

JANUARY 2007

Generic

**"FOUNTAIN OF
YOUTH"
PRODUCT BOOKLET
"A" to "Z"**

**Live Enzyme Juiced Chinese Herb Foods
- Products that are Unique, Powerful, Exclusive,
Delicious, Superior, Concentrated, Safe, Effective.**

**A Lifestyle - A worldwide network of people who are
dedicated to making a difference in their own and other people's lives.**

P

hilosophy of Regeneration

1. The body can heal itself if it has the right nutrition.
2. The nutrition must come from whole, live foods.
3. The person must be willing to take responsibility for their own health.

DEAR NEW SUNRIDER:

Whoever has introduced you to Sunrider, and is sharing this booklet with you, cares about you and your health and your well-being very deeply. I just know that, because that is what Sunriders are like!

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SUNRIDER FOODS ARE UNIQUE AND EXCLUSIVE

- **Sunrider foods nourish the processes of health and encourage body balance.**
- **Sunrider formulas are not "for" any specific ailment!**
- **When eaten, Sunrider foods do not conflict with other foods or medications taken.**

LIFE FORCE – The "LIFE FORCE" has been captured and preserved, giving the basic tool for regeneration at the cellular level. Eating Sunrider is adding the highest nutrition available. Live Juiced Foods. (Most other companies simply buy dried herbs, grind them up, and put them in capsules).

FOOD GRADE HERBS - Sunrider uses food-grade herbs (not medicinal), grown in fertile, healthy soil in China and Taiwan. The herbs contain no preservatives, chemicals, pesticides, wax coatings, irradiation, food coloring, artificial flavoring or added sweeteners. Rather than medicinal herbs controlling or substituting for the weakened body, thus weakening it even further, food herbs give strength, vitality and life.

UNIQUE FORMULAS - Based on the Chinese Philosophy of Regeneration to Nourish, Balance and Cleanse the body. Sunrider foods do not focus on disease but rather create an environment of wellness where health can flourish. The Chinese discovered that they could often improve the effects of the herbs by blending them in combinations, or formulas.

"PREDIGESTED" – Sunrider's One-of-a-kind processing assures maximum assimilation (like pre-digested). This is why babies and seniors thrive on these nourishing food herbs.

If you know how to eat salad, you know how to eat Sunrider herb foods. They are that safe and nutritious.

CONCENTRATED - To concentrate plants, Dr. Chen separates the oils and the water-based fluids (which is where the nutrients are), spray-dries them together and eliminates the indigestible bulk. He takes special precautions to keep the oils from evaporating, to keep precipitates from forming, to keep enzyme reactions from changing the chemical properties of the plants. 4 – 7 pounds of herbs are powerfully concentrated down to 1 pound (some foods 30 pounds to 1), by extracting the "nectar" of the herbs.

ENHANCED - Enhancing means treating plants to improve their effects. For example, they may be soaked in solutions made from other plants; they may be dried in certain ways, and so on. Because of historic Chinese expertise, each individual ingredient is prepared in such a way to bring out its unique, superior qualities and to negate weaknesses. Sunrider's ENHANCEMENT truly makes each prepared food very exclusive and not able to be copied.

The early Chinese physicians believed that instead of taking medicine to help cure a health problem, one should instead eat the proper herbs to prevent the body from even getting sick. The Chinese physician was *paid to keep his patients well!* If they became ill, payment ceased until he got his patients well again! The Physician to the Emperor had strong incentive to keep his employer well — if the Emperor died, his Physician would be buried with him!

NOURISH, BALANCE, AND CLEANSE

NOURISH	BALANCE	CLEANSE
Nourish the entire body at the cellular level with Nuplus/Vitashake	Balance the 5 body functions or systems with Quinary or Liqui-Five	Cleanse the cells with Calli and Fortune Delight

When you choose the Philosophy of 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. We encourage you to eat the Basic Sunrider foods 2 – 3 or more servings throughout the day. Commit to 100 days.

Dear New Sunrider:

Sunrider has the most advanced perfectly balanced system of whole food nourishment available today. This program is found in the Sunpack, which consists of NuPlus, Calli beverage, and the five system-specific herbal food formulas found in Quinary.

Many people would like a quick review of the basic program with Sunrider and how to start using the foods. The Basic Program is:

NUPLUS

- 2 to 4 servings each day (1 serving is one scoop of the bulk or one of the packages). (Many people eat 5 or more servings a day)
- Mix NUPLUS with your favorite juice, milk, sprinkle on your cereal, eat it dry with a spoon, mix it in your cooled down tea, or make a fruit shake in the blender.

CALLI OR FORTUNE DELIGHT BEVERAGE

- 1 pkg of Fortune Delight or 1 Calli tea bag to 6 – 8 cups of water (Many people drink 3 or more packages per day)
- NOTE: Do not pour boiling water over the beverage. Let the water cool slightly or pour just before boiling point. Do not microwave tea as it kills the live enzymes.

SUNECTAR (SUNCARE IN CANADA)

OR SUNNYDEW (SUNCARE PLUS IN CANADA) (Stevia)

- This is herbal food for feeding the pancreas and adrenals
- Many people put one or more drops in each cup of beverage. (Many people squeeze large amounts of this dietary supplement into drinks)

QUINARY

- Start with 3 capsules per day and work up to 5 to 10 or more per day, as desired. (Deep Regeneration: 3 packages/30 capsules per day)

VITALITE SUNBAR

- Energy bar with 4 grams of dietary fiber. This fiber is vital for keeping the colon clean. Eat 1 or more bars per day. When you have consistent floaters you know you are eating enough!

Cleansing Foods: Calli, Fortune Delight

Balancing Food: Quinary

Nourishing Foods: NuPlus, Sunectar (Suncare in Canada) or SunnyDew (Suncare Plus in Canada), and Vitalite Sunbars

SUNPACK IN A MUG:

Combine Calli/Fortune Delight, Quinary, Nuplus, and Sunectar in a mug — drink and enjoy!

Section A - EAT & DRINK HEALTHY!

ACTION CAPS (Vitalite Caps in Canada)

Metabolic-Action Food – Breaks Down the Fat!

- 1. Ingredients (Note that Action Caps are included in the Vitalite Weight Management line)**
Camellia Leaf, Tora Seed, Akebia Stem, Alisma Root Extract, Chinese Lovage Bai Zhu Root, Siler, Magnolia Flower
- 2. Description**
An ephedra-free high-performance formula of herbal concentrates that nourishes the body's ability to digest and process the proteins and fat (lipids) in the diet (metabolism). Action Caps help the body break down fat. Action Caps also help the body start to move out the existing stored fat in the cells so the fat can be burned in the muscles and used for energy. It is very important to drink Fortune Delight when consuming Action Caps. Action Caps are the fat mover, while Fortune Delight is the fat flusher. Action Caps initiate cleansing fat out of the body. Start slowly to avoid an overload of fat and toxins dumped into your elimination system. Action Caps are also great for mental alertness and calm energy. 1-3 capsules 15 minutes before each meal or eat several as part of your morning "pick-me-up". Action Caps are a great complement to SlimCaps.
See also section under "W" on WEIGHT MANAGEMENT

ALPHA 20C – Food for the Immune (Defense) System

- 1. Ingredients (Note that Alpha 20C is one of the 5 formulas making up Quinary)**
Chinese White Flower, Paris Herb, Scutellaria Herb, Dandelion, Imperate Root.
- 2. Description**
The herbs contain naturally occurring antioxidants and calcium. Alpha 20C gets 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. Eaten throughout the day, along with Conco and Sunrider's Goldenseal, promotes a strong immune response to environmental attacks.
Alpha 20C has a delicious "mocha" taste, and can be eaten as is, or added to any Sunrider food. Available in capsules, powder packets (1 powder packet = 10 capsules) or powder in bulk canisters (1 canister = approx. 600 capsules).
- 3. Major Organs Fed:** - Liver, Gallbladder and Thymus
- 4. In Ancient China, a similar formula was used to:**
 - Build the Immune System
 - Strengthen the T-Cells that are important in fighting infections and controlling the growth of dangerous and destructive, extraneous cells, such as in cysts and tumors
 - Reduce vulnerability to viral and bacterial infections, as well as parasites and yeast overgrowth.
 - Detoxify the body and help expel fever and illness
 - Improve liver functions.
- 5. Some Signs of Imbalance:**
Tumors and cysts: frequent, persistent infections; painful, swollen glands, drainage from eyes and ears.
- 6. Suggested Amounts:**
It is suggested that you start out with the Quinary. 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). For a weak system, eat extra Alpha 20C: 10 capsules a day, for 10 days or longer, for dramatic results; then 2-4 capsules/day for ongoing maintenance.

ASSIMILAIID (A.D. in Canada) – Food for the Digestive System

- 1. Ingredients (Note that Assimilaid is one of the 5 formulas making up Quinary)**
Ginseng Root, Bai Zhu Root, Poria, Licorice Root, Pinellia Root. Orange Peel, Cinnamon Bark, Fennel Seed, Amomum Seed, Mint Herb.
- 2. Description**
The Digestive System Food nourishes functions associated with the digestion and assimilation of food. The ability to absorb nutrients is vital to health. Assimilaid (A.D.) makes a delicious hot beverage by itself - just open one capsule and add to a cup of hot water. Also works well when taken in capsule form, as desired.
- 3. Major Organs Fed:** - Stomach, Spleen, Pancreas
- 4. 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
 - Aid sleep by reducing gastrointestinal tension
 - Strengthen the liver and gastrointestinal tract
 - Relieve abdominal pain and distention

- Alleviate heartburn, upset stomach, vomiting, indigestion, gastric ulcers, gastritis, colic
- Restore and normalize acid secretions and enzyme production.

5. **Some Signs of Imbalance:**

Constant stomach discomfort; heartburn; indigestion; nausea and vomiting; gastric ulcers; gastritis; colic; stomach distension; and constipation.

6. **Suggested Amounts:**

It is suggested that you start out with the Quinary. 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). For a weak system, eat extra Assimilaid (A.D.): 10 capsules a day, for 10 days or longer, for dramatic results; then 2-4 capsules/day for ongoing maintenance

BEAUTY PEARL — Food for the Skin and Hormones

1. **Ingredients** Honey, Korean White Ginseng, Chrysanthemum Flower, Royal Jelly Extract

2. **Description**

Beauty Pearl is nutrient-rich food that was originally developed for the Empress of China to promote beautiful skin and preserve youthfulness. As part of the Kandesn Skin Care line of natural products that cleanse and feed the outer skin surface, Beauty Pearls provide the internal nourishment needed to promote hormonal system stability and supports beautiful skin from within. This formula, which is several hundred years old, comes to us from the ancient Chinese herbal manuscripts. The Chinese understood that true beauty came from proper nutrition. Beauty Pearls are not only for women, but men and children can also eat them.

Men have reported feeling more centered and better able to deal with anger. Many men refer to Beauty Pearls as "Macho Marbles". Have you ever known a man to be grouchy, cantankerous, and hard to get along with? Well, give him one or two Beauty Pearls a day, and watch his personality change. Now of course, that is within reason. Men have change of life, changes just like women do and the pearl can help "mellow-out" a man. So ladies, if you would like a more lovable husband—slip him a Beauty Pearl.

Of course, Beauty Pearls are wonderful for women. They seem to have the ability to moderate and stabilize the natural processes of the hormone system, for both women and men. Many women have reported relief from PMS symptoms, including bloating and emotional instability. One child said about his mother that, "she doesn't have flames coming out of her head any more!" Beauty Pearl can also be very beneficial to women going through menopause. Many women have commented that their hot flashes went away and other symptoms balanced out. A teenager going through puberty is another great place for Beauty Pearl. Many parents have commented on how much easier life has become when their teenagers have just 1 Beauty Pearl per day. Good results have also been achieved in controlling acne and other hormone-related skin conditions. Since she began eating 4 to 5 of these nightly, one delighted Sunrider says she has been accused of having a face-lift! A mother reported the remarkable experience of her 6-year-old daughter, who was suffering from migraine headaches. Although they were careful with her diet, nothing was helping. From the first Beauty Pearl, the child experienced no more headaches.

3. **Summary of Benefits**

In summing up Beauty Pearl...eating one pearl a day can be very beneficial for:

- Helping to re-establish normal, stabilized hormone system balance for both men and women.
- Offers relief from PMS symptoms and hot flashes.
- Cell nourishment for the skin all over the body.
- Improved skin texture and conditions,
- Promotes moisture retention on the face and other areas of the body.
- Enables the body to better assimilate other foods rich in vitamins and minerals.
- Promotes youthfulness and a positive attitude.
- High in assimilable calcium.

4. **Suggested Amounts:**

For attractive, healthy new skin and emotional support, swallow 1-2 Beauty Pearl every day. When eaten at night, it may also promote more peaceful sleep.

5. **Ingredient Details:**

As with all Sunrider formulations, each ingredient in the Beauty Pearl is chosen for its special beneficial qualities; however, the way they are combined is what makes it and each Sunrider product exclusive. The special exotic food ingredients are:

Honey is a natural sweetener, which has been used as an ingredient in skin-care and personal care products for centuries in many world cultures.

