seth faithfully and willingly eaten his Sunrider whole food nourishment for the last 16 years. He loves it and wouldn't be without it. He knows the difference in how he feels. When people see Seth, they sometimes say, "Oh, he must have been mildly Syndrome. No friends, he was very typical – sickly, hole in his heart, couldn't hold his head up on his own for several months because of the typical weak muscular system, wasn't growing, etc, etc.

(Seth, Bible boy at Sister's Wedding)

What has Sunrider done for our precious son? He has overcome frequency of illnesses, started growing 3 inches a year, has a physic that most teenage boys envy, he is very strong – with large muscles that he is very proud of, very healthy. Yes, you can still tell he has some special facial features, but he has become quite a handsome young man and has a great vocabulary!



When we enrolled him in Special Olympics, 4 years ago, we had another MRI of his heart, and yes he still had a hole, but his heart was normal size, and the walls of his heart were no longer thick, instead, perfectly normal. After all kinds of tests everything came back -- perfect. The doctor said, "Whatever you are doing...keep it up, I have NEVER SEEN ANYTHING LIKE THIS!" In Special Olympics, he won 4 Blue Ribbons out of 6 in his first event - swimming.

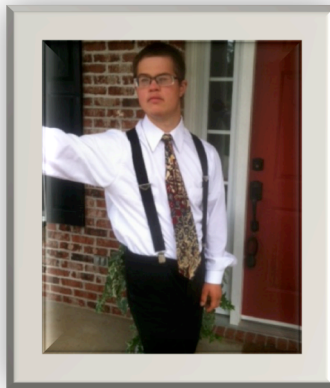


We homeschooled Seth until he was 18 years. The last 8 years, Seth was accepted at a boarding school in Washington. They had never accepted a Downs student before, and accepted him with apprehension. Last semester he had straight A's. He has far exceeded their expectations. They said for years they have not had a special needs student with straight A's in their special needs classes. The school recognizes the difference that Sunrider has made in Seth! He just returned from his 8nd mission trip with the school. He loves hard work and makes a strong contribution to his school. He hardly wants to come home because he is afraid he will miss something. This school is doing an incredible job with Seth in character and personal development. We are truly blessed with his progress and we praise God daily for the miracles that are happening in his life. We're so grateful God gave us Sunrider to help make such a

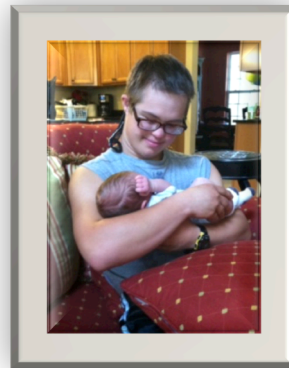
difference for Seth!



Brother, Trever's wedding: Trever & Tina; Seth; Sister, Allison and husband Ken.



Seth was home for part of this summer for Allison's 1st baby. Seth became a proud Uncle.



Friends, we all know families who have "special" children...they are truly a special gift! If it wasn't for Seth, I would never really understand other people's pain, would never have shared Sunrider with others, and would have missed the opportunity to make thousands of new friends thru building a large Sunrider family. Seth is a triple gift. He is our "miracle child!" If we can be of help to anyone with your special child, please do not hesitate to call us. We love to bring hope & help to families!

James & Donna Ehrlich
Sunrider Golden Group Leaders
423-779-4733, Tennessee



Something Significant! Unlike other Professions!

Have you considered *Leveraging Your Time*?

As an Independent Business Owner:

1. *You share what you have found...*
2. *They share what you shared with them...*
3. *This same pattern continues on and on*

- Your time is multiplied! This is leveraging your time.
- As your Sunrider family grows, so grows your income!
- Networking is the purest, fairest, most effective, & productive method of moving products known
- You are your own boss, work from home, no employees, freedom of time
- Or delivery of products, handling orders and money- SR handles it all. Once a month paycheck!
- We're in business for ourselves, but never by ourselves...Great support and teamwork: 3-way phone calls, power points, webinars, parties, websites, SR support etc. etc.
- Your paycheck is simply a measuring stick of how many people's lives you are impacting.
- You're making a significant difference in people's lives --- truly rewarding.
- I'm so thankful someone shared Sunrider with me & my family!

SUNRIDER®

2020 US Average Annual Income Summary

RANK	%*	Average Annual Income*
Hero Royal	0.94%	\$352,823.24
Hero Elite	0.87%	\$94,231.57
Hero	1.86%	\$48,034.24
Ace Royal	3.82%	\$23,827.97
Ace Elite	1.03%	\$14,960.26
Ace Prime	1.97%	\$9,936.18
Ace	4.00%	\$7,102.05
Star Elite	5.44%	\$3,242.47
Star Prime	43.49%	\$2,658.95
Star	29.89%	\$497.49
IBO	6.67%	\$235.41
	100%	

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

Earnings stated are not necessarily representative or typical of earnings Sunrider Independent Business Owners (IBOs) can or will earn through participation in the Sunrider Infinity Compensation Plan. These statements should not be considered as guarantees or projections of your actual earnings or profits. "Annual Income" of active Sunrider IBOs was calculated by first calculating the average "Monthly Income" IBOs at each rank made only in the months they were active. These one month averages were then annualized by multiplying by twelve months in order to come up with the "Annual Income." During 2020, the calculated average annual income of an active IBO is \$5,634.38. An active Sunrider IBO is an IBO who has 100 PV or more in a month. Twenty-six percent of all IBOs, active and inactive, on an average, received a payment. As with any other independent business, success results only from dedicated sales efforts, hard work, diligence, and leadership.

Goal: ***Ace Royal*** in about a year. You can go faster or slower.
Income Averaging \$1900

How to Qualify as an ***Ace Royal***:

- About 30 Sunriders in your total group
- About 20 SRs ordering that month
- You need 4-5 people like you who also want to build an income It's great teamwork.
- The rest are happy Sunriders - usually Preferred Customers!

Why we love Sunrider as a Business & How we Earn



- 1. Sunrider is a Business of Freedom & Personal Development:** Not just any business, but a business of Freedom to work when, where, with whom you choose. It's a business that leads you to freedom from illness, and an inability to function at your best. It's a business where you personally grow in all areas of personal development. The Sunrider Business is a Lifestyle of Freedom & a Lifestyle of continued Personal Development.
- 2. Word of Mouth Advertising:** Sunrider doesn't spend millions on advertising. They pay us for becoming a "product" of these incredible products. We get paid for spreading the word!
- 3. It's a great tax deduction:** Because it's a home based business, and you are your best calling card, what you eat and share to help others gain their health becomes a great tax deduction.
- 4. Franchise-Like Ownership:** Instead of an employer-employee relationship, the Chens chose a network marketing form of distribution to provide each individual with the SAME opportunity to succeed in health, beauty, fitness and financial freedom. With Sunrider, you can secure your financial income for a lifetime. Individuals can start with a \$100 and in less than a year be earning thousands of dollars a month if they choose. The opportunity to own your own business & the ability to increase your income is usually only for those who can invest millions. Like McDonalds, you never earn good money making and selling hamburgers; it is the corporation that owns thousands of individual stores that makes the millions. With SUNRIDER YOU can own thousands of individual "stores" as you have other business builders just like you. You are the boss of your own business, there are no employees. There are more millionaires in the networking industry than in any other form of business structure. The opportunity is endless.
- 5. Sunrider is a network marketing company with 37 years of success.** The Networking Business Model, is the fastest growing business model in the business industry. Unfortunately many new networking companies do not make it past 10 years and go bankrupt, leaving customers without products, you owing your business owners money, and losing the trust of



hundreds of people. The key is finding a company that is stable, has a track record of success, and products that you can enjoy working with for years to come, without getting board with them.

6. Sunrider is a Solid Investment for the Future. SR is the world's largest herbal food company, 37 years strong with offices in 50 countries and with 10 manufacturing plants worldwide, manufacturing over 400 unique to the market products, of food, beverages, weight loss and fitness, skincare and cosmetics, personal, dental and healthy home.

7. All SR products sold in the US are made in the US. Sunrider's food grade



herbs have been grown and harvested in the most pristine environments around the world, harvested at their peak of nourishment. They are then cleaned so thoroughly before entering the US, that the FDA does not require our herbs to be irradiated and fumigated before coming into the US, unlike most other imported herbs and foods coming into the US.

