

SINGLE HERBS - WHOLE FOOD



The most essential part/s of each herb is extracted and concentrated 8-10xs, maintaining the whole food structure

Ci Wu Jai - Ancient herb for Strengthens Joints, Ligaments, & Tendons, is in Sport Caps (pdf)[Download](#)

Dandelion Root - Liver Cleansing – One of the most effective detoxing herbs - Inflammation! (pdf)[Download](#)

Dong Quai - “Compelled to return” ...women to normalcy (pdf)[Download](#)

Electroport - Instant (Electrolyte) Replacement...”Mineral Toddy” - The TRUCK to cells (pdf)[Download](#)

Goldenseal Root - Safe, Natural, Effective Antibiotic...- Viral & Bacterial, Anti-Inflammatory! (pdf)[Download](#)

Spirulina - A “Near” Perfect Food, great protein source (pdf)[Download](#)

White Willow Bark - Natural Pain Relief...Even Excruciating Pain (pdf)

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



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

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

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



- The scientific name is *Angelica Sinensis*; some say it helps females act like angels!
 - It has been cultivated in China for thousands of years as a treatment for women's health and is considered a balancing nourishment for girls from childhood on.
 - Its primary benefits are hormonal: helping to maintain the proper balance of female hormones, regulating monthly periods, relieving monthly pain, relieving PMS, smoothing menopause, and preparing the uterus for delivery (during pregnancy, eat only the last two weeks).
 - Modern research affirms its muscle-relaxing, pain-relieving, immuno-modulating, and antibacterial activity.
-
- ***Dong Quai*** contains Vitamins A, E, and B₁₂, nutrients that feed the glands, which produce female hormones.
 - A Japanese study showed that ***Dong Quai*** increased both estrogen and progesterone levels in women with insufficient ovarian function. However, if women don't need more estrogen, the body does not use it as such.
 - In menopause, for assistance with hot flashes, many women eat 4-5 capsules a day.
 - ***Dong Quai*** is now part of the revolutionary new Sunrider formula, ***Bella***, for women over 40. Best known as an herb for female problems, ***Dong Quai*** also aids in healing for both men and women by improving blood circulation.
 - Research conducted by Dr. C. P. Li, M.D., for the U.S. Department of Health Education and Welfare showed that this herb was favorable to female problems, helped overcome symptoms induced by Vitamin E deficiency, and produced a tranquilizing effect on the cerebral nerves.

“My husband says his angel has returned,” Joan.

ElectroSport—“Gatorade” (Electrolyte) Replacement...“Mineral Toddy” in a Clear Form!



- **ElectroSport** is a complete integration of 10 minerals/electrolytes carefully formulated to create water balance inside and outside the cell walls while aiding in the absorption and utilization of nutrients.
 - Electrolytes act as catalysts in the metabolic process. They are the TRUCK needed to carry nutrition into the cells because nutrients bind with electrolytes to be carried into and utilized within the cells. To make all your other SR foods more effective, add some ElectroSport to your beverages.
 - The minerals (electrolytes) in *ElectroSport* nourish and help restore our electrical system.
- Electrolytes play a critical role in fighting naturally-occurring toxins in the body.
 - This mixture is very healing when the body is under stress.
 - ElectroSport is especially effective during high temperatures, when bodily fluids and electrolytes may be depleted through perspiration, stress, or high altitudes. These conditions upset the water balance inside and outside the cell walls.
 - **ElectroSport** acts quickly in the body, and electrolytes can function unimpaired because it is an ionized solution that contains no sugar, sweeteners, preservatives, or artificial ingredients.
 - **Special Note:** Applied topically, **ElectroSport** is very healing to any wound, cut or burn. It even helps the body heal chronic hemorrhoids or anal fissures. Mix ¼ vial in 2 tablespoons water and a few drops of **SunnyDew** and apply with a cotton ball.