Korean White Ginseng is a regenerative food, which nourishes the muscles, benefits the nervous system and helps to balance the function of the hormone secretion especially related to the reproductive organs. Many women in North America don't eat any food, which nourishes their reproductive organs. Maybe this is why women's problems are common in our culture. The reproductive organs and other endocrine glands regulate the balance of the skin through hormone function.

Radiant skin thus is a result of healthy glands. Korean Ginseng seems to have more of a cooling effect on

the body, and is good for hot climates, as well as, for hot flashes. The Chinese eat ginseng all the time for energy, strength, and endurance. Athletes who want to increase their endurance and performance commonly eat it. Korean Ginseng is very nourishing to the mind and nervous system.

Royal Jelly Extract is a food produced by the "worker bees" for the "Queen". It is a highly nourishing food that prolongs her life 30x that of the other bees and also makes it possible for her to lay the eggs for the hive. Research has found this food to be extremely beneficial to the skin, with proven healing and nourishing properties. Royal Jelly is considered perhaps the most complete food; proven to have healing and regenerative qualities—The extract contains 18 amino acids or protein, pantothenic acid, B vitamins, and numerous minerals.

Chrysanthemum Flower has been known for its anti-infection, anti-inflammatory and cell nourishing properties. It works most completely when mixed with herbs, and is widely, used as a tea. (It is also in our Sunectar (Suncare in Canada) and SunnyDew (Suncare Plus in Canada).)

BELLA — Especially for Women Over 40 — Food for the Hormones

1. **Ingredients:** Proprietary Blend: Pueraria Root, Barrenwort Leaf, Marsh Parsley Leaf, White Cornel Leaf, Red Clover, Chinese Ginseng Root, Japanese Dodder Seed and Dong Quai
2. **Description:** 'Bella is Latin for "Beautiful". Bella helps ease women through the physical and mental changes associated with menopause. Women over 40 often experience mood swings, hot flashes and other physical changes resulting from hormonal fluctuations due to the onset of menopause. Dr. Chen's exclusive formula for women helps alleviate these symptoms with all natural herbal ingredients and without any added hormones.

3. **Benefits:**

- Silkier skin
- No more hot flashes!
- Firmer breast tissue
- Decreased cellulite
- Clearer thinking
- Decreased fluid retention
- Smoothing of "turkey neck"
- Reduction of crow's feet around the eyes
- Easier time losing weight
- More ambitious
- More productive
- More confident
- More "vigor"
- Nice sustained energy
- Sense of well-being
- Warmer hands and feet
- Replenishes moisture in formerly dry eyes
- More romantic
- Smoothing of vertical wrinkles around mouth
- Fewer mood swings

4. **What is Bella?**

By Sharon Farnsworth: Women have cycles. We are pre-menopausal, menopausal, and post-menopausal. This product can be for women of all ages for hormonal balance.

Estrogen: Women are designed to produce the hormone Estrogen. This hormone has a lot to do with women's moods, behavior, and actions. It is what makes women feminine. It is what keeps us looking and feeling young. It affects the skin. Estrogen has a great role to play in women's bodies being able to absorb calcium. In a woman's body, Estrogen is like a bank teller, allowing the calcium to be assimilated.

When a woman goes through the change of life or menopause, or has a hysterectomy, then the ovaries which produce estrogen and progesterone no longer produce the needed hormones. Women suffer with mood swings, depression and bone loss. Their teeth are affected because of the inability to absorb calcium and minerals. The adrenals are supposed to "kick in" to produce the needed estrogen, but in today's world so many women's adrenals have been stressed and worn out and they do not produce the smaller amounts of hormones needed. Women suffer the consequences of imbalanced hormones in their systems.

Another symptom is hot flashes. When the needed hormones are no longer being produced in the body, this triggers Mother Nature to start burning up or shrivelling the ovaries. This process makes women feel hot and they break out with hot flashes, perspiring profusely for a few minutes, and it is terribly uncomfortable. For this reason, the medical profession advises Hormone Replacement Therapy (HRT), but synthetic hormones, while helping to eliminate hot flashes, have awful side effects. The most popular synthetic hormone, Premarin is made from pregnant horse mare's urine, and the side effect is cancer of the breast or uterus.

Some herbal companies now produce hormone patches and creams made from an herb called Mexican Wild Yam. However, Dr. Chen has warned us of this source, telling us that it is a steroid containing cortisone. While the calming down of the flashes brings temporary relief, the long term effect of these steroids makes women gain weight and causes the bones to be soft, brittle, and easily broken, contributing to osteoporosis. Dr. Chen will use only Chinese Yam since Mexican Yam contains saponin, which is medicinal and can be poisonous.

The natural estrogen and progesterone that a woman produces has many benefits:

1. When the proper balance of estrogen and progesterone in the body is maintained, it controls the body's ability to absorb calcium. This is critical for the prevention of osteoporosis, osteoarthritis, arthritis, etc.
2. When we eat sugar or sugar-laden food, this affects the calcium in our body. Sugar strips the liver of stored nutrients and depletes the calcium out of the bones, affecting bone density. If we are menopausal, then we cannot assimilate calcium well. Is it any wonder that our body, at this time, starts showing signs of aging? Then,

according to which symptoms we have in our body, we give them disease names such as:

- Osteoporosis - Osteoarthritis - Arthritis - Fibromyalgia or Muscles Aching

Lack of calcium may not be the only cause of these conditions, but it is certainly a big contributing factor.

3. Natural Estrogen and Progesterone help keep us feeling young and acting young. It keeps our skin young, and gives us our sex drive, our vigor for life... feeling wonderful!

The opposite is true when we start aging. We see the effects. Our skin gets dryer, wrinkles start appearing, and we start feeling and showing the aging process.

One out of every four women is affected by osteoporosis. Bella does not contain hormones, but is capable of connecting to the body's hormonal receptors, making the body "think" it is receiving hormones. Thus, calcium is utilized by the body as if normal hormone levels are present.

5. **Suggested Amounts:**

1 capsule twice a day with meals. Ladies – begin with 1 capsule a day. With Dr. Chen's new ability to concentrate and enhance food formulas, the Bella formula is 30 times more concentrated in its nourishing benefits.

It is highly recommended that you be on the Sunrider Basic Program and then incorporate the Bella. Note - Pregnant & Nursing Mothers – do *not* need Bella as their bodies are adjusting their own hormones. Dr. Chen created this formula for women over 40. However, many women under 40 have used it and found great benefits.

CALLI Herbal Beverage – Cell Cleansing Formula — Replacement for Coffee and Regular Tea

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

2. **Description:**

Calli is a very special beverage. It is a gourmet blend of unique and healthful herbs. How would you like to get the cobwebs cleaned out of your brain, so you can think more clearly?! Calli is a great alternative for caffeine-filled drinks, such as colas, teas, and coffee that steal your true energy and dollars.

Shao-lin Temple Priests in ancient China drank this formula for its ability to produce mental clarity and improved concentration. Calli is a delicious whole food beverage, concentrated from several pounds of exotic herbs down to one pound of herbal nectar sprayed onto Camellia carrier leaves (green tea). Green tea is good prevention for cancer and heart problems. Current research shows the antioxidants found in green tea more powerful than any other (Vitamin C, zinc, selenium, etc.); however, green tea contains some caffeine and tannic acid. Because of the addition of the other herbs, Calli is not just a tea, but a whole food (beverage). Based upon 5000 years of research and wisdom in proper combining, each food in Calli complements the other, and weaknesses of any one food are overcome. Dr. Chen adjusts Calli by adding other herbs milligram by milligram to decrease the tannic acid and increase the antioxidants. The time-intensive procedure to make Calli further decreases the caffeine and tannic acids and increases the antioxidants. Therefore, unlike green tea, Calli has less caffeine than a carrot (according to independent lab studies). Calli is ALKALINE in nature. In an alkaline environment, impurities are less likely to be absorbed or retained. (Note: Coffee and black tea are both "acidic") Calli enhances the removal of toxins and wastes, as well as the by-products resulting from normal digestion. Full of plant nutrients, flavonoids, catechins, and strong antioxidants, Calli is formulated to nourish the body's ability to cleanse the body and cells. It is based on an ancient formula for cleansing of the body and for enhancement of mental powers.

Calli feeds the liver and the kidneys to do the job they are intended to do.

Calli nourishes the cleansing cells of the body.

Through Optimal Nourishment and Alkaline pH, the body is better enabled to cleanse itself of:

- unwanted fat and cholesterol
- accumulation of toxic metabolic wastes
- metals (i.e. aluminum, mercury)
- fermentation and putrefaction from negative diet
- radiation
- nicotine and caffeine
- chemotherapy residue
- drinking water impurities
- uric acid, unwanted joint deposits
- drugs
- impurities from kidneys, liver, lymph, lungs, skin, colon
- pesticides, chemicals, and preservatives
- bacteria
- free radicals

The body responds with:

- increased energy
- enhanced mental clarity
- greater emotional stability
- cell regeneration
- increased alkaline •H
- strengthened kidneys, liver and other organs of elimination
- more natural slenderness
- better circulation
- blood and arterial plaque cleansing

3. **Types of Calli:**

Calli is available in Mint, Cinnamon and Regular flavors, in 10-packs or 60-packs.

Calli Night is a member of the Calli family . It introduces the body to resting at night, or calming in the day.

Calli is packaged in unbleached tea bags, then individually wrapped to keep the essential oils and flavor in, and the light out.

Note that Celli and Fortune Delight beverages have very similar ingredients and properties, and for the most part can be used interchangeably.

4. **Suggested Amounts:**

Steep 1 tea bag in 4-6 cups of hot (not boiling) water for 3-5 minutes. (To lessen the cleansing effect, due to toxicity of the body, you may choose to weaken the Calli up to 1 bag per gallon of water.) Remove bag. (Microwaving is NOT recommended, as the live enzymes and antioxidants can be destroyed) The purer the water, the fewer residues there will be on top. Purified or distilled water is the best for preparing Calli.

CALLI NIGHT Herbal Beverage — Relax the mind and calm the spirit

1. **Ingredients:** Passion Flower, Ho Shou Wu, Jujube Seed, Poria, Camellia Leaf, Sage Root, Rose Hip, Imperate Root, Wintermelon Seed

2. **Description:** Calli Night was created to help us relax and get the most from our sleeping and resting hours. It combines the best of the Calli base with special soothing ingredients designed to help relax the mind and calm the spirit, allowing the body to rest. The secret to a successful combination of herbs lies in the "synergy" that is created...the whole is greater than the sum of the parts. Creating synergy requires an extensive knowledge of herbs from centuries of empirical understanding, as well as knowledge of biochemistry and pharmacy (which Dr. Chen has).

3. **Ingredient Details:**

Passion Flower -- is a pure and natural, mild sedative. Useful to calm nerves and blood pressure. It is traditionally used to alleviate neuralgia and insomnia.

Ho Shou Wu – the Longevity tonic... it has been used through the centuries in the Orient as a rejuvenator and sexual tonic, at the same time being relaxing and sleep inducing. Taken regularly it is said to restore hair color. Ho Shou Wu offers "generative" energy, increasing sperm count in men and fertility in women. Many of the remarkable benefits of this herb come from its ability to cleanse the blood of toxins, which has a strong rejuvenating effect. Clinical studies have shown it to increase lipid metabolism, thereby lowering cholesterol, and also to improve the body's ability to metabolize glucose. The literal translation of "Ho Shou Wu" is "Black Haired Mr. He"!

Jujube Seed – Nourishing to the heart and liver and calming to the nerves, therefore useful for insomnia, irritability, anxiety and stress.

Poria -- Breaks up moisture and promotes diuresis. Benefits stomach, spleen and digestion. It is a calmativ, nerve and emollient. It is useful where there is a tendency to hold water, where there is difficulty urinating, for cellulite, diarrhea and vomiting. Used for apprehension, insomnia and forgetfulness. A good source of potassium.

Camellia Leaf– Vitamins C and B, 6% volatile oils, trace elements of caffeine (note: because it is correctly processed and balanced with the other herbs there is no stimulating effect). Useful for menstrual problems, menopause (hot flashes), hypertension, kidney disorders, skin diseases (especially eczema), after childbirth, red and swollen throat, boils and abscesses, early stages of epidemic encephalitis and diphtheria.

Sage Root — Has potent bacteriostatic and immunologic effects as well as mind calming properties which make it useful for anxiety, mental stress and insomnia. Assists in lowering cholesterol and liver triglycerides.

Rose Hip — High Vitamin C content. Good for stress of all kind. An infection fighter.

Imperate Root — Clears fever, stops bleeding, quenches thirst, anti-viral, anti-bacterial, anti-arthritis, anti-inflammatory. Promotes urination where there is edema. Stops nausea.

Wintermelon Seed — Clears toxins and mucous from the body.

CAL TABS (Herb Cal Tabs)

1. **Ingredients:** 40 I.U. Vitamin D2, 250 mg. Calcium (as calcium carbonate, calcium citrate, calcium gluconate). Proprietary Blend: 85 mg — dandelion green powder, alfalfa powder, bromelain, papain, flaxseed oil. Other Ingredients: Xylitol, cellulose, guar gum, natural flavor, stevia powder, silicon dioxide, magnesium stearate, stearic acid. Herb Cal Tabs have calcium in at least five forms (counting the whole food forms), with many other herbs and enzymes specifically included to optimize calcium absorption.