Every Product is Made in House: Sunrider makes everything in house and saves millions of dollars here. Sunrider never private label (allowing other company's labels on our products—a common practice).

8. Sunrider is positioned for a strong future. As the owners and founders, they are the experts in their fields. Dr. Tei Fu Chen is a world-renowned herbalist and his wife, Dr. Oi Lin Chen is a medical doctor. Together they lead a team of highly qualified PhDs in current research and development. Their 5 grown children have all come back to take Sunrider to the next generation as doctors, lawyers, PhDs, and business professionals. They are successfully handing over the expertise, vision and future to the next generation. SR is in great hands for the future.



9. Stability & Owner Investment: SUNRIDER is family owned from very humble beginnings to a world-wide company thru 37+ years of hard work. They're debt free and committed to generation after generation. They never invest in the stock market - no payout to stockholders. Dr. Chen invests in foreign property & is able to invest highly into the company with his personal income to give our research, development, & manufacturing the quality that we can trust.

10. Not only does SR do their own research and development but they are many years ahead of the market. They continue to maintain uniqueness in the market place because of their advanced research and development but also uniquely hold the manuscripts from the ancient Chinese Emperors who for centuries had their doctors meticulously write down what herbs, what foods keep the people well, so they can live long and die young. These doctors never studied disease, but were experts in wellness and how to keep their courtiers well. These ancient Chinese manuscripts form the basis of these very effective foods.

11. **The success of our business is based on building strong relationships of trust.** When



people see & experience that you care about THEIR success and not just YOUR success, people become loyal SRs. Even if someone loves a product but doesn't like or trust or feel personally supported by the person sharing the product with them, their continued SR experience is often cut

short before they experience the personal benefits themselves. The fortune is in the follow-up. This is where you build wonderful life-long relationships, where people feel your care and support.



12. **Sunrider consistently pays out high percentages on product sales back to its business builders using a Simple Stair Step Payout Plan:** The SUNRIDER'S fair & extraordinary stair step income plan, a marketing concept that is as old as time, that as your group grows in product purchases, you move up the ladder in income — never using a binary plan of paying you on your weak leg only and then sales on your strong leg going to the top. You earn on your work and on those you support and empower to succeed.



So HOW do we build a Sunrider Group?

1. Give the invitation:

- Invite your friends to do a 30-Day Vitality Challenge, Money Back Guarantee
- You listen for needs and offer to help. You tell them what SR has done for you.
- Your sponsor and business leader are here to help you with your new SRs
- Go thru in person or on the phone, the 30-Day Vitality Challenge with them and make them one of the beverages. I recommend the 72-food power drink or minimum a cup of Calli.
- Tell your story, build your group! Stories sell, facts just tell.
- You don't want to make them think you are an expert, simply say, "I don't know about all that, all I know is that this is what it did for me, and for others tell stories"



2. Help new Sunriders open their own Accounts:

- This helps people take personal responsibility for their own health.
- You become their support person vs. a salesman
- You can spend your time giving support vs. ordering and delivery
- You are still free at any time to help people by purchasing for them or helping them order, but the goal is to help people have their own accounts.
- Once people become IBOs, then they are in a position to earn rebate bonuses and to share with those they care about.

3. Build Slowly or with Momentum:



- You can build SR slowly, but the key is to keep sharing.
- Momentum builds you quickly so that you have an income quickly and is a great example for those under you....because it's people who help you be successful. Success is contagious.
- To really build momentum, Set a goal for sponsoring in and supporting for at least 30-Days, at least 1 person a week.
- Watch your income soar.

- Use a calendar to help you keep “on top” of activity. Work closely with your upline for great support and training.
 - Leadership goal: Ace Royal Approx \$1000+ plus a month
 - Career income: Hero Approx. \$3,000+
Icon Approx \$10,000+
4. Focus first on helping people STAY YOUNG AND WELL. Focus on one area to get people started and to build your group to leadership. Once you have a group, then start expanding their product experience. Help them get well if they are not, and stay well with a great breakfast and daily detox, by simply replacing products. Nourish! Balance! Cleanse! is a great way to begin!
 5. Money is never a real issue....people only think it is. Everyone is eating and drinking something...the question is, are they staying young and well? Simply begin by replacing 1 meal and their beverage with regenerative whole foods and let the body start getting stronger. Cooperate with good table foods and beverages for maximum success. Sickness is what is very expensive...lack of productivity, lack of work, drugs, doctor bills etc., or even cupboards full of isolated vitamins, and medicinal herbs, and people still don't have health and vitality. That's what's expensive!
 6. Everyone can afford something. Start where they are at, and what they can afford; they will purchase more as they see the value. Never assume people can't afford something. It's all about priorities. If they think they can't afford, simply saying, “ That's fine. Where would you like to start?”

So my friend, welcome to the privilege of being a Sunrider Business Owner where you live to make a difference in people's lives. In return, Sunrider is a rewarding business of Personal and Family Freedom while bringing that same gift to those you care about! You have a team of dedicated leaders also committed to your success. Give the gift that makes the difference! Yourself!



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a New Old Approach to Health and Wellness!



The Philosophy of Regeneration

The ancient Chinese were first to recognize that we literally are what we eat. For several thousand years, the Chinese have researched and tested thousands of plants and recorded the effects on the body of both the single plant/herbs and herbs in combinations. Through their research they discovered and recorded how the body can bring itself to a near perfect state of health using the right plant combinations to nourish the entire body. They developed the study of herbs into a science and an art. Many manuscripts were produced that contained comprehensive knowledge of herbal food formulations. These manuscripts formerly owned by Chinese emperors were passed down from generation to generation. Many were passed to Tei Fu Chen by his grandfather, who began teaching him from the manuscripts at the age of eight. Dr. Tei Fu Chen now possesses manuscripts that cover thousands of years of accumulated knowledge of food herbs and their benefits. This knowledge has become the foundational basis for Sunrider International and “The Philosophy of Regeneration” developed by Dr. Tei Fu Chen.

“With proper nourishment, the human body has the power to regulate itself, maintain optimum health and achieve peak performance.”

The early Chinese doctors believed that instead of taking medicine to help cure a health problem, one should instead eat the proper food herbs to prevent the body from even getting sick. The Chinese doctor was paid to keep his

patients well and if they became ill, payment ceased until he got his patients well again at his own expense. What a health insurance plan!

The Sunrider Philosophy... Regeneration

“Regeneration” is the one overriding principle that is behind all of Sunrider’s foods and products. Everything is made with this philosophy in mind... that of regenerating life within our bodies. It is giving life at the cellular level so those cells, with over 600 functions, can regenerate and become stronger and stronger rather than degenerating and becoming weaker and weaker. Every year 98% of our body is new! The question is – will our body be stronger or weaker just one year from now? That depends on what kind of food we are giving our body – regenerative or degenerative foods. Sunrider foods are regenerative! They give life to the body to help it overcome its weaknesses naturally, creating abundant vitality. Our food should be our medicine!

“A truly good physician first finds out the cause of the illness, and having found that, he first tries to cure it by food. Only when food fails, does he also prescribe medication.”

– San Ssu-mo, Tang Dynasty (618-907AD)

Regeneration is truly the only way to successfully overcome health challenges and weaknesses naturally, thereby gaining a new level of health and vitality never thought possible.

IS YOUR BODY REGENERATING OR DEGENERATING?

A Regenerating Body Experiences

- Energy and Strength
- Vitality
- Endurance
- Cleansing
- Natural Slenderness
- A Sense of Well Being
- Emotional Stability
- Ability to Overcome Addictions
- Restful Sleep
- Happy Disposition
- Good Skin Tone
- Good Muscle Tone
- Regular Menstrual Cycles
- Quick Recuperation
- Clear Thinking
- Good Digestion and Elimination

A Degenerating Body Experiences

- Tiredness
- Depression
- Overweight or Underweight Problems
- Emotional Disorders
- Digestive Problems
(Gas, Bloating, Diarrhea, Constipation)
- High Cholesterol
- Poor Concentration
- Fertility Problems
- PMS
- Poor Muscle Tone
- Fluid Retention
- Tendency toward Infections, Colds, Flu
- Skin and Hair Problems
- Premature Aging
- Slow Metabolism

A healthy body has the ability to manage itself if properly nourished. Proper nutrition from whole foods will produce remarkable changes, an abundance of energy, and natural slenderness. If you have any doubts, just eat consistently Sunrider foods for 100 days and see for yourself. Good health – what a great feeling!

