

SKELETAL SYSTEM



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

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

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

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

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

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

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

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

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

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

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



- So many people are in awe of this Plant! It is loved and cherished in all countries of the Far East. For the Chinese, it has been the “single most powerful and beneficial herb” for almost five thousand years.
 - It gives endurance, energy, resistance, and stamina.
 - Enhances mental activity.
 - It helps with metabolism, strengthening the circulatory system.
 - Nourishes and strengthens liver, bone marrow & adrenal glands.
 - It contains precursors to human anabolites that build muscle.
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- It helps all connective tissue, muscles, ligaments, bones, and joints.
 - It has long been used to improve athletic performance and occasional sleeplessness.
 - It helps your body “adapt” to stress;
 - It is often used to improve athletic performance.
 - According to pharmacological research, it improves rheumatic and arthritic conditions, relieves fatigue, and improves resistance.¹
 - This spiny shrub is not in the same family as Asian and American ginseng and is less costly than these varieties.
 - Included in ***SportCaps*** and ***JOI***.
 - Great before and after workouts along with ***SportCaps***, ***Sunrise***, and ***JOI***!

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

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

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

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

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



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

Benefits

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

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

NOURISH: **NUPLUS**

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



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

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

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

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

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

The more NuPlus you eat, the more Regeneration.

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

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

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

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

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

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

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

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



Story: *"I was pleasantly surprised when I saw the x-rays of my spine. I ate 10 Sportcaps daily with 1 evergreen for 6 months and restored my back completely. I had a ruptured disk, and my spine had a lot of degeneration in it. I was in constant pain. It was worth every penny!" Trudi*

- Beyond the *Sunrider Basics*, **Sportcaps** are the first additional nutritional support to consider. This nourishes the Muscular System of the Body. **Sportcaps** are for everyone, significantly benefiting athletes and people on the go.
- It is a terrific source of assimilable calcium and iron and an excellent broad spectrum of naturally occurring vitamins and minerals in whole foods.

So Many Benefits:

- Tone, define, and strengthen the muscles
- For muscle tissue repair & quicker recuperation
- Promotes increased stamina and endurance
- Strengthens & repairs lean muscle and tissue in the cardiovascular and reproductive systems
- Strengthens the muscles throughout the body, helping hold the organs in place. It complements **JOI** in therapy for muscular, neck, and back regeneration (two of each every 3-4 hours for serious injury).
- It helps with structural issues like joints, backaches, spine and neck, etc.
- Helps rebuild muscle tissue destroyed from unhealthy weight loss programs, "lifetime dieters," chemicals and drugs
- Helps with weight loss - with greater muscle mass, fat is burned more easily
- Flushes out the acid, causing sore muscles. When we have a structural problem, it stresses the muscles and lactic acid gets stuck in them, creating sore muscles. Sportcaps help move the lactic acid out **of the muscles, especially when** drinking Fortune Delight; adding ElectroSport helps flush the acid out even more.
- Significantly calming to the nervous system

Sportcaps is an excellent body-strengthening combination of beneficial “superfoods,” including

- **Bee Pollen** is the first ingredient. It is a blood-builder with many naturally occurring vitamins and minerals. It is also a remedy for allergies like hay fever, and its protein is great for endurance.
- **Ginseng** (Wu Chia Pi) boosts the body’s energy, helps the metabolism, and is a perfect tonic for the cardiovascular system. It also strengthens the liver, bone marrow, and adrenals. For Centuries, ginseng has been a staple for the Chinese.
- **Alfalfa** aids in the digestion and assimilation of nutrients. It is rich in trace minerals.
- **Japanese Dodder** is an overall tonic for the body. It helps brighten the eyes by giving needed nutrients. This herb has been known to help prolong life.
- **Chinese Knot Grass** helps eliminate uric acid and lactic acid (which cause pain and stiffness in the muscles when trapped there). Boosts the kidney function. Helps prevent muscle cramping and helps shorten recovery time after strenuous activity.
- **Kelp** comes from the ocean. It nourishes thyroid function because of its many minerals, including natural iodine.
- **Rose Hips** adds an all-natural source of Vitamin C.
- **Codonopsis Root** helps improve circulation, assists with oxygen transport in the body, and cleanses the lungs for more unrestricted breathing.
- **Boschniakia Herb**, It helps the cells retain moisture and prevent dehydration. This herb also helps to activate hormone secretion. (This is great for women’s and men’s problems.)

Important Note: Each herb’s benefit is magnified when correctly combined or formulated with other herbs; the synergistic effect of all the herbs together is even more significant than the benefit of just one herb.

Enjoy:

For optimum benefit and body shape, men should take 10-15 capsules daily, women 4-9 capsules daily, and children 2-4 capsules daily. **When** eaten together, Sunrise complements Sportcaps.

Ingredients: Bee Pollen, Wu Chia Pi, Alfalfa, Japanese Dodder, Chinese Knot Grass Root, Kelp, Rose Hips, Chinese Teasel, Codonopsis

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

Sunbreeze Oil... Instant Relief!

One bottle does it all! Heavenly Smell!

Ancient Chinese Wisdom & Modern Technology



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

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

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

Suggestions for Use:

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

Ingredients:

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

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

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