2. **Description:**

Dr. Chen worked a long time on this formula to give us a calcium supplement that is optimally absorbable. Most over-the-counter calcium supplements simply do not get into the blood stream to be distributed throughout our bodies where calcium is needed. As always, Dr. Chen refused to market this product until he was satisfied that it met his high standards for excellence.

Each type of calcium included in the formula has different absorption characteristics that enable the highest chances for our bodies to be able to absorb them. 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 has a high elemental amount of calcium, about 40%, which reduces the volume or number of tablets required to achieve the recommended daily amount of 1000 mg for adults, 1200 mg for pregnant or lactating women, and 1500 mg for postmenopausal women.

In the "proprietary blend" portion of this formula, Dr. Chen has also added Dandelion, which is a

natural source of calcium in "whole food" form; two essential proteolytic enzymes, bromelain (from pineapples) and papain (from papaya fruit) to help in the digestion process by breaking down protein into amino acids; and Alfalfa which also has a high level of calcium, with naturally occurring enzymes and chlorophyll. Vitamin D2 and Magnesium are in this outstanding formula, as necessary components to work with calcium for improved bone strength and density, as well as aiding the body in absorbing calcium. Great Nourishment for: 1) muscles and joints and 2) bone density. Many of these herbs and enzymes have anti-inflammatory actions as well!

3. **Suggested Amounts:**

Herb Cal Tabs taste great! Chew 1 to 2 tabs a day, more if needed. Calcium is more effective when taken in smaller doses spread throughout the day and before bedtime. When taken at night, it also helps to promote a sound sleep. This mineral works less effectively when taken in a single megadose. Female athletes and women experiencing menopause need greater amounts of calcium.

CITRIC C TABS (Vitamin C)

1. **Ingredients:** 125 mg Vitamin C — 200% DV (Daily Values) as ascorbic acid, sodium ascorbate, rosehips powder. Proprietary

Blend: 33 mg — citrus bioflavonoids, green tea leaf extract.

Other Ingredients: Fructose, sorbitol, cellulose, guar gum, natural orange flavor, silicon dioxide, magnesium stearate. Chewable, assimilable, with a delicious orange taste — Sum este& 2 to 3 tabs daily.

2. **Description:**

There is a great deal of difference in the quality of different vitamin C tablets. Many companies use synthetic vitamin C. Natural sources are much better for the body and are used much more efficiently. Unlike other Vitamin C tablets, Sunrider's formulation contains a number of natural sources (like rosehips and citrus) for vitamin C, which makes it more likely to be absorbed and made available to our bodies. And Citric C's delicious, sweet-tart, citrus flavor makes it a real treat!

Vitamin C is a water-soluble vitamin and a powerful antioxidant. It is an essential nutrient that we do not have the ability to produce in our bodies. We can only get it through our diets. There are many health benefits provided by vitamin C and one easy way to remember some of the more important facts is to build on the letter C.

C — found in Citrus fruits

C — antioxidant properties may help to prevent and treat the common Cold, flu, and Cancer

C — helps form and maintain healthy Collagen, the protein "Cement" that is formed with ascorbic acid as the basis of Connective tissue.

Dr. Chen has expanded on the antioxidant benefits in Citric C Tabs by adding green tea leaf extract and bioflavonoids. Bioflavonoids possess antiviral, anti-carcinogenic, anti-inflammatory, antihistamine, and antioxidant activities. There is a special class of bioflavonoids called polyphenols. The most important of these polyphenols are the catechins, and these are found abundantly in the green tea leaf extract. These bioflavonoids also increase vitamin C absorption.

Vitamin C helps boost immunity, assists in healing (especially the skin and connective tissues), helps in forming red blood cells and acts as an antihistamine (may be very useful for those with allergies!). It is also a powerful antioxidant. Vitamin C is a "stress vitamin" and is used up rapidly in times of mental and/or physical stress.

CONCO — Food for the Respiratory System

1. **Ingredients (Note that Conco is one of the 5 formulas making up Quinary):**

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.

2. **Description:** Conco comes from "con" meaning "against" and "co" short for "colds". It is a phenomenal anti-viral formula that primarily nourishes the functions associated with respiration (breathing) and the lymphatic system. At the first sign of a cold or flu, eat Conco freely at timely intervals. Conquer colds with Conso! Eaten throughout the day, along with Alpha 20C and Sunrider's Goldenseal, promotes a strong immune response to environmental attacks.

3. **Major Organs Fed:**

Lungs, large intestine, skin

4. **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

5. **Some Signs of Imbalance:** Tendency toward frequent colds and flus; constant congestion; shortness of breath.

6. **Suggested Amounts:**

It is suggested that you start out with the Quinary. 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). For a weak system, eat extra Conco: 10 capsules a day, for 10 days or longer, for dramatic results; then 2-4 capsules/day for ongoing maintenance.

DANDELION ROOT — Blood Purifier, Food for the Liver

1. **Ingredients:** - Single Herb – Dandelion Root

2. **Description:** Dandelion Root is known as a food for the liver, and is very high in calcium and other nutrients. Some herbal texts mention dandelion's ability to aid skin problems, detoxify poisons and toxic waste in the body, and act as a tonic to the stomach. Dandelion is a natural source of protein, and is very high in Vitamins A, B, C, and E. It is rich in potassium, calcium, and natural sodium, with some phosphorus and iron. Dr. Chen extracts 4-7 pounds of Dandelion to make ½ pound of Dandelion concentrate! Other companies just chop up the leaves and roots!

3. **Benefits & Uses:**

- | | |
|--|---|
| <ul style="list-style-type: none"> • Clears toxins • Cleans the liver • Promotes urination • Beneficial for arthritic conditions • Gentle, mild, natural Antibiotic | <ul style="list-style-type: none"> • Inhibits bacteria and fungi • One of the most Detoxifying herbs • Beneficial for skin problems such as acne, eczema and psoriasis |
|--|---|

4. **The Liver**

Louise Tenney writes in Today's Herbs: "The liver is our personal food storage. Starches are stored in the liver, and changed to glycogen and released as the body needs energy-building material. Fats are stored in the liver as well as proteins, where they are changed into amino acids. White blood cells are manufactured in the liver to destroy germs and poisons, which come from the intestines. The liver is responsible for the substance that causes blood to clot. The liver also detoxifies. It renders harmless the toxic end-products of the digestion process. When the liver is working properly, it has the task of eliminating toxic metals. When the liver is in trouble, it puts strain and congestion on all the glands, muscles, joints and the body structure. Dandelion strengthens the liver with its easily assimilated minerals concentrated in the roots of the plant."

5. **Suggested Amounts:**

Start slowly, with 1 capsule a day, and work up.

Dandelion Root Recipe for "Spring Cleaning" the body or for "Body Cleaning" any time: Open 2-3 capsules Sunrider Dandelion Root, mix in 8 ounces warm or hot water. Drink 3-4 cups per day. Or, just swallow the capsules with water or Fortune Delight.

DONG QUAI

1. **Ingredients:** - Single herb – Dong Quai

2. **Description:**

Scientific name is *Angelica Sinensis*. Some say it helps females act like angels! Dong Quai is referred to as the "queen of female herbs". It has been cultivated in China for thousands of years as a treatment for women's health and considered nutrition for girls from childhood on up. Modern research affirms its muscle-relieving, immuno-modulating, and antibacterial activity.

Dong Quai contains Vitamins A, E and B12, nutrients that stimulate glands, which produce female hormones. Its primary benefits are hormonal. Best known as an herb for female problems, Dong Quai also aids in healing for both men and women by improving blood circulation.

3. **Benefits & Uses:**

Helps to maintain the proper balance of female hormones
 Regulates the monthly periods
 Relieves monthly pain
 Smooths menopause
 Improves blood circulation

Aids in overcoming symptoms induced by Vitamin E deficiency
 Tranquilizing effect upon cerebral nerves
 Prepares uterus for delivery (during pregnancy, eat only the last 2 weeks)

4. **Suggested Amounts:**

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.

DR. CHEN BRIGHTENING SERUM

1. **Ingredients:** - xxx

2. **Description:**

As we age, we seem to get more spots on our face. The new **Brightening Serum** should be used right after the Balancing Splash, or Facial Toner or step three. It should be the first cream after cleansing and balancing. It needs to be used about 1 hour before bedtime, so you don't wipe it off on the pillow, if possible. In other words, it needs a bit of time to penetrate into the skin. I use it at night and in the morning. In the morning I use the Facial Toner, then the **Brightening Serum** directly on the spots. If some is left over, then spread it around the area. Follow with the Refining and Lifting Cream and the Eye Cream.

The **Eye Cream** is really very good. It is very rich and thick, and a little bit goes a long way. It is very special and has very expensive ingredients. It is extremely effective on wrinkles and puffiness around the eyes. But I learned it can be used all over the face and especially the neck for preventing and diminishing wrinkles. So now I have learned that, I am using it all over my face and neck at night. I can see a big difference under my eyes and the little smiley wrinkles at the corner of my eyes.

But at night I use the 30,000 Face lift or the natural face lift that I have written in previous newsletters. I prefer the new Oi Lin line of products, when possible.

3. **Benefits & Uses:**

-
-

4. **Suggested Amounts:**

ELECTROSPORT — Electrolytes and Minerals

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

2. **Description:**

ElectroSport is the most Alkaline we have in Sunrider. This formula is especially formulated for the physically active. During periods of high temperatures when bodily fluids and electrolytes may be depleted through perspiration, this liquid herb concentrate is a vital component of any fitness, athletic or nutritional program. Can prevent dehydration and heat exhaustion – great for people whose job requires that they be in the sun all day, like construction workers and farmers. Because it is an ionized solution containing no sugar, sweeteners, preservatives or artificial ingredients, ElectroSport acts quickly in the body and electrolytes can function unimpaired.

Electrolytes and minerals are critical to good health and effective nutrition at the cellular level. Electrolytes act as a catalyst in the metabolic process; and nutrients actually bind with electrolytes to be carried into and utilized within the cells. Therefore, effective electrolytes help deliver nutrition within the cells (like a truck). ElectroSport is a complete integration of 10 electrolytes carefully formulated to create water balance inside and outside the cell walls, while aiding in the absorption and utilization of nutrients. Electrolytes also play a role in fighting naturally occurring toxins in the body. We lose electrolytes when we are under stress, when we sweat, when we are in high altitude; it depletes the body and upsets the water balance inside and outside the cell walls. Dr. Chen stated at a convention: "ElectroSport is much more than just an electrolyte refresher. It is one element that helps fight free radicals in the body that damage cells and organs."

This formula enhances the value of all the other Sunrider products. ElectroSport carries nutrition deep into the cells and helps carry toxins out.

3. **Summary of Benefits:**

- Helps replenish fluids, electrolytes and minerals lost during strenuous activity
- Effective mineral source
- Provides defense against free radicals
- Contains a synergistic combination of easily assimilated minerals including calcium, potassium, magnesium, zinc, iron, manganese, chromium and selenium
- Most popular forms of mineral supplements today are indigestible by the human body.
- With ElectroSport, Dr. Chen has developed a concentrated, stable and highly assimilable liquid mineral supplement
- Is an electrolyte refresher
- An excellent source of easily assimilated antioxidants (which work by preventing free radicals from oxidizing or damaging healthy cells and tissues). Research has concluded that antioxidants can effectively neutralize free radicals

4. **Suggested Amounts:**

Available in packages of 10 vials to the pack. Once opened, the vial should be consumed within 24 hours (keep in the fridge when opened). One vial is very concentrated – NEVER drink ElectroSport straight from the vial. By

the way, almost all Sunrider products are DELICIOUS. However, ElectroSport is the exception and has been described as – "it comes in a vial, and it tastes vile!" Yes, ElectroSport by itself is not very tasty. Minerals never are. But especially when they have been put through Dr. Chen's special enhancement and concentration processing. It is very beneficial, but not good-tasting!!

When you combine ElectroSport with Fortune Delight (1 vial ElectroSport to 1-2 quarts Fortune Delight (or Calk) along with Sunrise and Sunectar (Suncare in Canada) or SunnyDew (Suncare Plus in Canada) – it tastes great and makes a superior sports drink. (Excellent replacement for "Gatorade" or other sports drinks which contain energy-sapping sweeteners & high sodium content.)

You can see for yourself the immediate effect of ElectroSport when added to one of Sunrider's herb food beverages. As you pour the clear ElectroSport liquid into the beverage, the beverage will darken as the ElectroSport binds with the food particles contained in Sunrider herb foods. This binding process helps the body to better utilize the components of the ElectroSport formula.

5. **Success Story**

Success Story #1 – My mother, at 84, has had tremendous benefit when I add 1/2 a vial a day to her liquids, especially during the hot weather. Dizziness and feeling faint are no longer a problem, and what a blessing to have this formula for elderly people – Diana

Success Story #2 – Louise was able to overcome vertigo. The doctor had told her it would take months. Louise drank 1 vial ElectroSport, 1 vial Vitafruit, 1 package of Fortune Delight, plus Suncare, in 1 quart of water, daily –and the problem cleared up within 10 days!