Regeneration vs. Substitution

Nearly 2200 years ago during a turbulent period in Chinese history, known as the “warring states,” the concepts of regeneration were almost lost. Instead of eating herbal foods to promote health, they found medicinal herbs to use as poultices and cures to treat wounds, injuries and disease. This approach, also known as “substitution,” focused on treating symptoms, rather than promoting wellness. “Medicinal herbs” became widely used, and are what we typically recognize today as herbs.

Three Categories of Herbs:

1. **Food Grade** - Food grade herbs can be eaten on a daily basis for the rest of your life with only positive health benefits. Food grade herbs are nourishing and balancing, rather than having a controlling effect on the body.

2. **Medicinal** - Medicinal herbs, like drugs, force the body to do a command for a desired result. These herbs should be monitored by a qualified practitioner because of their conflicting and non-harmonizing effect on the body’s own natural processes. These herbs should only be used for a short period of time as they may create dependence and side effects. Many of these herbs are used in today’s popular health, fitness, and weight loss products.

3. **Toxic** - This includes poisonous herbs and plants that can be harmful or lethal whenever ingested.

Dr. Tei Fu Chen further ensures the balance and effectiveness of each Sunrider food by including in each Sunrider formula: a primary herb for a specific function (such as to nourish the immune system), a minister herb to enhance the best qualities of the primary herbs, a balancing herb to complement the primary herbs, and a carrier herb to make sure the nourishment gets to the area desired. The Sunrider foods are not just a combination of many individual plant foods... they are highly specific planned combinations of herbal foods. When the body is nourished with Sunrider’s concentrated, food-grade herbal formulations, regeneration can occur.

Sunrider Foods

What Makes Them Unique?

Experience the Sunrider Difference!

Eight Distinctive Qualities make Sunrider Foods unique and superior to anything on the market today.

1. Life Force

The “life essences” have been captured and preserved giving the body the basic energy necessary for regeneration at the cellular level. Eating Sunrider is adding the highest nutrition available.

2. Whole Foods

Whole foods nutritionally intact are vital for regeneration. Vitamins and minerals, isolated from whole food, can only meet a deficiency and do not regenerate.

3. Food Grade Herbs

Food herbs are the most regenerative food we can obtain. Rather than medicinal herbs controlling or substituting for the weakened body, thus weakening it even further, food herbs leave the body in control and give vitality and life.

4. Assimilable

The “nectar” of the herbs is extracted (both the oil and water soluble nutrients) and the indigestible bulk eliminated. This food is like “pre-digested” and assures total assimilation.

5. Concentrated Foods

Many pounds of herbs are concentrated down to 1 pound making them minimally 4 times stronger than other herbals on the market, which are just fumigated, chopped-up plant parts. Some formulas are concentrated 30 pounds to one! Because of this concentration, they are most effective for regeneration. Tremendous nourishment without overeating makes Sunrider foods very cost effective.

6. Enhanced

Because of historic Chinese expertise, each individual ingredient is prepared in such a way to bring out its unique, superior qualities and to negate any weaknesses. Sunrider’s enhancement truly makes each prepared food very exclusive and not able to be copied.

7. Properly Combined

Sunrider herbs are properly combined to achieve balance within the body (this is the purpose of food.) Sunrider foods regenerate systems rather than just trying to treat a specific illness or chasing symptoms. Regardless of the health challenge, the “basic” Sunrider foods contain over 70 food herbs to nourish and cleanse the body systems, so the systems can come into balance and harmony. The combinations are based upon ancient Chinese herbal experience and formulas while using the latest technological methods.

8. Purest Food On the Planet

Sunrider food herbs are grown without pesticides and are never fumigated or radiated. Sunrider even cleans the herbs from the inside out – all within pharmaceutical-grade USA manufacturing facilities. Sunrider has the most advanced technology for purity.

What truly sets Sunrider apart from all other foods or supplements is the processing. The life essences of the raw herbs are kept and the foods are properly combined and concentrated to ensure effectiveness. Your body will know the difference! There is really nothing that compares. There is life in Sunrider!

The Basic Sunrider Foods



How Do I Know What Products I Need?

When you choose regeneration as your goal, you'll want to nourish the entire body rather than just the parts you think are weak or out of balance, because each body system affects the others. We restore this balance, through putting in nourishment and taking out toxins and other wastes. Sunrider provides a basic health program that includes:

Nourishment

- NuPlus
- Quinary - Liqui-Five
- SunnyDew - Sunectar

Cleansing

- Calli
- Fortune Delight

All the Sunrider foods / products either nourish or cleanse the body.

NuPlus

The Key to Unlock the Door to Excellent Health

NuPlus is energy for the cells! It is a combination of 12 powerful whole food herbs that give phenomenal nourishment to the cells. Packed full of valuable micronutrients, powerful antioxidants, and high-powered fuel, the cells have the tools needed to regenerate. This is not a powdered protein isolate with rice syrups, added isolated vitamins and minerals, or chemicals and preservatives. Rather, it is 65% carbohydrates (complex carbohydrates that give proper fuel), 20% very assimilable protein (supplying the amino acids our body needs for tissue building and repair), 15% fatty acids, and a rich source of vitamins and minerals in whole food form. By eating NuPlus, many find that their cravings and need for snacks soon disappear. They are satisfied sooner, with less overeating, because the cells are being nourished. We have more energy and we start feeling better. NuPlus is a delicious powdered food that can easily be mixed into smoothies, juice and Sunrider beverages or even eaten right out of the package. Where else can you get complete nourishment from 12 powerful foods for only \$2 per serving? Another great way of eating NuPlus is in NuPuffs, a snack food. VitaShake and SunBars also include NuPlus, and are both complete meal replacement foods with additional protein, digestible fiber, and other nutrients.

Eating 2-4 servings of NuPlus per day unlocks the door to excellent health because it nourishes at the cellular level. NuPlus... the most important food!



Welcome to Sunrider - Simply the Best!



Calli

Camellia Tea Leaves, with caffeine and tannic acids removed and naturally- occurring antioxidants amplified PLUS 6 more concentrated cleansing food herbs to further cleanse and benefit the body.

A delicious 5-herb beverage that nourishes the body's ability to cleanse the toxins out of the cells and tissues that have been stored there (sometimes for years), as well as the new toxins the body has to deal with on a daily basis. These toxins greatly weaken our bodies creating health challenges. Some of these toxins can be excess mucous, heavy metals, radiation, nicotine, caffeine, chemotherapy residue, drugs, pesticides, chemicals, preservatives, uric acid, drinking water impurities, fermentation and putrefaction from a negative diet, left over problems from past illnesses, and unwanted fat and cholesterol.

Calli nourishes the major cleansing organs: liver, colon, kidneys, lungs and skin so that they can do their work better - naturally! With Calli, think detoxify! Mental clarity! Calm energy!

Start with a weak dilution: 1 tea bag to 12-16 cups water and increase in concentration for gentle cleansing. Steep only 5 minutes. Discard the bag after one steeping; better yet, give it to your plants or your animals!

Most people find Calli replaces the desire and need for coffee, soda drinks and sugary juices; in return, people notice more mental clarity and calm energy, and often achieve weight loss, if needed. The coffee-maker becomes a great Calli-maker! Calli is so beneficial yet so very, very cost effective (about 10 cents a cup!)

Drink this delicious beverage all day long to strengthen the body's ability to naturally cleanse the cells and the blood.



Fortune Delight

A Delicious Instant Beverage similar to, but different than, Calli.

Our 2nd excellent cleansing beverage focuses primarily on the digestive system. It is very beneficial for moving out fat and other digestive impurities. It's a great choice for anti-oxidants and nourishes the natural digestive processes and is very hydrating to the body.

Mix one packet Fortune Delight in 1 quart of water, or add to Calli for "Calli/ Delight", or great in smoothies, etc.

Phenomenal sports drink, which can be enhanced with Sunrider's ElectroSport and Evergreen.

Delicious hot or cold. Sunriders drink this every day and families love it. Instant -- great for on the go! Only pennies a day! Great energy boost mid day!

SunnyDew or Sunectar

300 times sweeter than sugar.

Does not promote tooth decay! Stevia has been safely used for thousands of years.

Dr. Tei Fu Chen pioneered its worldwide use. Stevia combined with Chrysanthemum flower makes everything taste extra good, and gives extra nourishment for the digestive system. Mix with your NuPlus, Calli, Fortune Delight, or anything else. A great addition to your kitchen!