How to enjoy:

- While the other herbal food liquid concentrates can be consumed directly from their vials because ElectroSport has a high mineral taste, most people mix one vial with **Fortune Delight**, Calli, or even Vitafruit with some Sunnydew.
- **Add to Lemon Fortune Delight** for a significant super-charged electrolyte and mineral drink for hydration.
- Be sure to use the entire vial within 24 hours. As this formula is a food, it spoils within that time if not used.

Ingredients: Water, Chloride, Calcium, Potassium, Sodium, Magnesium, Zinc, Iron, Manganese, Chromium, Selenium, Lemon Oil.

“I hop on this “Truck” to deliver Sunrider to my cells.” George

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



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

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

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



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

- **NOURISHES AND CLEANSSES:** *Because of its rich chlorophyll content, Spirulina* is unique in that it nourishes and also cleanses.
- **NATURALLY OCCURRING VIT AND MINERALS:** As a whole food, it does so much more for our health than taking vitamins and minerals. It is rich in the B vitamins and Pro-Vit. A, which is converted to Vit. A by the body, high in chlorophyll, iron, carotenoids, antioxidants, micronutrients, trace minerals, and lipids – all naturally occurring.
- **ANSWER TO MALNUTRITION:** Because it provides 20 times the amount of protein as that of soybeans on an equal land area and is effective against a series of viruses, it is being studied as the answer to underdeveloped countries' malnutrition.
- **HYGENIC CULTIVATION:** *Unlike* many brands, **Sunrider's** blue-green algae, **Spirulina**, is cultivated in hygienic tanks and ponds under the latest scientific conditions and then concentrated 4xs. It also smells fresh.
- **HEAVY METALS:** **Spirulina helps** carry heavy metals out of the body (especially aluminum) so they do not settle elsewhere. Chelate with strong Calli, followed by weaker Calli throughout the day, and 3-4 Spirulina caps.
- **SO MANY BENEFITS:**
 - excellent for weak **digestive** systems & **glandular**, particularly the **thyroid**, needs
 - detoxifies the **kidney** and **liver**, builds and enriches the **blood**, cleanses the **arteries**
 - feeds the beneficial **intestinal flora**; inhibits the **overgrowth of fungi, bacteria, and yeast**.
- **Key Facts:**
 - Healthy Blood – the world's richest natural source of B₁₂ needed for healthy blood cells.
 - Meat Protein - 300 percent more protein than fish, meat or poultry, without the cholesterol
 - Assimilable Protein - 62 percent amino-acid vegetable assimilable protein, the highest known source., more protein than tofu, yet easy to digest
 - Amino Acids- perfectly balanced essential amino acids in almost the same proportions as in the human body.
 - Iron-rich spinach - more energy-boosting iron than spinach.
 - Calories - virtually no calories.
 - Endorphins - neuro-peptides—food for the brain and nervous system to produce endorphins.
 - Carrots for fighting cancer - 10 times more cancer risk-reducing carotenoids and beta carotene than carrots
 - Calcium - 26 times more calcium than milk.
 - Immune system - GLA (gamma-linolenic acid) essential fatty acid—feeds the immune system (studied in arthritis)
 - Bone Marrow – stem cells - rich in Phycocyanin, which affects the stem cells found in bone marrow.
 - Eye health - contains Zeaxanthin and Lutein, which support eye health

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

White Willow Bark— Natural Pain Relief...For Excruciating Pain...



- According to pharmacological research, White Willow Bark reduces fever and relieves pain.
- **White Willow Bark** is the source of Salicin, aspirin's basic chemical. Salicin naturally helps the body deal with aches and discomforts.
- This is a medicinal herb but without the side effects.
- It helps relieve discomfort while you are waiting for regeneration to take place. (Included in **TOP** and **JOI**.)
- A team of German researchers conducted a four-week clinical trial designed to compare Willow Bark extract's effectiveness and safety for alleviating low back pain flare-ups. (Chrubasik et al., 2000). According to the researchers, the results of this trial support earlier reports that Willow Bark extract "standardized to yield 240 mg. of salicin" is an effective pain reliever. (Schaffner, 1997, Schmid, 1998).

"I'm so grateful for a natural pain reliever," Marsha.