ENERGY PLUS (Sunergy Plus in Canada) – Vitamin E Anti-Oxidant Protection in a Whole Food Formula

1. **Ingredients**

Vitamin E, Lecithin, Korean White Ginseng, Bee Pollen, Wheat Germ Oil. Each Energy Plus contains 200 IU Vitamin E (Fact: Over 800 IU of Vitamin E a day will decrease heart disease and heart attack risk by 75%).

2. **Description**

Energy Plus combines five potent energy-boosters in a single, well-balanced combination. Each energy booster contributes independently, but their combined action is more than the sum of the parts. For example, the Korean White Ginseng, Bee Pollen, and Wheat Germ Oil provide a context of wholeness for the isolate Vitamin E and semi-isolate Lecithin, a fat emulsifier (which helps the body utilize fat as a source for energy, hence the name "Energy Plus"). The Energy Plus will give you a natural energy boost without any side effects.

3. **Benefits & Uses:**

Vitamin E is well-known as an antioxidant, but it has many other benefits as well. It plays an important role in energy production and it also increases endurance and stamina. Vitamin E is also very beneficial for the heart, causing dilation of the blood vessels and permitting a fuller flow of blood to the heart. It also helps to prevent blood clots from forming. It can help reduce edema (swelling) and lower elevated blood pressure. There is also some evidence to suggest that Vitamin E may be useful in slowing the aging process, since aging in the cells is largely due to oxidation and Vitamin E is so effective as an antioxidant.

4. **Suggested Amounts:**

When you need energy immediately, chew the Energy Plus softgel capsule rather than swallowing it; it tastes a little like peanut butter. It will give you a better "lift" than caffeine, which is a stimulant and can leave you jittery. The benefits are greatest when the formula is taken consistently over a period of time. Energy Plus is a Heart-Healthy Food Supplement!

ESE — Nervous System Formula #2 (along with JOI and TOP)

1. **Ingredients**

Cassia Tora Seed, Gou Teng, Ji Tsau Herb, Sophora Flower, Yeuan Wu Root, Orange Peel, Pinelliae Root

2. **Description**

Brain Food. This formula is SOOTHING to the mind and the entire body. ESE nourishes the nervous system as it regulates the body's response to stress. Its calming effect allows for relief from restlessness, anxiety and sleeplessness. Better rested, the body is more able to deal with stress, and a clearer mind will enhance the powers of concentration. It basically helps our thought messages get to where they are meant to go. It doesn't create neurotransmitters, but FEEDS them. Can be used for hyperactive children or nervous adults or just about anyone with a stressful lifestyle – in other words, just about everybody! Can be used by older people who seem confused and forgetful. Can be helpful for jet lag, or for a stressful situation, like going to the dentist. This is a great food for students to take while studying or just prior to taking exams. A good way to remember its function is to associate ESE with how it helps us be at "ease."

But remember, this is not a medicine, it is a food. Like all of these formulas, it is not intended to replace your medical doctor's instructions.

3. **Suggested Amounts**

ESE is very powerful. 1 to 2 capsules at a time is sufficient. Complements TOP and JOI.

4. **Summary of Benefits – Focus on Sleep and Mental Clarity**

- Natural sleep
- Clearer Concentration
- Increased capacity to handle stress
- Relief of addictive cravings (can be helpful in drug or alcohol withdrawal)

5. **The "JET" Set – JOI, ESE, TOP**

These 3 nervous system formulas descend from ancient formulas designed to enhance powers of concentration. When eaten in conjunction with Sunrider's basic food program, the JOI, ESE and TOP help to balance us more mentally, and spiritually, to be more in harmony with those around us and with nature. These herbal formulas are a unique blend of herb foods, which the Chinese have traditionally eaten to enhance an overall sense of well-being. These formulas feed processes related to focus and concentration. Focus and concentration come from the property we might call mental stillness, which essentially barricades us against things that might otherwise disturb and distract us, like pain. A still and focused mind lets us concentrate keenly during periods of activity, yet sleep peacefully during periods of rest.

EVERGREEN — Liquid Chlorophyll — plus Iron & Zinc

1. **Ingredients**

A concentrated mixture of Licorice, Chlorophyll, Iron, Zinc and Peppermint Oil in water.

2. **Description**

Evergreen is Sunrider's concentrated liquid chlorophyll. Addresses Circulatory and Digestive systems. A superior source of oxygenation for the blood (circulatory system) and support for the digestive system, Evergreen is Sunrider's wonderfully refreshing beverage that energizes the body and helps maintain healthy cells. A health care professional did a test on Evergreen and compared it to Barley Green by putting them on a scale of one to ten. Barley Green tested out as a 3 in terms of health benefits. Evergreen tested as a 13. This is the chlorophyll in Evergreen. Chlorophyll is the "life blood" of plants.

5. **Uses and Benefits**

- Rich in iron, zinc and calcium, Evergreen provides the body with important minerals and nutrients.
- Evergreen's main ingredient is chlorophyll from the alfalfa plant. Chlorophyll, the nutrient-rich "lifeblood" of plants, gives plants the ability to convert sunlight into energy, Chlorophyll has been shown to have the following beneficial effects on the human body:
- Oxygenates the blood, improves circulation and blood flow through arteries
- Similar in molecular structure to hemoglobin (the substance in the red blood cells that transports oxygen from the lungs to the body's tissue), chlorophyll enhances this important transmission process and promotes healthy tissue.
- Increases alkalinity in the body, helping to counterbalance the intake of acidic-foods (wheat, dairy, meat, sugar and most grains). Disease thrives in an acidic environment, while chlorophyll helps increase alkalinity, helping to prevent disease.
- Provides important trace minerals including strontium, which is a nutrient that helps bones retain minerals such as calcium and magnesium
- Rich in enzymes, chlorophyll aids the digestive system in the breakdown of fats and carbohydrates so they can be used for energy. It acts as a natural energy booster.
- Strengthens the lining of the gastrointestinal tract
- Enhances immunity and helps the body ward off infection
- Can be consumed with water first thing in the morning to facilitate the kidneys and bladder in their release of uric acid and urine
- Soothes nausea and morning sickness, reduces bad breath, body odors and gas
- Topical application helps keep cuts and wounds clean, as well as helps to increase the rate of healing of cuts, wounds, burns and bleeding gums.
- Can aid in the birthing process to prevent hemorrhaging
- Helps reduce hot flashes during menopause
- Can be mixed with water and given to newborns to reduce colic
- Though in a water base, Evergreen is formulated to become oil-soluble when the stomach acids act upon it, thus providing chlorophyll in an oil-soluble state (its natural form), which is most absorbable by the body. This formulation by Dr. Chen is exclusive to *Sunrider*; most other chlorophyll supplements are marketed in a water-soluble state for ease of manufacturing. This means they are not as readily assimilable as *Sunrider's* formulation.

6. **Suggested Amounts:**

Evergreen is available in 10 vials to a package. Shake very well. Drink straight from the vial or mix with water, Fortune Delight or Calli, adding Sunectar (Suncare in Canada) or SunnyDew (Suncare Plus in Canada) to taste. Be careful to rinse the vial so that no Evergreen is wasted! Consume within 24 hours after opening.

FIBERTONE — Fiber in Convenient Capsule Form

Reduces Intestinal Toxicity

1. Ingredients

Oat Bran, Tora Seed, Psyllium Seed, Sesame Seed, Shun Seng Root

2. Description

Fibertone is unlike any of the many fiber products on the market. Most bulking and fiber products are a single type of fiber. The body requires a balance of many fiber sources. Fibertone contains balanced soluble and insoluble grain and vegetable fibers. This formula gently massages the intestinal tract, pulls out acid waste and removes debris or anything which can impair absorption.

Since Fibertone contains no laxatives of any kind, it is not habit forming. Fibertone activates the natural peristaltic and cleansing processes of the body, unlike laxatives, which force the body. With laxatives, people reach a plateau, and have to take more and more to get the same response. Laxatives destroy friendly bacteria.

Fibertone promotes and supports friendly bacteria.

Fibertone complements the Vitalite-Sunbar. Fibertone's primary purpose is to tone and clean the intestinal walls and intestinal action. Fibertone is a unique concentration of soluble and insoluble fiber to help maintain efficient digestion. Improves bowel functioning. Pulls out acid waste. Helps stabilize blood sugar.

3. How to Eat

Start off slowly, 1 or 2 capsules a day, then work up to taking 2 capsules with every meal. Excellent with Slim Caps, Action Caps, Vitalite SunBar, and Fortune Delight.

FORTUNE DELIGHT — Herbal Beverage with Concentrated Antioxidants

Fat Flushing Beverage, Nourishes the Digestive System, Refreshes and Restores

1. Ingredients

Camellia Extract, Chrysanthemum Extract, Jasmine Extract, Lalang Grass Root Extract, and Apple Juice (less than 1% as natural flavours). Lemon Extract or other natural ingredients are included, depending on the flavor.

2. Description

Fortune Delight is the second most Alkaline product we have (ElectroSport is #1).

A delightful, instant, alkaline, powdered beverage, Fortune Delight is not just chopped up plant parts, but concentrated "plant juice" from many specially-formulated herbs, including Camellia (green tea) Extract.

Fortune Delight includes all the benefits of green tea antioxidants in whole food form, plus much more! With 5000 years of research behind Sunrider's food combining, we can enjoy Fortune Delight as a great energy food without the caffeine effects. This combination of herbs is based on an original Chinese formula created to help heal the internal injuries that were a result of martial arts fighting. It works on the muscles, tendons and ligaments and helps the kidneys remove toxins from the body.

Fortune Delight assists the body's natural elimination processes, helping to remove impurities that may be stored in fat cells. Fortune Delight "moves out the fat!" Fortune Delight breaks up lactic acid in the muscles. Both Celli 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!

Fortune Delight and Calli have most of the same qualities and, in most cases, are interchangeable.

3. Summary of Benefits

- Nourishes the entire digestive system
- Promotes assimilation of food
- Includes electrolytes for energy
- Quenches thirst – "wetter than water"
- Metabolizes stored/consumed fat/cholesterol
- Counters Candida overgrowth
- Effective against parasites
- Promotes Alkaline pH
- Provides antioxidants to fight free radicals
- Replaces water with added nutrition

4. Comparisons

FORTUNE DELIGHT

- Great-tasting all-natural herbal concentrate beverage that is naturally low in calories and contains no fat, cholesterol, or artificial sweeteners
- A natural source of antioxidants that help the body to fight free radicals, which can damage cells, particularly as we age.
- Unlike sugary sodas or sweetened fruit drinks, Fortune Delight beverage harmonizes with the body's natural cleansing process.
- Helps refresh and rejuvenate your body and spirit.

OTHER BEVERAGES

- High in refined sugars and calories
- Often contain caffeine, preservatives, artificial flavours and colors. Few have antioxidants to protect us from the harmful effects of free radicals.
- Not as healthy because they often contain artificial sweeteners and preservatives. Sugary products do not aid in the body's ability to cleanse itself.
- May temporarily quench your thirst but high sugar drinks can often make you feel tired and sluggish after the initial sugar "high" wears off.

- Unique formulation, manufactured in Sunrider-owned facilities and under strict quality control and owner's personal knowledge and expertise.
- Often mass produced by subcontractors who make the same product for different companies and merely slap on a different label. Quality control procedures may not be rigidly enforced.

5. **How to Use:**

- Available in 10 packs of 3 gram, or 10 packs of 20 gram, or 60 packs of 3 gram.
- Fortune Delight comes in 5 different flavours: Regular, Cinnamon (especially delicious hot), and Lemon, Raspberry, and Peach (all great over ice).
- Add 1 small packet (3 grams) to 4 cups, or 1 large packet (20 grams) to 2 – 4 quarts hot or cold water or other beverage of your choice. To lessen the cleansing effect, dilute your Fortune Delight even more.
- The 3 gram packs are great for travel and introductions, while the 20-gram packs are great for family use or large gatherings.
- Great mixed with Calli (called *Calli-Delight*).
- When you are using the Weight Management products in the Vitalite line, it is critical that you drink 5 to 7 of the 3-gram packets daily to help flush out the excess fat.

GOLDEN SEAL — Safe, Natural, Effective Antibiotic (Not Available in Canada)

1. **Ingredients**

Goldenseal Root

2. **Description**

Golden Seal was first discovered and used by the Cherokee Indians and later admitted to the official U.S. pharmacopoeia. In the late 1800's, Golden Seal became so popular and scarce it was selling for 100 times that of other herbs. The Rodale Press Herb Book says of Golden Seal: "The botanical name Hydrastis, derived from two Greek words meaning water and to accomplish, is a clue to the principal property of the root. It is a general tonic for the mucous membranes," (p. 463). Golden Seal is considered one of nature's greatest antibiotics, and acts as a tonic to the entire system.