Also, used topically, it makes a great first aid kit! Sunrider's SunnyDew wins every stevia taste test!



Welcome to Sunrider - Simply the Best!



Quinary

50 Foods that Nourish the Body Systems

50 concentrated, unique herbs that nourish the 5 life-support systems “the 5 work horses” of the body: Immune, Endocrine, Digestive, Respiratory, and Circulatory. Quinary also feeds the organs within these systems. The combinations are very carefully selected to bring life to these systems rather than just substituting for weaknesses... regeneration vs. substitution!

With whole food nourishment, the body “knows” how to bring balance and health to the entire body. Nowhere else can we find 50 properly combined, powerfully concentrated, food-grade herbs designed to communicate balance and harmony throughout the entire body!

The individual formulas that nourish the individual systems may be added and eaten separately, or can be eaten all together in Quinary capsules, powder, or Liqui-Five (liquid vials) (1 powder pkg. = 10 capsules or 1 vial).
2-3 pkgs. / vials a day for accelerated regeneration.

Recommendation for an Excellent Beginning Regeneration Program Includes:

- Regular Calli
- Fortune Delight
- Regular NuPlus (bulk only)
- Quinary Powder Packets or Capsules
- SunnyDew

Below are the individual system foods making up the Quinary food formula. For a weak system eat extra of that “system-specific” food.

• Prime Again

Food for the Endocrine System

This formula nourishes all the functions associated with glands, hormones, heart, and nervous system.

Emotional food for “lack of joy.”

• Assimilaid

Food for the Digestive System

This formula nourishes all the functions that deal with digestion of foods and the body’s ability to absorb the nutrients vital to health. Regeneration and degeneration both begin in the digestive system.

Emotional food for “lack of contentment.”

• Conco

Food for the Respiratory System

This phenomenal formula nourishes all the functions associated with respiration (breathing) and the lymphatic system.

Emotional food for “grief.”

• Lifestream

Food for the Circulatory System

All fluid-related areas in the body are nourished. This formula nourishes the functions of this vital system.

Emotional food for “fear.”

• Alpha 20C

Food for the Immune System

This food nourishes the body’s defense system and contains naturally occurring antioxidants as well as those with fortifying properties.

Emotional food for “anger.”

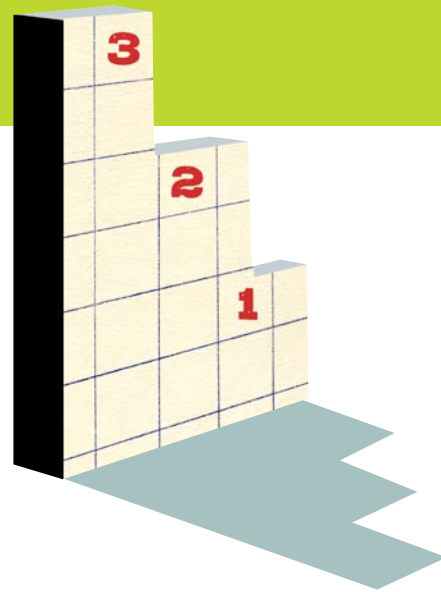
Sunrider: 3 Levels to Regeneration

Nourishing and cleansing your body to increasingly vibrant health.

Regeneration: Level 1

Simply Switch Your Beverages!

- Experience the difference by drinking only Sunrider's delicious teas and water.
- Sunrider tea beverages are Camellia leaves PLUS concentrated herbs.
- Lose desire for and replace: coffee, lattes, processed juices, pop, and alcohol.
- Nourish and cleanse your body without the negatives of caffeine or tannic acids.
- Enjoy calm energy, mental clarity and assistance in weight management.
- Save money by drinking Sunrider's concentrated herbal beverages throughout the day.
- Choose Calli and Fortune Delight as your beverages of choice.



Regeneration: Level 2

Nourish, Balance and Cleanse with a 10 or 30-day Daniel Test!

Nourish with NuPlus:

Complete nourishment for your entire body

Balance with Quinary:

50 specific foods for your 5 body systems

(Respiratory, Circulatory, Immune, Digestive, Endocrine)

Cleanse with Calli/Fortune Delight:

Gentle detoxification

Daniel Test:

In Daniel 1:15-16 The Bible says, "At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the youths who had been eating the food supplied by the king! So, after that the steward fed them only vegetables and water, without the rich foods and wines." Daniel had just proven how amazingly powerful a 10-day nourishing and cleansing diet really was.

Sunrider's SunPack is 10 meals and 10 beverages of over 72 Food-Herbs to Nourish, Balance and Cleanse your body. You add the water. You can look younger and have more energy!

For Best "Daniel Test" Results

Eat the foods for 10-30 days

Be consistent

Love the benefits

- Drink 8 cups of Calli and 4 cups of Fortune Delight daily with SunnyDew throughout the day.
This represents a total of 10 foods.
- Eat 1 NuPlus every day
Use in your beverage, smoothie or dry from the pkg.
This represents a total of 12 foods
- Eat 10 Capsules of Quinary
(5 morning and 5 evening)
This represents a total of 50 foods.

Total: 72 regenerative, concentrated, whole food herbs properly combined, highly assimilable with the life-force intact!

Welcome to Sunrider - Simply the Best!

Enjoy the early signs of Regeneration!

- More Mental Clarity
- Calm Energy
- Sleeping Better
- Emotional Balance
- Diminished Cravings
- More Productive Hours/Day
- A New Sense of Well Being

These are just the beginning signs of Regeneration.

Purchase SunPak

(10 meals / beverages - 72 food herbs)

Each SunPak Includes

- 10 pkgs NuPlus
- 100 Caps Quinary
- 10 pkgs Calli
- 10 pkgs. Fortune Delight
- 1 bottle SunnyDew
- 1 bottle Sunbreeze Oil
- 1 16 oz. Shaker Bottle

Regeneration: Level 3

Continue to eat for optimal health! Nourish, Balance and Cleanse

NuPlus, Quinary, and Calli/Fortune Delight

- 1x a day – body begins to “wake up”
- 2x a day – exciting changes
- 3x a day – optimal regeneration

The Chinese say it takes 90 days for the body to start working in balance. Enjoy for the rest of your life the Journey of Regeneration assisting your body to nourish, balance and cleanse naturally. Sunrider gives your body the tools to gain and maintain excellent health and vitality.

In one year you will have a brand new body. New cells are made every day. Will your new body be stronger or weaker than the one you have today?

You have Sunrider to help now and for your future.

*The Chinese proverb says,
“Live long and die young.”*



Shopping at your own store saves you hundreds, even thousands of dollars. Sharing the gift of Sunrider can bless your home and others as well.

What Would Your Savings Be?



What would your savings be if you could...

eat the most nutrient dense, pure, whole food on the planet that is properly designed to bring balance to our bodies and not just meet deficiencies?

- If you could...

eat less food per meal since the body recognizes that it is being nourished and is satisfied sooner?

- If you could...

replace “empty” expensive foods in your budget with concentrated, nourishing foods? —The Great Exchange!

- If you could...

have your cravings disappear, eliminating the desire for “spendy” “junk” food?

- If you could...

save spending on pharmaceutical prescriptions, over-the-counter drugs, health-food store herbs, and vitamin/mineral supplements, etc.?

- If you could...

have convenient, healthy food while traveling, shopping, at work, etc.?

- If you could...

replace your dental, personal, and home care products much less frequently due to Sunrider’s concentration? A little goes a long way!

- If you could...

obtain the highest quality personal and home products at great economical values?

- If you could...

build body muscle tone with less time at costly fitness programs?

- If you could...

save on dental, eye, and doctor appointments, as well as spinal adjustment costs?

- If you could...

maintain your weight without the cost in time and money on diet programs?

- If you could...

eliminate loss of time at work or home because of illness or just not feeling “great”?

- If you could...

harmonize your emotions to cut down in conflict resolving time and have energy for a happier lifestyle?

- If you could...

reduce the number of hours of sleep that you need yet be rested and energized?

- If you could...

have all the energy you need to accomplish those things you really want and need to do each day?

- If you could...

experience “One-Stop-Shopping,” saving time and money with a company you can trust?

Many spend their “health” trying to gain their “wealth” and then spend their “wealth” trying to regain their “health”!