In his classic herbal reference work, School of Natural Healing Dr. John R. Christopher writes of Golden Seal: "This is a powerful tonic for assimilation. It effectively tones the mucous membranes and any other tissues it contacts, increases and improves the appetite, gastric secretions and flow of bile, and aids in digestion." (p. 437)

Other reference books also mention these possible nourishing benefits of Golden Seal Root: Extremely beneficial in relieving congestion and fighting infection; special aid for the liver, gall bladder, circulation and veins; and tonic for the pancreas. Many herbalists have used Golden Seal in formulas for the eyes, which makes sense. One of Golden Seal's components, hydrastine, is an ingredient in commercial eye drops like Visine.

The Sunrider Difference: All Golden Seal is not created equal. Like Ginseng, there are many different varieties and grades. In addition, the root of the plant is much more potent than the herb (leaves, flowers and stems). Most Golden Seal found in health food stores are leaves. The root is more expensive, and for good reason. In fact, the Cherokees gave Golden Seal its name because they revered the potency of its yellow root.

What's the difference between Sunrider Golden Seal Root and others? You'd think they'd be pretty much alike. In fact, Sunrider herbal concentrates are far advanced above regular herbs. Sunrider's unique processing greatly enhances the viability and nourishing benefits of all Sunrider herbs. How?

When herbs are processed by ordinary means, the manufacturer takes the root, leaf, stem, whatever, and simply grinds them up. This powder is then placed into a capsule or tea bag. Utilized by most herbal producers, this procedure creates two primary concerns, which underscores the Sunrider difference.

Difference Number One: Standardization

With ordinary processing, you can't be certain how much of the herb's beneficial components are in each capsule or tea bag. A plant has its components concentrated at different points in the plant. For example, salicin, the primary component in White Willow is not evenly distributed throughout the plant, but found in a few concentrated spots in the bark. With grinding, the beneficial parts of the plant may be concentrated in a few capsules and missing from the rest. Sunrider's concentration and enhancement processes insure that the beneficial components of each plant are consistently and evenly distributed throughout the concentrate powder. It is this type of precise control and enhancement that sets Sunrider apart and makes our foods so effective. No other manufacturer uses this process.

Difference Number Two: Quality

The second area of concern is herb quality and integrity. Most herb companies purchase their herbs in bulk from one of a couple of major herb brokers, much like they do with the generic powders for their vitamins. These herbs sit on docks and in warehouses for months at a time, and are often mouldy, cut with dirt and other plants, and infested with insects, all of which go into the grinder. Some just buy the herb already ground, which is even more suspect. The consumer not only pays for the herb, but all those little "extras" as well. The first step in the Sunrider process is to get rid of all the parts of the plant we don't need.

Dr. Chen is an herbal perfectionist. He insists on controlling every step of Sunrider herb production. Sunrider herbs are grown by Sunrider, picked fresh and at the appropriate seasonal times by Sunrider and manufactured by Sunrider.

Every batch of raw herbs is tested for purity and freshness. This is Dr. Chen's greatest source of pride. Sunrider herbs are the purest, finest herbs available. Period.

Biochemistry of Golden Seal

There has been some misunderstanding with Golden Seal Root and blood sugar. Golden Seal has a component that gently tones and stimulates the pancreas. People with blood sugar irregularities like hypoglycemia are often warned not to eat Golden Seal. Dr. Chen understands the biochemistry of the herbal plant and the body's response. During the process of enhancement, he makes certain that any unbalancing effects of the plant are balanced. This is evident in our Golden Seal Root. In Sharon Farnsworth's experience, before Sunrider, she fought blood sugar imbalances, and had reactions to regular Golden Seal Root. However, she has now eaten Sunrider Golden Seal many times, and finds it very beneficial.

3. **Success Story** - Dr. Chen's enhancement process is clearly evident in Sunrider Golden Seal Root. A young mother from California relates her experience: "My two youngest children and I came down with an infection at the same time. I didn't have any of our Golden Seal Root, so I went to the health food store and bought the popular brand of the root. I had taken other brands before and had never noticed much improvement. It always ends up costing a lot more than the Sunrider because I have to take a lot more of the health food store brand to notice anything at all. I mixed their Golden Seal into my three-year-old's cereal and he couldn't eat it. He told me it 'stung his mouth". Well, I got ahold of Sunrider's Golden Seal Root, and began taking that. Within a few days, my infection began to clear up, and not only was I able to mix the herb into my son's cereal, but I diluted it and dropped it into the baby's nose and eyes for her infection as well. (I would never trust another Golden Seal enough to do that!) She cleared right up. I now keep a few bottles of Sunrider Golden Seal on hand, especially at this time of year."

4. **Suggested Amounts:**

1 – 2 capsules at a time. Dr. Chen states that Golden Seal Root is a plant that does not need to be eaten continually. Only eat it when you need it. Golden Seal is one of the support herbs to the basic foundation whole food formulas, and forms an important part of your "prevention and protection" program. Conco and Alpha 20C can nourish and strengthen the body's natural immune response. When the body becomes run-down, we may require the temporary nourishment of an herb like Sunrider's Golden Seal.

Note: Sunrider Golden Seal Root is available in the United States but not Canada.

JOI – Nervous System Formula #1 (along with ESE and TOP)

1. **Ingredients**

Siberian Ginseng, White Willow Bark, Mint, Silver Flower, Yeuan Wu Root, Chuan-Xiong Root, Angelica Root, Golden Bell Fruit

2. **Description**

The name JOI is short for joints, helping us remember that this is a food in capsule form, to nourish our skeletal and muscular system – simply a food to nourish bones and muscles. There are a lot of people who ache, and this is a great food to nourish these two systems. It is great to eat if one is injured, like a broken bone or bruised from an accident. May also give relief from arthritic degenerative conditions in the spinal column. Certainly one of life's "joys" is to live without the stress of body pain. JOI nourishes the body's ability to soothe the soreness and tension in the entire frame – from the neck down. JOI feels, to many, like a "natural muscle relaxant."

3. **How to Eat:**

JOI is very powerful. 1 to 2 capsules at a time is often sufficient. Complements TOP and ESE. For serious repair from injuries, include SportsCaps and Sunrise

4. **Summary of Benefits: Focus on Joint and Muscle Pain**

- Relief of pain and discomfort in muscles, bones, and joints

5. **The "JET" Set – JOI, ESE, TOP**

These 3 nervous system formulas descend from ancient formulas designed to enhance powers of concentration. When eaten in conjunction with Sunrider's basic food program, the JOI, ESE and TOP help to balance us more mentally, and spiritually, to be more in harmony with those around us and with nature. These herbal formulas are a unique blend of herb foods, which the Chinese have traditionally eaten to enhance an overall sense of well-being. These formulas feed processes related to focus and concentration. Focus and concentration come from the property we might call mental stillness, which essentially barricades us against things that might otherwise disturb and distract us, like pain. A still and focused mind lets us concentrate keenly during periods of activity, yet sleep peacefully during periods of rest.

KANDESN SKIN CARE AND COSMETICS – Look Healthy

Kandesn products are uniquely formulated with superior, natural ingredients, including herbs, emollients, plant extracts and essential oils. These include Squalane from Virgin Olive Oil, Jojoba Oil, Millet Seed Extract, Avocado oil, Watercress Extract, Stevia Extract, Wheat Germ Oil, Royal Jelly, Biotin, Jasmine Extract, Pine Tree Bark, Eucalyptus Oil, Lecithin, Lettuce Extract, plus many, many more.

Kandesn products are based on the Philosophy of Regeneration. Kandesn is the perfect nutrition for the skin to regenerate, come into balance, and be at its best.

Kandesn products are slightly acidic to be in harmony with the skin's natural oil to water balance. Kandesn products are pH-protective against bacteria growth, irritations, and wrinkles!

Kandesn products DO NOT CONTAIN: mineral oil, lanolin, animal or petroleum by-products, collagen, or other harmful ingredients commonly found in other skin and personal-care products.

Kandesn products are all produced in Sunrider-owned, state-of-the-art, herbal food manufacturing facility.

Kandesn has a complete range of products: Kandesn Skin Care, the Oi-Lin Signature Line (remarkable alpha-Hydroxyl formulas), Personal Care (from herbal deodorant to shampoo and conditioner), and Kandesn Color Cosmetics.

Kandesn is highly concentrated, therefore less expensive than department store brands – quality and value for less!

Kandesn is the finest of its kind. It is incomparable. You will wonder how you ever got along without it!

Please look for the upcoming Kandesn Booklet, outlining these amazing Skin Care and Cosmetics. Ask your upline Director.

KOREAN WHITE GINSENG — Strengthening Tonic

1. **Ingredients**

Single Herb — Korean White Ginseng

2. **Description**

Korean White Ginseng traditionally has been used to help stimulate as well as relax the body's systems. It is used as an adaptogen for increasing overall resistance to stress. A sweet herb used as a general tonic for improved well-being, it has properties that are believed to improve concentration, memory and work efficiency.

Panax Ginseng, also known as Asian, Chinese, or Korean Ginseng, has been used as a tonic and restorative in China for 5000 years. Panax Ginseng is the most powerful of the ginsengs. The roots were once dug from the wild but today such roots are rare and expensive, selling for thousands of dollars apiece. After 100 years of refinement of cultivation practices and seed selection, good quality cultivated roots are being produced. Sunrider uses only the pure, unadulterated root powder. This is rare in the market, as most companies cut their herb formulas with rice powder. (Note: Included in Beauty Pearl Supplement and Energy Plus)

3. **Summary of Possible Benefits**

- Improved mental and physical well-being
- Nourishing to the mind and the nervous system
- Strengthens resistance to stress
- Improves memory and learning due to neuromodulating action
- Helps prevent clotting, thereby reducing heart attack, stroke and many circulatory problems, like varicose veins.
- Helps regulate metabolic function
- Protects metabolism against various toxins
- Lowers blood sugar
- Improves digestion
- Lowers blood cholesterol – increases the good kind of cholesterol (HDL)
- Inhibits allergies

LIFESTREAM (L.S. in Canada) — Food for the Circulatory System

1. **Ingredients** (Note that Lifestream is one of the 5 formulas making up Quinary)

Tora Seed, Gou Teng, Sophora Flower, Chrysanthemum Flower, Orange Peel, Pinellia Root, Dwarf Lilyturf Root

2. **Description**

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.

3. **Major Organs Fed:** - Kidneys and bladder

4. **In Ancient China, a similar formula was used to:**

- Enable the body to regulate 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
- Heat 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

5. **Some Signs of Imbalance:**

Blood pressure and circulatory complaints (such as cold hands and feet); varicose veins: numbness; blood irregularities; memory loss; weak heart tone; high cholesterol; and weak eyesight.

6. **Suggested Amounts:**

It is suggested that you start out with the Quinary. 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). For a weak system, eat extra Lifestream (L.S. in Canada): 10 capsules a day, for 10 days or longer, for dramatic results; then 2-4 capsules/day for ongoing maintenance.

MEN'S FORMULA (Dr. Chen's Men's Formula)

(Not available in Canada) **Promotes Healthy Prostate**

1. **Ingredients**

Saw Palmetto fatty acids, Anemarrhena Root, Codonopsis Root, Astragalus Root, Guinea Hen Flower Root, Angelica Root, Phellodendron Bark, Vitamin A (500 IU per gel cap), Vitamin E (100 IU per gel cap)

2. **Description**

Compiled by Dr. Steven Smith, Minneapolis, MN This is not a medical diagnosis nor is it indication for a cure is not intended to insinuate either a diagnosis or cure.

In the West, we tend not to see the reason why Chinese Medicine is effective. This Chinese system of health through nutrition is recorded from an Eastern perspective, which is filled with allegory and metaphor, making it a bit odd to the Western scientific mind. But taking into consideration that Chinese medicine and pharmacology has a 5000-year recorded history of effectiveness, it is worth a look at why the Chinese herbal formulas have withstood the test of time.

During my twenty years of personal research and the use of these herbal foods in my practice, I have noticed an increasing effect in the physical health of my patients after incorporating the Sunrider foods. After my experience with the various Sunrider formulas already available, when Dr. Chen introduced the Men's Formula, I was intrigued as to why Dr. Chen would develop such a product. From my research, I was astounded at what I found, that Dr. Chen created in the Men's Formula. Whereas from the Western view, the formula is historically or hysterically a curiosity of large propensity, it is understandable from an Eastern view and, as found in user's response, very effective.

As in all of the Sunrider whole foods, the body does not have to break the herbs down into their elemental ingredients to be digested. Whole foods are recognized by the body and almost instantaneously absorbed. The Sunrider concentration and extraction processes, which are unique to the industry, keep the integrity of the food intact so that the body recognizes it as a food. This nutritive effect is unlike isolated nutrients, which the body often just passes through, not recognizing it as something useful or digestible.

"The idea is: food is medicine and medicine is food"

I have promoted this Chinese ideal approach to health for many years. I have seen the effectiveness of this maxim proven by my patients use of herbal foods. With this in mind, you may better understand how the Men's Formula works. As I considered the wide assortment of herbal ingredients in the Men's Formula, I wondered why they are all included in this product. After looking at each ingredient and then viewing the formula as a whole, I was amazed at what Dr. Chen created. At the product release ceremony for the Men's Formula, it was said that this product would drop the P.S.A. count of the prostate. I have witnessed this happen in my practice. I have also seen abdominal puffiness diminish, and a general feeling of well being return. As a secondary effect, this formula has assisted hair growth; eased the symptoms of asthma; lessened water retention; relieved lower back pain; and many people have even spoken of having insightful dreams after they added Men's Formula to their nutrition. The following are the ingredients of the Men's Formula and their related effects as recorded by the Chinese:

Saw palmetto

First, and most important of all, the saw palmetto has been concentrated down to where the essential fatty acids are 100% available to the body. The essential fatty acids directly relate to the hormone structure of the prostate. Thus it would tend to shrink the prostate, heal the bladder, and stabilize urinary output. Also as a secondary effect, it works with asthma, throat conditions, whooping cough, excessive mucus in the sinus, diabetes/or sugar imbalances and helps gain strength, while mobilizing calcium and zinc for better assimilation.

Anemarrhena Root

The Chinese found that the effect of this herb was to drop thick fluids from the upper trunk to the middle trunk. Part of this action is reflected in the body's ability to thin thick fluids, increase lung capacity and lung secretion, and increase oxidation in depressed digestion, as in Chronic Fatigue.

Codonopsis Root

This root stops spontaneous sweating, (as in a hot flash) and Spontaneous Swelling. Helps upper chest congestion descend, decreases lung fluids and increases lung capacity, tonifies the lungs, quiets chronic cough, thins Lung mucus, dispels fatigue and decreases spleen Chi.

Astragalus Root

Raises essential Chi, stops spontaneous sweating, removes fluid from the middle trunk and troughs it into the digestive system, it strengthens the lung immune system, and heals prolapsed digestion and heat swelling. Proven in China as natural antibiotic, which kills E.coli.

Guinea Hen Flower Root

This drains heat in the lower trunk, and also has an antibacterial effect inhibiting E. coli, shingles, and pseudomonas bacteria, and helps rid the body of water swellings, and is excellent for the pericardium and lungs. This herb has more of an emotional effect than physiological in its ability to quiet fear and dissipate and get rid of terror. Interestingly enough, it also helps with female issues, such as hot flashes, water retention, irregular menses and edema.

Angelica Root:

This tones and invigorates blood, and for women it regulates menses and amenorrhea. This root also increases liver-function (from a blood point of view) and acts as a central nervous system-calming agent-and helps with pain control (which in Chinese medicine dispels evil whims-chronic headaches and also clears the cloud over the eyes). It inhibits strep and shingles.

Phellodendron Bark

This is an interesting Chinese herb that has effects that range from increasing emotional function, enhancing infra-trunk communication, and releasing water from the lower trunk. This has been found to help with vaginitis, cervicitis, and pancreatitis, and blood pressure and is a wonderful healer for eczema around the ears and for ringing of the ears.

Lutein and lycopene

Again two interesting ingredients for the Men's Formula in that they help women in regulating menses, stabilizing a prolapsed uterus, and quieting heat surges due to menopause. In general it also works with lymphatic congestion, stabilizes lung function and fluid retention, and moves water.

It's amazing how Dr. Chen created such a unique and effective formula. Not only does this product contain herbs with redundant nutritive effects, but it in addressing the stagnation of fluids in both males and females, the Chinese found that it had a similar healthy aspect of addressing stagnation in the emotions. One may feel healthy results such as inches lost around the waist, normalizing of urine flow, relief from lower back pain, breakup of lung congestion, diminishing asthma, relief from headaches and coughs, increase in hair growth and decrease in hair loss, varicose veins relief, and much more. This product is truly years ahead of any other product on the market.

In researching the effect of the ingredients of the Men's Formula I used the following resources:

"The Chemical Constituents of Oriental Herbs" from the Brion Research Institute of Taiwan, "The Chinese Materia Medica," From Eastland Press, "Chinese Herbology", by Dharmananda, "Fundamentals of Chinese Medicine", "Wiseman", "Grasping the Wind" by Ellis, "Dragon Rising Red Bird Flies" by Hammer, "Five Elements-Ten Stems" by Matsumoto and Birch. The above information was gathered from Chinese medical texts and Chinese Pharmacological texts. The Chinese system, while odd to western thought and science enjoys a 5000 year old history of successful therapeutics. It is not the author's intent to diagnose, prescribe or imply treatment. Dr. Stephen Smith, Minneapolis, Minnesota.

3. **Suggested Amounts:**

1 or 2 capsules 3 times per day as desired. Extra Support – 3 capsules 3 times per day.

Dr. Chen's Men's Formula comes in 60 soft-gel caps to the bottle.

METABALANCE 44 — Complete Vitamin and Mineral Supplement

1. **Description** (Not available in Canada)

Metabalance 44 is designed for people who take vitamins and minerals every day. It is excellent for during pregnancy. The Chens developed Metabalance 44 after years of intensive research. Metabalance 44 provides a complete combination of the known and needed nutrients, including 12 macro minerals, 6 trace minerals, 8 special purpose food elements, 10 high-nutrient foods, and is enzyme rich! Dr. Chen added whole foods because they contribute to the activity of the isolated vitamins and minerals and provide overall balance. For example, wheat germ oil, flaxseed meal, and rice bran stabilize the fat-soluble vitamins. Without these food oils as a base, the vitamins tend to break down before they can be used. They are also highly beneficial in their own right; for example, wheat germ oil has an abundance of the entire Vitamin E complex. Flaxseed is an outstanding source of omega-3 essential fatty acids. And rice bran contains a wide range of vitamins, minerals, enzymes, and amino acids, including over 70 antioxidants. Other whole foods include rose hips (for Vitamin C), kelp (for iodine), bee pollen, beet root powder, alfalfa, and parsley (all of which contain numerous vitamins and trace minerals).

2. **Summary of Special Features**

- Sunrider's superior formulation
- Balance of the right combination of essential nutrients
- Effective anti-oxidant protection
- Concentrated herbal nutritional base to increase assimilation
- Effective anti-oxidant protection
- Preservative-free natural capsules

3. **Suggested Amounts:** 2 soft-gel capsules at meal time.

METABOOSTER — Repairs DNA, Defies Aging Process Fountain of Youth in a bottle! Energy, Cell Repair, Fat to Muscle, Immune Boost

(April 2006 not yet available in Canada — check with your sponsor re availability)

1. **Ingredients**

Proprietary Blend: L-Arginine, Acetyl-L-Carnitine-Hydrochloride, Alpha Lipoic Acid, L-Lysine, Plus Niacin, Zinc

2. **Description**

DNA Repair - The Metabooster contains ingredients that appear to repair DNA. As we age, healthy cells are reduced – we produce fewer healthy cells and at a slower and slower rate. The older you get, the harder it is for the body to regenerate.

Combination of Amino Acids (Protein building blocks) and Antioxidants. - This formula helps you achieve optimum health by boosting your metabolism, while providing antioxidant support. Dr. Tei Fu Chen and Dr. Oi Lin Chen (and family members) were using the Metabooster formula from 2003 to 2006. The Chens provided Metabooster to leaders during 2005, and released the product in USA in March 2006. Sunriders were anxiously awaiting the release of this formula, since we all saw that the Chens were becoming younger and leaner every year. We know the Sunrider products are amazing in themselves, but the addition of Metabooster seems to "turbo boost" the efficiency of the other products. Even with their hectic schedule and lots of travel, the Chens appear to be younger and younger.

3. **Summary of Benefits**

Energy - MetaBooster supports all bodily functions that require energy, and is ideal for active people and those susceptible to stress. It enhances metabolism deep down at the cellular level with an exclusive combination of ingredients that promotes the transformation of nutrients into energy.

Antioxidant & Immune System - A sound metabolism is crucial to maintaining optimum health. MetaBooster contains an easily absorbable antioxidant to fight free radicals, help dissolve toxic substances and enhance the benefits of Vitamins C and E. In addition, it contains an essential amino acid to help support and improve the body's natural immune defenses.

- Repairs damaged cells*
- Boosts the immune system*
- Provides mental clarity
- Excellent for stress*
- Builds muscle mass
- Faster, more efficient metabolism*
- Boosts energy
- High in antioxidants
- More stamina
- Decrease body fat and cellulite

4. **Suggested Amounts**

Recommendation on bottle: Take three to five capsules at mealtimes. Start with 1 or 2 capsules, once or twice daily. Great before a workout. Always have the Metabooster with some food (can be with your NuPlus or Vitashake or Vitalite Sunbar) – don't take on an empty stomach. The Chens have 15 capsules daily. Many people find 4 to 5 capsules a day are perfect for them. It is safe to have more. If you are a bodybuilder, or highly athletic person you may want to go to the higher amounts.

Dr. Chen highly recommends taking 1 Veros daily (for both men and women) along with the Metabooster, to help speed up the regeneration. The Veros helps with circulation. If you are over 40, your circulation may not be as good as in your 20s and 30s. The Veros helps take the nutrients throughout the body faster, and works well in conjunction with the Metabooster.

5. **Ingredient Details**

You may have heard of some of the ingredients in Metabooster in recent years – since many studies have been done. As you know, Dr. Chen is a genius at putting together the right combinations, in the right amounts, and you can be assured that he has done years of research to develop the Metabooster formula. It is a unique blend and in the right combinations for our bodies.

L-Arginine Claims/Benefits: Plays an important role in cell division. Prevents or treats heart and circulatory diseases, combats fatigue, stimulates the immune system, causes the body to release vital hormones, increases lean muscle mass and burns fat, lowers cholesterol, speeds recovery from surgery and injury, plays a role in the brain and nervous system – crucial in memory and learning. L-Arginine is an essential amino add that has been utilized by athletes for the past thirty years to achieve optimum performance. Your body needs it for muscle metabolism and to aid in weight control since it facilitates the increase of muscle mass, while reducing body fat. Arginine is an important component in the healing and repair of soft tissue, the formation of collagen, and in the building of new bone and tendons.

Acetyl-L-Carnitine-Hydrochloride Claims/Benefits: Naturally occurring compound that supports normal brain and nerve function during aging through various mechanisms. These include its actions on acetylcholine synthesis, cellular membrane stability, nerve growth factor production, and cerebral blood flow. Keeps your mind sharp and your memory keen. Provides valuable nourishment for brain tissues, making it an excellent choice for promoting memory and concentration. L-Carnitine is made in the body from the amino acids, lysine and methionine. Research has shown that L-Carnitine plays an important role in transporting fatty acids into the mitochondria. The mitochondria are those parts of body cells, which act like power houses and make energy available to the body. L-Carnitine can increase athletic performance - efficient energy is released from burning fat.

Alpha-Lipoic Acid (ALA) Claims/Benefits: Powerful Antioxidant Prevents or treats many age-related diseases, from heart disease and stroke to diabetes and cataracts. The body needs ALA to produce energy. It is critical to the mitochondria, the energy-producing structures in cells. Foods contain only tiny amounts of it. What makes ALA special as an antioxidant is that it is so versatile—it helps deactivate a remarkably wide array of cell-damaging free radicals in the body. ALA helps protect the mitochondria and the genetic material, DNA. As we age, mitochondria function is impaired. ALA also works closely with vitamins C and E and some other antioxidants, "recycling" them and thus making them much more effective. Taking ALA before and during a work out can increase performance, help take nutrients to your muscles faster and improve strength and muscularity.

L-Lysine Claims/Benefits: Lysine is an essential amino acid and is important for proper growth. Helps the body absorb and conserve calcium. L-Lysine also helps in the formation of collagen, important for bones and connective tissues including skin, tendon, and cartilage. May help prevent bone loss associated with osteoporosis.

Niacin Claims/Benefits: Also known as Vitamin B3, is a water-soluble vitamin. Plays essential role in energy metabolism in the living cell, DNA repair, and improving circulation.

Zinc Claims/Benefits: Zinc is a mineral, present in every part of the body and has a wide range of functions. It helps with the healing of wounds and is a vital component of many enzyme reactions. Zinc is vital for the healthy working of many of the body's systems. It is particularly important for healthy skin and is essential for a healthy immune system and resistance to infection. Zinc plays a crucial role in growth and cell division where it is required for protein and DNA synthesis, in insulin activity, in the metabolism of the ovaries and testes, and in liver function. As a component of many enzymes, zinc is involved in the metabolism of proteins, carbohydrates, lipids and energy.

6. **Success Stories**

17-Year-Old Loves the Metabooster

March 31, 2006 Success Story from a Mom and Group Director, DW The 3 bottles I had last summer of the Metabooster were incredible. My son absolutely loved them – more energy, easier workouts, running, pounds were melting off him, he was getting more muscular. He is currently using the Sport Caps and the Sunrider Basics (lots of Apple Cinnamon NuPlus, Peach and Cinnamon Fortune Delight, SunnyDew, and Fruit Vitalite Sunbars) every day and these are all great for his workouts and physical stamina, but the Metabooster was perfect for him -- so he has asked me frequently since last summer, --- when will it be available again? Isn't it wonderful that these products are so safe for our children to use, as well as us?

Metabooster and Underactive Thyroid

March 31, 2006 Success Story from a Group Director, TS
I have been eating and enjoying Sunrider foods for 10 years. This past year Dr. Chen, Master Herbalist, came out with a new product, MetaBooster, and I decided to try it out on myself. I've had a long-time problem with underactive thyroid and was on medication for 23 years. Eating Metabooster (and I started with just 2 in the morning and 2 at night), I was able to get off my thyroid medication, which I had been told would be something I would have to take for the rest of my life. These Sunrider foods are amazing. Being medication-free for the first time in 23 years has put me on top of the world!