Welcome to Sunrider - Simply the Best!

How Much You Eat Determines the Pace of Regeneration:

- 1 - Rejuvenation (eat at breakfast)
- 2 - Maintenance (eat at breakfast and mid-afternoon)
- 3 - Regeneration (eat 15 min. before each meal)

Eat anytime you need extra energy and balance in the body.
Consider what you can consistently budget for at least 6 months.

Do You Eat Other Foods Besides Sunrider?

Yes, since eating Sunrider is bringing food brimming with life to our table, sometimes we eat it alone or along with our other foods. Most people find they start cutting their regular grocery shopping bill

by 1/3-1/2 because their tastes and quantities change! As people start eating these foods their desire for a healthier lifestyle becomes a reality. The better quality our other foods, the more benefit we will receive from our Sunrider dollars. Even more important than the cost is the realization that Regeneration is replacing Degeneration within the body.

Sunrider foods are our foundational nutrition and other foods add to that solid base. If one were stranded on a deserted island, you could live on NuPlus! When eating Sunrider foods, choose table foods that complement your Regeneration program rather than detracting from it. Eat whole live foods as God created them. Every time you eat you participate in your destiny!

Health & Income

Sunrider: A 2-Fold Mission!

- Bring the best healthful living foods and lifestyle products to the world.
- Bring the best financial opportunity to families around the world.

This is Good News, especially in this economy.

Sunrider: The Right Company at the Right Time

- Owners expertise: Dr. Tei Fu and Dr. Oi Lin Chen
- Thousands of years of ancient Chinese wisdom plus modern technology
- 27 years financially stable, 22 offices worldwide, 43 countries
- Independent Business Owners partner with Drs. Chen in a franchise-like business
- 2 million sq. ft. in pharmaceutical-grade manufacturing
- Over 415 exclusive, highest-quality, herbal nutritional products, made in the USA
- Every product is based on the Philosophy of Regeneration
- The company you can count on for generation after generation!

Gaining Health while helping others has never been more rewarding! The Time is Now!

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Calli...Super Gourmet Beverage ***Not an ordinary Tea!***

***Enjoy the benefits of Green Tea
without the negatives!***

Many Benefits of Calli:

- o Mental Clarity, Calm Energy, Sound Sleep, Increased Health & Vitality
- o A great alternative for caffeine-filled drinks, such as colas, teas, and coffee that steal your true energy, your health and your dollars
- o Greater benefits than Green Tea and Coffee without the negatives of caffeine and tannic acids
- o No caffeine withdrawals switching to *Calli*

Calli is a delicious Whole Food beverage

- o *Calli* is not just a tea, but a *whole food* beverage concentrated from several pounds of 4 exotic herbs down to one pound of herbal nectar. This herbal nectar is then spray dried onto Camellia carrier leaves (Green Tea made from Camellia) giving us the benefits without the negatives.
- o Research shows Green Tea benefits: good prevention for cancer (may help expedite it out of the body), excellent for heart challenges, most powerful source of antioxidants found, but unlike Green and Black Tea, *Calli* has no caffeine effect.
- o Based upon 5000 years of research and wisdom in proper combining, rather than decaffeinating (removing part of the plant), Dr. Chen *adds* other herbs milligram by milligram to decrease the tannic acid and caffeine effects while increasing the antioxidants. This time-taking procedure ensures that *Calli* has very ***little or no caffeine effect. This is one of Sunrider's amazing proprietary secrets.***

Calli is increases the benefits of your water

- o *Calli* is acidic, but the effect in the body (like lemons) is alkalizing. In an alkaline environment, impurities are less likely to be absorbed or retained. (Note: Coffee and black tea (by itself) are both "acidic" but do not alkalize the body.)

Calli enhances the removal of toxins, wastes, & digestion's by-products

- o Because of the whole plant nutrients, flavonoids, catechins, & high source of antioxidants, this ancient formula nourishes the cleansing organs: skin, lungs, kidneys, colon, and liver increasing their ability to naturally, gently, cleanse the blood, cells and tissue resulting in the many benefits of *Calli* vs. the stress and challenges of a cleanse or the stimulation of caffeine.

Through optimal nourishment & alkaline pH, body is enabled to cleanse itself of:

- | | |
|--|--|
| <ul style="list-style-type: none"> ● unwanted fat and cholesterol ● accumulation of toxic wastes ● fermentation and putrefaction from negative diet ● drinking water impurities ● pesticides, chemicals, & preservatives ● heavy metals (i.e. aluminum, mercury) | <ul style="list-style-type: none"> ● nicotine, caffeine & drug residues ● radiation & chemotherapy residue ● uric acid & unwanted joint deposits ● bacteria & impurities from kidneys, liver, lymph, lungs, skin & colon |
|--|--|

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

How to Enjoy: Simply turn your coffee maker into a “Calli Maker”

Put 1 *Calli* bag in the top, pour in your water – let it steep thru for 12 perfect coffee cups of perfect *Calli*. So simple! Love it first thing in the morning and all thru the day. Enjoy hot or cold. The more you drink, the better you feel!

Or simply steep 1 tea bag in 4-8 cups of hot (not boiling) water for approximately 5 minutes. Remove bag. Do not reuse (pick up weaknesses) Never Microwave!

The Cost: You can drink *Calli* for as little \$.12.5 cents a cup, a \$1.00 a day. How’s that for cost effective living? Prevention at it’s best! You’ll never want to be without your *Calli*!

***Calli* is available** in 10 pks or 60 pks (save 10%) *Regular, Mint, or Cinnamon* – all delicious!

Helpful Hints:

- o If you are very toxic, to lessen possible cleansing effects, you may choose to prepare the *Calli* with up to 1 bag/gallon of water for a short period of time.
- o When sick, or the first sign of illness, or for pulling out heavy metals: Make your *Calli* 1 bag/1 cup of water – *Calli* is stronger than chelation therapy!
- o The purer the water, the fewer residues there will be on top. (Dr. Chen has said that *Calli* will carry that residue out of the body.)
- o When trying to stop smoking or drinking alcohol, or using drugs, switching beverages to *Calli* will greatly assist you in reaching your goals.
- o Drink freely within 24 hours or refrigerate for longer use (up to 2 days).
- o Enjoy the delicious burst of healthy sweet with a drop or two or short squirt of *SunnyDew* – Enjoy to your taste. Delicious hot or cold mixed with *Fortune Delight* (called *CalliDelight*).
- o *Calli* is great with meals (whole foods) and throughout the day, keep that gently cleansing going all day long. Drink plenty in the morning, during the body’s natural cleansing cycle.
- o *Calli* can be drunk alone or combined with other Sunrider foods for greater benefit. *NuPlus* can be added for a complete meal and even Quinary added to *Calli* and a drop or two of *SunnyDew* is wonderful for a power meal!
- o ***Calli Night***, similar to *Calli*, especially nourishes the nervous system & brain that regenerate at night. Wake up refreshed. 1 bag to 1-2 cups in the evening. Can be drunk during times of needed concentration (study etc.) Doesn’t make you sleepy.
- o **Save your *Calli* bags** (let dry): use in pets food – very beneficial to animals; used externally as a poultice to draw out poisons (rewet); to water your plants (resoak a few minutes in your water)

What a great alternative! The more you drink, the greater you feel!



Calli is just the beginning!

The body responds with Increased: energy, emotional stability, mental clarity, alkaline pH, healthy cell regeneration, letting go of the “fluff”, blood and arterial cleansing, circulation, strengthening of the eliminating organs, etc. etc.

Fortune Delight...Extra Ordinary Drink!

- Like a makeover on the inside and out
- Fat Flushing! Super Hydrating! So Refreshing!

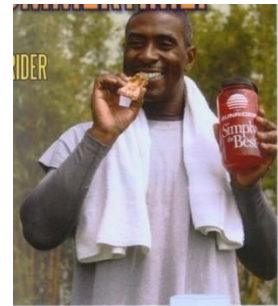
The first place *Fortune Delight* shows benefits – your skin!



- *Fortune Delight* is a great alternative for sodas, iced teas, canned juices, and sport drinks with great benefits.
- *Fortune Delight* gives you clearer, more radiance from within as impurities are removed.
- *Fortune Delight* assists the body's natural elimination processes, helping to remove impurities that may be stored in fat cells.
- *Fortune Delight* is fat flushing - "moves out the fat" promoting natural slenderness. Who wouldn't love that!