META SHAPER — Helps define our Shape Better

1. **Ingredients**

2. **Description**

3. **Summary of Benefits**

Meta Shaper

- _____
- Faster, more efficient metabolism*
- Decrease body fat and cellulite

- 4. **Suggested Amounts**
Dr. Chen highly recommends _____.
- 5. **Success Stories**

NUPLUS — A FOOD YOU CAN LIVE ON! — Cell Energy Formula
NuPlus is an exclusive herbal nutritional product based on an ancient Chinese formula – thousands of years of research and testing.
NuPlus is a whole, bio-available food the body recognizes, can easily assimilate and use for regeneration.
NuPlus is a concentrated herbal nutritional foundation on which to build a solid and healthful diet.

1. Ingredients

NuPlus comes in 6 different varieties and is packaged in 15g packets or bulk. The packets are convenient to take with you or use at home. The bulk is great for a family.

Regular (Bulk size only) is ideal for those on liquid diets and for babies.

Ingredients: *Coix Fruit, Chinese Yam, Fox Nut, Lotus Seed, Lotus Root, Waterlily Bulb, Imperate Root*, (Does not contain any type of beans.)

Simply Herbs (in 15g packets or bulk) mild flavor – so it works great for adding to recipes. Has a smoother texture than the varieties with fruit pieces.

Ingredients: *Coix Fruit, Soy Beans, Chinese Yam, Fox Nut, Lotus Seed, Lotus Root, Waterlily Bulb, Green Bean, Red Bean, Black Bean, White Bean, Imperate Root*

The following 4 varieties are **Simply Herbs** with the addition of natural, freeze-dried fruit pieces. Each is available in 15g packets or bulk.

Apple Cinnamon (good for digestion and circulation)

Mixed Berry (good for concentration and focus)

Naturally Plain (good for the heart)

Pina Banana (good for stress and headaches)

Serving Size: 1 package NuPlus (15 grams) contains:

Calories 60

Sodium 15 mg

Fat Calories 10

Total Carbs 9 grams

Total Fat 1 gram

Protein 4 grams

2. Description

Keeping a balanced diet is essential for health. Our daily food intake is usually unbalanced. We need to nourish our bodies with a variety of balanced foods. Packed with essential nutrients, NuPlus is a balanced blend of complex carbohydrates and essential proteins. It is formulated with concentrated herbs, soybeans, red beans, green beans, white beans, black beans and freeze-dried fruit. Additional dietary benefits include naturally occurring bioflavonoids, antioxidants, amino acids and phytochemicals.

NuPlus – is a complete food providing:

- 65% complex carbohydrates (glucose)
- 20% protein (amino acids)
- 15% fat (good, essential fatty acids)
- Vitamins and minerals

DO THE COMPARISONS...

NuPlus

Only 60 calories & 1 gram of unsaturated fat

- A balanced blend of complex carbohydrates combining concentrated herbs with soybeans and other legumes and natural freeze-dried fruit, no added sugars.
- A unique formulation with naturally occurring bioflavonoids, antioxidants, amino acids, and other beneficial phytochemicals.
- Consumable as a beverage or a food for a convenient source of nutrients, naturally low in sodium.

Other Similar Foods and Beverages

Ensure: (butter pecan flavor) 335 calories, 13 grams of fat (2 saturated)

- Often contain only refined sugar as a source of carbohydrates rather than natural herbs, fruit, and vegetables.
- Most do not contain antioxidants, bioflavonoids, or other effective phytochemicals.
- Often contain artificial flavors and colors, high-calorie sugars and fat.

3. **Summary of Benefits**

Possible Benefits of Sunrider NuPlus

- Regenerating effect on:

Adrenals	Reproductive glands	Liver
Liver	Pancreas	Nervous System

- Helps to build up lean muscle tissue (the choice of athletes and bodybuilders)
- Improved fat metabolism (provides glycogen so fat can be burned)
- Helps reduce cravings for unhealthy food; nourishes and satisfies
- Increased stamina and energy
- Aids in convalescence and speeds recovery
- Quicker recovery from surgery
- Promotes better use of all other nutrients
- Promotes reduced cholesterol
- Promotes clearer thinking and enhances concentration
- Assists body-led healing of addictions and cravings for alcohol, cigarettes and recreational drugs
- Allows reduced craving for unwholesome food
- Assists with getting more nutritional benefit out of ordinary table foods
- Improves ability to overcome unhealthy food addictions
- Reduces the occurrence of mood swings
- Quicker recuperation from stress
- Better sleep
- Relief from arthritis, asthma, PMS, high blood pressure
- Coix fruit found effective in treating arthritis & joint disease in Japan
- Increased endorphin levels in the brain (natural pain relief)
- Relief from teething pain in infants
- Helps babies sleep through the night (because of complex carbohydrates)
- Raised serotonin levels in the brain in four days (relief of depression due to serotonin imbalance)
- Raised dopamine levels in the brain in two to three weeks (relief of depression due to dopamine imbalance)
- Assists in hormonal balancing, smoothes the teen, mid-life, and menopause years
- Perfect for the *entire* family; formulated for pregnancy and growing children, wonderful for the elderly and those acutely ill or anyone who wants to feel great!!

These statements have not been evaluated by the FDA. This information is provided for nutrition purposes only. It is not intended to diagnose, prescribe or imply treatment. If you have a medical condition, consult a physician.

4. **Success Story**

A NuPlus Story: By Trish Powers

I suppose everyone in Sunrider has a product, which they'd hate to do without. For me, although I love the Celli, Fortune Delight, Quinary, and other products, the food my body needs most is NuPlus. You see, it seems to me that just as certain families may have a tendency not to produce, say enough insulin, it is also true that some families tend to have a tougher time producing proper brain chemistry, resulting in depression and other disorders fire learning disabilities and eating disorders.

Before Sunrider, I had suffered from lifelong depression, which appeared to worsen, the older I got. Despite all manner of pharmaceutical intervention, by age 40, I could no longer work. The doctors, exasperated with my case, finally pronounced my condition "old age" (at 40 mind you!), and told me that I'd just have to learn to live with it.

There was nothing left for me to do but to pray for a miracle. Two long years later, that's exactly what I got... in the form of a SunPack, of all things. I ate the SunPack as directed, and on the fourth day, I was granted my miracle... the depression was lifting! I could once again think and remember and make decisions.

It seems that what was wrong with me was that my brain was just hungry! For some reason I just couldn't make the brain chemistry my body was so desperate for.

Could it have been so simple all along? Sceptically, I put my own theory to the test. After I had eaten my entire first supply of NuPlus packets, I didn't replace it right away. Guess what? I found that if I went without NuPlus for four days, the symptoms returned. My dear husband Tom, who had watched me struggle for nearly a quarter of a century, observed all this and simply but emphatically said, "*Don't ever run out of that stuff again?*"

I have since learned that in certain kinds of depression like Seasonal Affective Disorder (S.A.D.), blood serotonin levels normalize when patients spend two hours a day in the sun, four days in a row (just like four days of Sunrider!). Here up

north in snowy Michigan, NuPlus is my "sunshine in a canister." And guess what? I took my husband's advice: Twelve years later, I have never let myself run out of *that stuff* again!

5. How to Eat

NuPlus is great to consume between or before meals. Conveniently sized so it's handy to take with you anywhere! NuPlus powder can be eaten straight from the package, in water, juice or Calli and/or Fortune Delight. Add Sunectar (Suncare in Canada) or SunnyDew (Suncare Plus in Canada) to taste. Great added to smoothies, fruit or pasta salads, rice or soymilk, yogurt, cereal, baked goods, or any table food you like! Eat a minimum of 2 scoops a day. Many people eat 5 to 10 scoops a day!

VitaShake or NuPuffs count as your daily NuPlus, if you enjoy those instead or in addition!

NUPLUS — Ingredients Summary

Ingredients	Traditional Uses
Coix Fruit	(Main ingredient in NuPlus). Extremely regenerative; powerful anti-oxidant, restores energy; counters diarrhea; helps eliminate excess water; strengthens defense and nervous systems; lowers cholesterol, stabilizes blood sugar levels, reduces muscle tension; expels poisons; beautifies skin.
Yellow Bean (Soybean)	(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 genestein helps block formation of fatty plaques, reducing a risk of heart disease). (NOTE: - Dr. Chen does not use indigestible soy protein ISOLATE. – see notes below) Dr. Chen soaks the beans to start the sprouting process, which increases the nutritional benefits of NuPlus. The sprouting process allows more of the enzymes, vitamins and minerals to be digested, plus it eases digestion and helps eliminate excess gas.
Chinese Yam	Counters coughing; helps correct hormonal imbalance, helps reduce inflammation; strengthens kidneys, stomach, spleen, lungs, adrenal glands, and reproductive system. (Dr. Chen will use only Chinese Yam since Mexican Yam contains saponin, which is medicinal and can be poisonous Dr. Chen has warned us of this source, telling us that it is a steroid containing cortisone.)
Fox Nut	Helps relieve joint pains in legs and back, diarrhea, and chronic fever; increases energy.
Lotus Seed	Nourishes deficient spleen; strengthens heart and circulation; and helps peristalsis.
Lotus Root	Absorbs clots and bruises; stops bleeding; and aids in circulation
Water Lily Bulb	Benefits poor circulation; helps relieve joint pains, diarrhea, incontinence, thirst, dizziness, restlessness, chronic fever, and stomach disorders; increases energy and systemic balance.
Green Bean	Nourishes and strengthens the liver; helps reduce age spots
Red Bean	Nourishes and strengthens the heart.
Black Bean	Nourishes and strengthens the kidneys, reproductive system, and immune system.
White Bean	Nourishes and strengthens the kidneys and immune system; strengthens the pancreas and helps to eliminate mucous.
Imperate root	Is highly nourishing; anti-inflammatory; anti-viral

NUPUFFS — A NuPlus Snack for the Family

1. Ingredients

NuPuffs are a highly concentrated blend of Regular NuPlus foods, such as Coix Fruit, Chinese Yam, and Fox Nut, along with Brown Rice. Power-packed with complex carbohydrates and natural proteins, NuPuffs are low in calories, fat and sodium. Available in flavors: Cheese and Cocoa

2. How to Eat:

Available in 12 x 1 ounce bags and 7 ounce boxes. NuPuffs are a terrific, tasty treat for the entire family. Kids will especially love these flavorful snack "puffs". Each NuPuffs package contains one and one-half packages of NuPlus. A healthy alternative to snacks, such as chips, cookies or popcorn. Cheese flavor NuPuffs are great as croutons in salads. Cocoa flavor NuPuffs are great as a cereal.

PRIME AGAIN P.A. in Canada — Food for the Endocrine system

Ingredients (Note that Prime Again is one of the 5 formulas making up Quinary)

1. Ingredients

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

2. Description

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!

3. **Major Organs Fed:**

Heart, small intestines, thyroid, adrenals, pituitary, hypothalamus, parathyroid, pancreas, ovaries, testes, and the entire hormonal system.

4. **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 (including hay fever)
- Strengthen the adrenals ability to handle stress
- Relieve PMS and menopausal symptoms
- Enhance the body's ability to recover from illness or injury

5. **Some Signs of Imbalance:**

Tendency toward allergic reactions; muscle weakness; weak sexual response; emotional instability; nervous weakness; blood sugar weakness; inability to handle stress; tendency toward wrinkles; menstrual and premenstrual discomfort; and weak drive and energy.

6. **Suggested Amounts:**

It is suggested that you start out with the Quinary. 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). For a weak system, eat extra Prime Again (PA): 10 capsules a day, for 10 days or longer, for dramatic results; then 2-4 capsules/day for ongoing maintenance.

QUINARY (and Liqui-Five) — Comprehensive Basic Food

Nourish the systems of the body, and create Balance

1. **Ingredients**

Please refer to individual Formulas - Alpha 20C, Assimilaid, Conco, Lifestream, Prime Again

2. **Description**

The root word "Quin means five and Quinary is a combination of 5 different formulas.

The names of the food formulas Dr. Chen created to help nourish the systems of the body are as follows:

Quinary Formula:

- Alpha 20C
- Assimilaid (AD. in Canada)
- Conco
- Lifestream (LS. in Canada)
- Prime Again (P.A. in Canada)

Nourishes:

- Defense System (Immune)
- Digestive System
- Respiratory System
- Circulatory System
- Endocrine System

Quinary nourishes all 5 systems. It nourishes and keeps the energy flow and the balance of "IN" and "our for all systems in harmony. This flow between the systems is where quality of life and longevity are centered. If you could remember only one thing about Quinary, it would be the word BALANCE. Quinary nourishes the systems of the body to create Balance, or Harmony, in the body.

Based on thousands of years of research and centuries-old formulas, Quinary and Liqui-Five (liquid "nectar" form) are designed to nourish and to strengthen the function of the five major "life-support" systems and keep them functioning in harmony with each other. Quinary and Liqui-Five also feed the organs, promoting energy flow throughout the body. Quinary/Liqui-Five are made up of over 50 food-grade herbs, from five individual formulas, and are designed to be eaten every day to keep the body's five major "life-support" systems strong.