Fortune Delight is the # 1 Hydrating Beverage on the Market

- Quenches Thirst...Wetter than Water...Excellent Cell Hydration!
- Helps maintain electrolyte balance
- Breaks up lactic acid in the muscles (sore muscles)
- Great energy food beverage without the caffeine effects
- No Sugar, no stimulants, no preservatives!
- Truly Health Building replacing sugary stimulated sport drinks.
- Instant powder with convenience – just add package to your water. Ready to go!



Fortune Delight Adds Valuable Nourishment to Your Water!

- With 5000 years of research behind Sunrider's food combining, we can enjoy *Fortune Delight* as a great energy food, not just chopped up plant parts, but concentrated "vegetable soup" from many specially-formulated herbs including Camellia (Green tea without the caffeine effect in the body). Green tea is highest known source of antioxidants.
- *Fortune Delight* nourishes the entire digestive system & promotes the assimilation of food
- *Fortune Delight* promotes digestive system cleansing, helping to counter Candida and other digestive challenges.
- Like a lemon, *Fortune Delight* is both acidic, (doesn't dilute the acid in the digestive system) yet has an alkalizing effect in the body. Fortune Delight promotes alkaline pH.
- 1 pkg. in 1 cup to 1 quart water = as little as \$1.00
- 5 different choices: Cinnamon, Lemon, Raspberry, Peach, Regular
- Enjoy thru the day to maintain energy and alertness. Drink hot or cold!
- Convenient for the restaurant, at work, while traveling, and during workouts. It's instant, just dissolve in water.
- Truly life-giving...Fantastic and delicious alternative to sodas, iced teas, canned juices & sport drinks that leave you empty, stressed, and bloated,



rather than energized. Fill your tall glass or water bottle with instant **Fortune Delight** and enjoy all day long. .

Enjoy at least 1-2 pkgs. You'll really see the difference!

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

Added tips:

- Especially Delicious with *SunnyDew* drops or squirts – to your liking!
- Can also be added to your *Calli* (Calli/Delight) – enjoy together!
- Great base for your power drinks, and smoothies.
- Great addition to pies, cobblers, sauces, and salads – just pour from package.
- Love it with your *SunBars*. It makes a meal.
- Try adding a few drops of *ElectroSport* for more electrolytes.
- For effective ingestion against Candida/parasites drink 1 small packet to 1 cup water.
- If experiencing cleansing effect, especially with parasites, Candida yeast overgrowth, or a weak elimination system, dilute your *Fortune Delight* and/or drink separately from Calli.

Note:

Both *Calli* and *Fortune Delight* have been tested by gas chromatography to show the presence of important catechins, flavonoids and antioxidants! **Both beverages are more than just tea!**

Message from Dr. Chen regarding Calli and Fortune Delight

“Every food has a good side and bad side. One of them is camellia sinesis, which has been consumed



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

beverages.”

Simply Switch Beverages!

SunnyDew....The Healthy Sweet

- Good Bye Sugar Blues!
- 300xs sweeter than sugar
- Zero Calories
- Whole Food Herbs



SunnyDew is....
concentrated & extracted

- Stevia
- Chrysanthemum

**Dr Tei-Fu Chen calls Stevia a
“master herb.”**

Extracted from **stevia rebaudiana leaves**, SunnyDew contains no calories and is *250-300 times* sweeter than processed sugar. Stevia has been used by South Americans and Asians for centuries as a sweetener and as a dietary supplement.

Dr. Chen led the way for the FDA to approve the use of and import Stevia in the US and many other companies are now marketing Stevia products.

Sunrider’s SunnyDew is very different from most other Stevia’s on the market. Because of its special extraction and concentration process to enhance its benefits. **You can taste the difference**—a unique, delicious flavor with no aftertaste. Most other brands are only 50-200x sweeter than sugar, while SunnyDew is 250-300 times sweeter than sugar, thus **you need less and have greater benefits**.

SunnyDew is very concentrated. It takes 2500 gallons of herbal liquid to make 20 gallons of **SunnyDew**, by far, the most concentrated and best tasting.

Stevia...

Summarizing the many benefits:

- Helps improve *digestion*.
- Nourishes the pancreas which is responsible for *blood sugar* regulation.
- Nourishes the systems which regulate *blood pressure* in the body
- Helps *burn glucose* for fat loss
- More even *energy flow*
- Improved *thinking capacity*
- Faster healing of *ulcers or lesions*
- *Digestion and gastrointestinal* functions
- Increases ability to fight *fatigue*
- Promotes more restful *sleep*
- Helps prevent *tooth decay*
- *Anti-fungal, anti-bacterial, antiseptic and anti-viral* (warts and fungus, etc.)
- So it is helpful in *skin repair*
- Helps kill *Candida*, which is *unfriendly yeast* in the digestive system, responsible for an array of illnesses

External Use: on *cuts, scratches, and any skin disorder, helps prevent scarring.*

Chrysanthemum flower is very *calming and anti-inflammatory.*

Now just imagine if **Stevia** only did one of these things. It would be wonderful to use, but it does all of these things; hence it is called the **“master herb.”**

Artificial sweeteners we consume today tend to confuse the pancreas, thus creating a state of imbalance. Proper levels of sugar in the blood are important for mental clarity, energy, muscle recovery, and proper metabolization of fats.

SunnyDew is very nourishing, balancing and healing – a grand, healthful alternative to sugar and artificial chemical sweeteners

Stevia vs. Sugar

Stevia is in every way opposite of sugar:

- ☒ Sugar feeds Candida (Stevia kills it.)
- ☒ Sugar promotes tooth decay (Stevia prevents it.)
- ☒ Sugar causes the blood pressure and blood sugar to go out of balance (Stevia nourishes them back into balance.)
- ☒ Sugar is extremely acidic (Stevia is alkaline.)
- ☒ Stevia is the exact opposite of white sugar and yet Stevia is sweet, and, depending on how it's formulated, is from 50-200 times sweeter than sugar. SunnyDew is 300x sweeter than sugar.
- ☒ Sugar substitutes are generally extremely toxic (Aspartame is the main ingredient in NutraSweet and Equal).

Heat and cold do not affect the beneficial effects of *SunnyDew* so it's great for cooking, canning and baking, however, using it in breads will kill the yeast in the dough.

2 Choices: *Sunectar* is the darker version and complements stronger flavors and *SunnyDew* is great for fruit mixtures and beverages.

How much: For beverages, just add however many drops you desire per cup of *Calli*, *NuPlus* or anything you want to sweeten and drink regularly—to your good health! *SunnyDew* is even delicious in a glass of water with a slice of lemon! Enjoy!

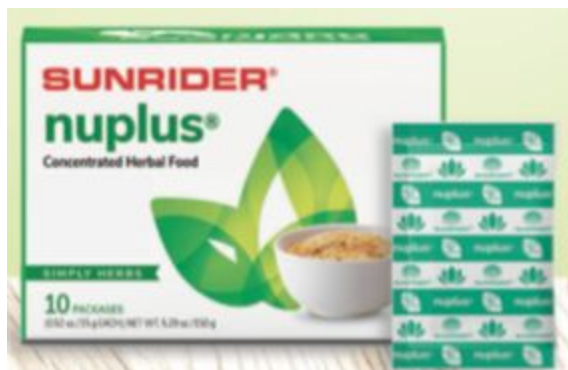
Ingredients: Stevia, Chrysanthemum

SunnyDew:
A must in Every Kitchen!

NUPLUS: “My Manna”

“Super Cell Food”

- **For Stronger New Cells!**
- **Life Giving! Life Saving!**



Also in VitaShakes, SunBars, NuPuffs, Sunfit Protein Plus

Best food for

Babies

Body Builders

Baby Boomers!

Billions of cells die and are replaced every day and are replaced with new cells. In one year 98% of your body is brand new:

You will have a new:

- *Bones in 12 weeks*
- *Liver in 8 weeks*
- *Skin in 5 weeks*
- *Taste Buds in 2 weeks*
- *Intestines/stomach lining in 4-5 days*

The question is **“Will my new cells be stronger or weaker than those just replaced?”** It all depends on what you are eating & drinking. You are not only what you eat, but even more importantly, **what you assimilate.**

NuPlus for new, stronger, younger cells!

12 FOOD HERBS: Predigested in a powdered form ready for easy assimilation, ready to fuel the body. Energy to go! Perfect Nutrition as a meal or in-between meals!

HIGHLY CONCENTRATED:

8-10 pounds of nutrition concentrated down to one pound.

OWNER EXPERTISE: NUPLUS is not just chopped up or juiced herbs, but because herbs are tightly bound, it takes days to extract the nutrition from the indigestible bulk and keep the nutrition intact.

LIKE RAW FOOD: Like a seed, the life force is activated when added to liquids. It's Dr. Chen's trade secret to preserve the nutrition without destroying the whole food context and the life force. Great shelf life for emergency food storage.

CONTAINS NO: Isolated soy proteins, dairy, artificial colors, artificial sweeteners, isolated vitamins and chemicals, fillers, or preservatives.

CONVENIENT: Eat out of package, or add to everything. Get the nourishment in!

PERFECT FOOD FOR EVERYONE:

- *Formulated for pregnancy & growing children*
- *Is the choice of athletes, bodybuilders, & those wanting to lose weight and become more fit—burns fat and builds lean muscle*
- *Builds up the elderly and acutely ill & those struggling with health challenges*
- *Speeds recovery from surgery or illness*
- *Gives energy, vitality, inner beauty, for those who want to stay young and well*

NuPlus is complete instant nourishment providing:

65% complex carbohydrates

Has only good complex carbohydrates that assist the blood sugar throughout the day

20% Protein

Is a complete Protein Includes all 21 amino acids. Has no isolated proteins (that cannot be digested)

15% fatty acids

(good, essential **fatty acids**)

Essential for brain food

Loaded with naturally-occurring micro-nutrients such **as vitamins, minerals, antioxidants, phytonutrients, and bioflavonoids**

NuPlus is based on ancient Chinese formulas—thousands of years of research and testing

- Foremost in the herbal combination is Coix Fruit, Chinese Yam, and specially-processed, fermented whole soybean (the way the Asian world has prepared soy for centuries)
- Includes five kinds of beans that nourish five key organs: (red) heart, (white) lungs, (green) liver, (yellow) spleen, and (black) kidneys.
- Contains hundreds of phyto-nutrients known to build the body's immune system, protecting it against viruses, bacteria, and environmental influences. Is loaded with antioxidants for cellular health!
 - Assists in hormonal balancing, smoothing the teen, mid-life, and menopause years. NuPlus is called the "happy food"! Even children are happier with NuPlus in their bodies
 - Assists in fat loss by providing glycogen so fat can be burned; helps

eliminate unhealthful food cravings and addictions; nourishes and satisfies. **To assist weight loss, eat your NuPlus before meals.**

- Has a very important ratio of 55 parts potassium to 5 parts sodium. Body needs 4x more potassium than sodium. Most foods have this reversed.
- NuPlus is the food of choice for athletes and bodybuilders. Rather than weakening the liver with protein drinks, NuPlus strengthens every cell in the body thus strengthening every muscle, every tissue, and every organ.

How to Enjoy:

- Eat as a meal or a snack
- Straight from the package or Added to
- Smoothies, milks, or power drinks (*Calli, Quinary, VitaShakes* etc),
- Over cereal or added to recipes
- Hot or cold

Many Choices:

Original – Those on liquid diets, newborns, critically ill, or weak digestive systems

Simply Herbs – Original with the added benefit of five types of specially prepared beans,

Naturally Plain, Apple Cinnamon, Piña Banana, and Mixed Berry – is Simply Herbs plus natural freeze-dried fruits. Convenient nutrition to go!

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

Dr. Chen says, "If there were only one food choice on planet earth to eat, it would be without a question--NuPlus!"

Life Giving! Life Saving

Nuplus in 4 More Favorites:

VitaShakes: Feed your hunger, fuel your body.

Made from nutrient-dense whole foods (Contains Original Nuplus) with added Soy, added FOS Fiber (for healthy gut health & weight loss), added *Metabalance 44* (whole food source of vitamins and minerals) Delicious alone, in liquids, in power shakes and smoothies, Comes in Strawberry and Cocoa (coated with a trace amount of milk for preserving) Fewer than 100 calories/servings. Naturally delicious, very low in sugar, free of artificial sweeteners, flavors, GMOs or preservatives. The **Ultimate Shake!**



SunBars: The ultimate bar!

Pack in nutrition, no empty calories. Crafted with whole foods and herbs. Our tasty to-go bars deliver sustained energy and balanced nutrition in every bite. High in fiber and low in sugar, they raise the bar in healthy snacking because they taste great too. Satisfying meal replacement with slow burning carbs and healthy fats, GMO-free protein, vitamins, & antioxidants. Grab one and go. Meal or snack or dessert. Nuts, freeze-dried fruits, 4grams of plant FOS fiber – acts like a sponge, adsorbs & moves out fats & toxins! Enjoy a bar a day for 15 days to help build a good intestinal bacterial



environment (helps reduce Candida, bloating, bad cholesterol and triglycerides. Fiber that fills you up, not out! Wonderful way to enjoy great fiber! – 3 Great Choices: Fruit, Oatmeal Raisin, Chocolate **The Ultimate Snack Bar!**

NuPuffs: Snack smart & satisfy cravings!

Crunch away! This healthy snack provides complex carbs (Original Nuplus plus brown rice) No added oils or fat. Power packed, low in calories, fat and sodium. It's the guilt-free way to satisfy your sweet, salty cravings without trans=fats or excess sodium. Alternatives to chips, cookies, popcorn, great in trail mixes. 3 Choices: Cheese (dairy coated) & Chocolate, Apple Cinnamon. Kids & grown-ups love them! **The Ultimate Puff!**



Sunfit Protein Plus: Power up with pure plant protein

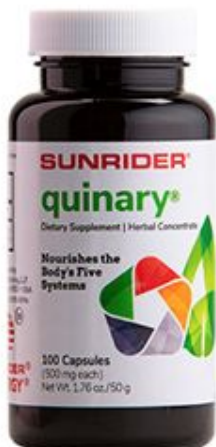
(Not Isolated)

balanced blend of pea & rice proteins with Nuplus packs 20 grams. Vital nutrients and complex carbs to support energy, satisfy hunger, and fuel muscle growth and recovery. Supercharge your smoothies, top off foods, use as a nutritious meal replacement.



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.

Quinary and Liqui-Five— To keep entire life support systems in balance



Based on ancient formulas 5000 years old, *Quinary* and *Liqui-Five* (slightly-different “nectar” formula) nourish the 5 life support systems of the body:

1. Immune
2. Digestive
3. Respiratory
4. Circulatory
5. Glandular

In keeping with Chinese tradition and the Philosophy of Regeneration, daily maintenance with proper nutrition is key to preventing physical malfunction. **Dr. Chen created Quinary as a convenient way to keep the body's five major systems in balance.** Quinary helps maintain health rather than waiting for the body to malfunction. Symptoms are simply systems that are out of balance – overactive or underactive. Quinary addresses the body's systems collectively as well as individually nourishing to restore that balance. As the balance is restored in the body (systems) the symptoms can quietly go away. Although it is very difficult to achieve with a formula as complex as this one, our 50 blended herbs are maintained without preservatives or synthetic chemicals.

To speed up regeneration, first feed all five systems with *Quinary*, and then after 90 days, you can nourish any system that is still by extra nourishing specifically with one or more of the individual formulas. You can eat 1-50 capsules per day from any of the formulas without concern of overdoing it. (10 *Quinary* capsules = 1 *Quinary* powder packet = 1 *Liqui-Five* vial) This is terrific whole-food nourishment! **Quinary* contains all natural, concentrated herbs, no preservatives or chemicals.

A Balanced Body is a Healthy Body!

How to Enjoy: *Quinary* powder is the most popular form of *Quinary*. A good way to eat your *Quinary* is in warm water, in your smoothies with *Sunnydew* or between meals for sustained nourishment and at bedtime, for deeper, longer sleep. It dissolves instantly in liquid, or can be eaten straight from the packet.

Liqui-Five is a liquid form of Quinary. This is Dr. Chen's personal favorite, and he regularly drinks a vial and follows it with a *Sunrise* vial for an extra special energy boost!

Five individual herbal formulas that make up Quinary & Liqui-Five

Alpha 20-C – Immune System
Lifestream – Circulatory System
Conco - Respiratory System

Prime Again – Glandular System
Assimilaid – Digestive System

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Five individual herbal formulas that make up Quinary & Liqui-Five

1. IMMUNE SYSTEM: Alpha 20C—Food for the Immune (Defense) System...(wood- --spring---green---sour)...Protects Body.

Alpha 20C get its name from what it promotes: T Cells (the 20th letter of the alphabet being “T” and “C” standing for cells). This food nourishes the immune system through the bone marrow, liver and adrenals. **Alpha 20C** has a delicious “mocha” taste, and can be eaten as is, or added to any Sunrider food. Eaten throughout the day, together with **Conco**, Sunrider’s **Goldenseal**, and Sunrider’s **Spirulina**, promotes a strong immune response to environmental attacks. **Alpha 20C** helps the immune system come into balance, whether it is overactive or underactive. Nourishes the ability to “fight.” **Alpha 20 C** contains naturally occurring antioxidants, calcium and fortifying properties. Most of the herbs contained in **Alpha 20 C** formulation have been used separately as part of the Chinese herbal pharmacy. Now these herbs are being studied by scientists and are receiving positive reinforcement of their beneficial properties. Available in capsules, powder packets (1 powder packet = 10 capsules) or powder in bulk canisters (1 canister = approx. 600 capsules).

Major organs fed:

- Liver, gallbladder, ovaries, testes

Postive emotion: planning and decision making

In ancient China, a similar formula was used to:

- build a healthy immune system.
- strengthen the T-cells that are important in
 - 1) Fighting infections and
 - 2) Controlling the growth of dangerous and destructive, extraneous cells, such as in cysts and tumors.
- detoxify the body and help expel fever and illness.
- reduce vulnerability to viral and bacterial infections, as well as parasites and yeast overgrowth.
- govern the body’s resilience and adaptability; assist an appropriate response to environmental stresses.
- fortify the body as emotional food for **anger, irritability and depression.**

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

2. DIGESTIVE SYSTEM: Assimilaid—Food for the Digestive System...(earth—late summer---orange, deep yellow)...Handles Food...

The digestive system food nourishes functions associated with the digestion and assimilation of food. The ability to absorb nutrients is vital to health. **Assimilaid** makes a delicious hot beverage by itself; just open one capsule and add to a cup of hot water. Eating before meals aids digestion and is helpful for diarrhea and irritation of colon.

Major organs fed:

- Stomach, spleen, pancreas, thymus

Positive emotion: imagination, sympathy

In ancient China, a similar formula was used to:

- enhance the digestion and assimilation of food
- provide digestive healing to the stomach and lubricate the intestinal tract
- alleviate heartburn, upset stomach, vomiting, indigestion, gastric ulcers, gastritis, colic
- relieve abdominal pain and distention
- aid sleep by reducing gastrointestinal tension
- strengthen the liver and gastrointestinal tract
- restore and normalize acid secretions and enzyme production
- fortify the body as emotional food for **worry, lack of contentment**

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

3. ENDOCRINE SYSTEM: Prime Again—Food for the Endocrine System...(fire—summer---red--bitter)...Coordinates All Systems...

Prime Again means to “put you in your prime again”! **Prime Again** nourishes the functions of the heart, endocrine, nervous, and the entire hormonal system. The endocrine system is especially important as it sends forth the body’s messengers of communication, promoting youthfulness and longevity! The thyroid and adrenals are keys to having energy. The more **Prime Again** you eat, the better you feel! This was Sunrider’s first single **Quinary** formula and affects all the others.

Major organs fed:

- Heart, small intestines, pituitary, hypothalamus, thyroid and the entire hormonal system.

Positive emotion: making things happen, manifesting joyfulness

In ancient China, a similar formula was used to:

- nourish the general processes by which body cells reproduce (regeneration)
- regenerate the endocrine glands including adrenals, thyroid and reproductive glands
- strengthen the nervous system and the body’s ability to handle stress

- regulate hormonal secretions, and enhance sexual response and reproductive processes
- build muscle strength; help regulate growth and development
- decrease allergic reactions
- strengthen the adrenals' ability to handle stress
- relieve PMS and menopausal symptoms
- enhance the body's ability to recover from illness or injury
- fortify the body as emotional food for **anxiety, lack of joy**

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.

4. RESPIRATORY SYSTEM: *Conco*—Food for the Respiratory System...(metal—fall---white—sharp, pungent, spicy)...Handles Air...

Conco comes from “con” meaning “against” and “co” short for “colds”. This phenomenal formula primarily nourishes the functions associated with respiration (breathing) and the lymphatic system. **Conco**'s job is to smoothe the energy “in and out” for balance throughout the body. At the first sign of a cold or flu, many choose to eat **Conco** freely at timely intervals. Eaten throughout the day, along with **Alpha 20 C**, Sunrider's **Goldenseal**, and Sunrider's **Spirulina**, promotes a strong immune response to environmental and viral attacks.

Major organs fed:

- Lungs, large intestine, skin, thyroid

Positive emotion: creating order

In ancient China, a similar formula was used to:

- resist viruses—phenomenal protection against influenza and colds
- build protection against 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

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.

5. CIRCULATORY SYSTEM: *Lifestream*—Food for the Circulatory

System...(water---winter---black, blue, brown, purple)...Handles Liquid...

Lifestream denotes “the stream of life”! The circulatory system food nourishes functions associated with the fluid-related processes of the body (blood and water), affecting general circulation. **Lifestream** appears to strengthen the heart and cleanse the vessels, allowing the capillaries to become strong and supple. Good circulation provides plentiful oxygen supply, free-flowing blood, and efficient removal of toxic impurities.

Major organs fed:

- Kidneys, bladder, adrenals

Positive emotion: perseverance, will, vitality

In ancient China, a similar formula was used to:

- enable the body to better regulate the blood pressure
- cleanse the blood and reduce extraneous clotting
- reduce the level of free fat and cholesterol in the blood
- improve eyesight, reduce redness of the sclera
- heal 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**

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

EVERGREEN ZINGER

RECIPE:

1 vial Evergreen
1 lemon (2 Tbsp.)
1 qt. water
SunnyDew to taste
Fortune Delight
Slush with ice

WHAT IS EVERGREEN:

- Thick, assimilable Chlorophyll
- Like a super Aloe Vera
- Unique oil soluble form

SO MANY BENEFITS:

- **Oxygenates & fortifies blood & cells**
- **Detoxifies & purifies the cells**
- **Flushes out uric acid**
- **Improves absorption of nutrients**
- **Excellent for allergy sufferers**
- **Decreases recovery time for athletes**
- **Replaces electrolytes & minerals**
- **Equal to 4-5 recommended greens per day**
- **Health benefits like juicing**
-

VITAFRUIT - DELIGHT

RECIPE:

1 Vial VitaFruit
1-8 c. of water
Fortune Delight
SunnyDew

WHAT IS VITAFRUIT:

- Live "Nectar" of rare, exotic herbs & fruits
- Rich in hundreds of known and unknown whole-food antioxidants, bioflavonoids, and thousands of phytonutrients not yet discovered.
 - Liquid concentrate that is revolutionary and power-packed, Vitamin C remains stable

SO MANY BENEFITS:

- Greatest work - tissue repair – repairs damage by free radicals in the cells
- Very anti-aging – slows down aging process
- Great immune food-white blood cell building
- Restore luster, radiance and softness to prematurely aging skin, even topically
- Great for throat, voice and speaking, especially vocal chords
- Greatly benefits hair, nails & eyes
-
- Supports intestines and aids in healthy digestion
- Supports weight loss and cognitive function.

Fabulous Raspberry Lemonade - Great way to begin and end your day!



Try this homemade recipe for Raspberry Lemonade that's sure to leave you feeling refreshed and satisfied! 🍋💧

The recipe includes Fortune Delight® and SunnyDew®. Fortune Delight® is designed to cleanse, nourish, and energize your body with only 10 calories per pack! SunnyDew® is loaded with antioxidants and essential minerals and it enhances flavor.

Ingredients:

- 1 packet Fortune Delight® Lemon
 - 1 packet Fortune Delight® Raspberry
 - A good squeeze of SunnyDew® or to taste
 - 1 lemon
 - 1 handful of raspberries
 - About 12 ounces of water
 - Plenty of ice
- (Serves 2)

In a blender mix all the ingredients and then enjoy!

Watch the full video at <https://youtu.be/tUhj5Je2E1E>

#sunrider #healthychoices #healthyliving #healthylifestyle #recipe #foodies #4thofjuly #july4 #lemonade #refreshing