3. **Suggested Amounts:**

To use a packet of Quinary powder with every meal is ideal. For convenience you might take the number of capsules you want and can afford, but take the same number with each meal.

How to Eat Quinary

1-3 powder packets per day is highly recommended to keep organs and systems strong! Eat more at the first sign of body weakness, even during the night. Quinary powder is the most popular form of Quinary. It dissolves instantly in liquid, or can be eaten straight from the packet. Many prefer to mix their Quinary together with their Nuplus and Calli, a nutritious combination called a "SUNPACK IN A MUG". Or, Quinary may be added to smoothies or other foods for a

great taste. Also available in capsules.

How to Eat Liqui-Five

Liqui-Five (liquid form in vials) is even more effective because of its quicker assimilation and it contains more immune-system food. Vials may be re-capped and sipped on as desired throughout the day. It is delicious in tart juices. Liqui-Five is Dr. Chen's personal favorite, and he regularly drinks a vial and follows it with a Sunrise vial for an energy boost!

To speed up regeneration, first feed all five systems, and then you can nourish your weakened system(s) by extra nourishing specifically with one or more of the individual formulas. You can eat unlimited capsules daily from any of the formulas without concern of overdoing it. Your body will tell you its needs. (10 Quinary capsules = 1 Quinary powder packet = 1 Liqui-Five vial). This is terrific whole-food nourishment!

SECRET SAUCE (Dr. Chen Secret Sauce)

- 1. Ingredients**
Sugar, water, tomato paste, corn syrup, soy sauce, black mushroom, soy bean oil, salt, vinegar, lemon juice, apple juice, coconut powder, peanuts, chilli pepper, herbs, spices.
- 2. Description**
Much more than your usual condiment, Dr. Chen Secret Sauce adds flavor to barbecues and all your favorite foods. High in Antioxidants. It comes in Regular and Vegetarian flavors, so everyone can add some zest to ordinary food,
- 3. Suggested Amounts**
Great substitute for mustard, ketchup, typical condiments and marinades. For demos at Trade Shows, we cook brown rice in a rice cooker, and squirt some Secret Sauce on samples – attendees love it! A great "transitional" food.

SIBERIAN GINSENG (See WU CHIA PI)

SLIM CAPS – Slim with Slim Caps! Ephedra and Guarana-Free! Fat and Waste Cleansing!

- 1. Ingredients** (Note that Slim Caps are included in the Vitalite Weight Management line)
Capillary Artemisia Stem, Gardenia Flower (a specialty flower from Taiwan that contains crocetin which enhances the performance of the human detoxification gene), Chinese Rhubarb Root, White Peony Root, Rehmannia Root, Chinese Goldenseal Root, Baikal Skullcap Root, Phellodendron, Amurensis Bark, Aloe Vera Leaf, Saigon Cinnamon Bark, Mushroom Powder, Tree Peony Root, Chinese Thoroughwort Fruit
- 2. Description**
Dr. Chen refers to Slim Caps as "assisting your body in squeezing the fat out." When eating Slim Caps, people usually notice a feeling of calmness and well-being; they can help women through the change of life. The SlimCaps contain Chinese rhubarb root and Chinese Goldenseal root combined with other herbs that have a natural cleansing effect on the body. Slimcaps do not contain Guarana (which is a concentrated caffeine) or Ephedra, which is also known as Ma huang. Ephedra is a medicinal herb with health hazards including high blood pressure, irregular heart beat, nerve damage and insomnia. SlimCaps are a very effective product in helping the body eliminate fat and other waste. You are encouraged to be eating the Sunrider Basic Program (NuPlus, Quinary, Fortune Delight/Calli, with Sunectar (Suncare)/SunnyDew (Suncare Plus) before incorporating Slim Caps into your diet.
- 3. Summary of Benefits**
Possible Benefits Experienced
 - Assists Liver in detoxifying; "Liver Cleanse"
 - Clean intestinal tract and colon
 - Enhances the fast metabolizing of cellulite fats
 - Lowers cholesterol and triglycerides
 - Helps remove fats from valves in the body
 - Good for blood sugar
 - Herbs to help women's menopausal years go smoother, and men will also feel calmer
 - Tonic to the stomach
 - Reduces viscosity of bile (helps to "grab" fats and eliminate them easier)
 - Anti-parasitic
- 5. Suggested Amounts**
Start with 1 to 2 capsules two times per day, one-half hour before meals, preferably with 1 scoop of NuPlus and one-half or more of a Vitalite Sunbar and Fortune Delight. This product is NOT to be used by pregnant or nursing mothers. On the bottle it says: "Take 6 capsules twice a day with meals"
NOTE: – Plan convenient "rest areas"! Dr. Chen describes this as a "fast-moving" product. Many people are fine with just 1 or 2 capsules daily.
Every 2 to 4 weeks you should go off the Slim Caps for at least a week, continuing to eat the rest of the Sunrider products. The actual amount of time off will vary depending on your individual tolerance for intense elimination.
- 6. Ingredient Details**
The Slim Caps are an amazing combination of herbs that not only cleanse, but also enable our bodies to come into

balance, particularly in the most important organs of the kidneys, spleen and liver. In so doing, the body benefits in many ways, only one of which is a slimming effect. As our spleen, kidneys and liver cleanse and regenerate, we should see healthier blood, lower cholesterol, increased circulation and, what could be better for a healthier heart! Measure yourself before you start eating Slim Caps because the benefits will be far greater in inches than in pounds!

See also section under "W" for WEIGHT MANAGEMENTX

SPIRULINA — Blue-Green Algae — Very Complete Food

1. **Ingredients**

Spirulina

2. **Description**

Spirulina is a blue-green algae high in chlorophyll, iron, and carotenoids and other micronutrients. As in the case with all whole foods Spirulina has compounds that do much more for our health than the obvious. It has been found to be effective against a series of viruses and is being studied in several countries as an answer to malnutrition in underdeveloped countries, producing twenty times the amount of protein as that of soybeans on an equal land area. In general, the blue-green micro-algae, Spirulina is unique in that it nourishes and also cleanses (because of its rich chlorophyll content). **Sunrider's blue-green algae, Spirulina, is cultivated in hygienic tanks and ponds under the latest scientific conditions.** It is important to know how the Spirulina you consume is grown because it can take on contaminants from its environment. It is a total food source for quick energy (very high in assimilable protein, rich in the B vitamins, minerals, and very high in B12). Spirulina is excellent for weak digestive systems and glandular, particularly thyroid, needs. Properties include: highly nutritive; detoxifies the kidney and liver; builds and enriches the blood; cleanses the arteries; enhances intestinal flora; and inhibits the growth of fungi, bacteria, and yeast. Many Sunriders enjoy the benefits of Spirulina every day as part of their Sunrider Basics!

3. **Summary of Benefits: - X**

- Rich in natural B complex, as well as Beta-Carotene, or Vitamin A
- World's richest source of B12 needed for healthy blood cells
- Rich in iron, phosphorous, calcium, zinc, potassium, and magnesium- Also trace elements, such as selenium and chromium.
- 300 percent more protein than fish, meat or poultry, without the cholesterol
- 62 percent amino-acid vegetable protein, the highest known source
- More protein than tofu
- Perfectly balanced essential amino acids in almost the same proportions as in the human body
- More energy-boosting iron than spinach
- Neuro-peptides – food for the brain and nervous system to produce endorphins
- Trace minerals and lipids
- More cancer risk-reducing beta carotene than carrots
- Whole spectrum of natural mixed carotene and xanthophyllis phytopigments
- 26 times more calcium than milk
- GLA (gamma-linolenic acid) which feeds the immune system (studied in arthritis)
- Rich in Phycocyanin, which affects the stem cells found in bone marrow
- Feeds beneficial intestinal flora
- Virtually no calories

4. **Suggested Amounts:**

2 to 4 capsules daily. Spirulina comes in a bottle of 100 "soft-gel" capsules. One can either swallow the capsules or just open up the capsule and add it to your NuPlus smoothie.

SPORTCAPS — Nourishes the Muscles

1. **Ingredients**

Bee Pollen, Siberian Ginseng, Alfalfa, Japanese Dodder, Chinese Knot Grass Root, Kelp, Rose Hips, Cassia bora, Chinese Teasel (Dipsace Root), Codonopsis Root (Chinese Ginseng), Cnidium Seed, and Boschniakia Herb.

2. **Description**

Beyond the Sunrider Basics, the SportCaps are the first additional nutritional support to consider. SportCaps is a wonderful body-strengthening combination of 12 beneficial "super foods". This formula is an excellent whole food source for vitamins and a wide spectrum of minerals, including assimilable calcium. SportCaps help the body function at peak levels of performance while nourishing the lean muscle tissue, focused on areas where the demands of fitness take place: in the muscles, the joints, and the cardiovascular and endocrine systems in particular. We have also heard that SportCaps have been used successfully to nourish the body for those suffering from Anorexia.

3. **Summary of Benefits:**

- Promotes Endurance
- Promotes Metabolic Efficiency
- Promotes Tissue Repair
- Promotes Quick Recuperation
- Skeletal and Muscular system support
- Helps body's own process of flushing out waste
- Nourishment for Tone and Definition of muscles.
- Great for Bodybuilders
- Great for "Lifetime Dieters" who want to rebuild muscle tissue destroyed by unhealthy weight loss programs, chemicals and drugs.
- Calming to the Nervous System

elements (lactic acid, uric acid)

- Provides relief of Muscle Cramps

- Nourishes muscles to help them repair themselves

4. **Ingredient Details:**

Remember, the individual benefits of each herb is magnified when it is correctly combined or formulated with other herbs. It is the synergistic effect of all the herbs together that is even greater than the benefit of just one herb.

- BEE POLLEN is the first ingredient on the label. This has been known to be a blood builder and has many naturally occurring vitamins and minerals. It has been used as a remedy for allergies like hay fever. It also has some protein in it that is great for endurance. Bee Pollen is often used by athletes.
- GINSENG is known to boost the body's energy. It helps the body's metabolism and it is a very good tonic for the cardiovascular system. It strengthens the liver, bone marrow and adrenals. This has been a staple for the Chinese for centuries. Many times the Chinese people would drill a hole in the Ginseng root, put a string through it and make a necklace and wear it around their neck. Then they would chew on it all day long while working in the rice fields to give them extra energy and endurance.
- ALFALFA is a common plant that grows in America that has been known for its ability to aid in 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 or help with longevity.
- CHINESE KNOT GRASS ROOT helps to eliminate uric acid and lactic acid. (Remember these acids cause pain and stiffness in the muscles when trapped there.) This herb also boosts the kidney function. This would help to prevent muscle cramping and assist with recovery time for an athlete or for anyone who is very active, using muscles they haven't used for a long time.
- KELP comes from the ocean, and it nourishes the thyroid function because of the many minerals it contains, one of which is natural iodine.
- CASSIA TORA helps strengthen the body with a mild cleansing action. It also helps the cardiovascular function and helps to combat hypertension.
- COSNOPOSIIS ROOT helps improve circulation. It assists with the oxygen transport in the body. It also helps cleanse the lungs. (We can see why the athletes would like this because sometimes when they run, they get a mucous buildup in their lungs.)
- BOSCHNIAKIA HERB is another good body tonic. It is a humectant, which helps to improve the body water to the cells and helps to prevent dehydration. This herb also helps to activate hormone secretion.

5. **Suggested Amounts**

5 or more capsules daily.

6. **Success Story**

Garvin's Success Story

In January 1999 I started experiencing some discomfort in my lower back. I had frequented the chiropractor's office many times over the years with multiple problems with my back and neck. But what I didn't know was this situation was totally different.

After a month of visiting my chiropractor 3-5 times a week, my chiropractor concluded there was a bigger problem, a possible bulged disk. He recommended I go see my medical doctor, who confirmed I had a bulged disk. I would be okay, but I needed to take it easy for a couple of weeks. He prescribed muscle relaxants and anti-inflammatory medication.

Things got worse. I continued to degenerate. The pain over the weeks migrated from my back to my left leg, and I was slowly losing the use of it. Even a little thing like blowing my nose or sneezing would shoot pain down my left leg, I could only lie on my right side in bed, and of course walking was out of the question. The only way I could get from room to room was to scoot around in my office chair. A week later I saw my medical doctor again, but this time I was unable to make it up to the doctor's office on my own. I took three steps away from the van and the pain was so intense that it took the help of my wife, Judy, and the assistance of two sympathetic souls who just happened to be going to my doctor's office! I had a brief examination and my doctor said I was going to need an operation, and that I needed a CT Scan. It took about 2 weeks to get the CT Scan and see the Orthopedic Surgeon.

Judy and I were praying. God does it His way in His time. Judy was downtown and happened to meet a friend, Trudy. Trudy asked how we were doing and Judy shared about my problem. Trudy said that she had something that might help. My wife returned home excited about the possibilities. So now I was about to sample herbal foods, but apparently, not just any herbs. I found encouraging results within a couple of days, so when I visited my doctor, I was able to shuffle my way into the office without support.

The doctor showed me the CT scans. It was more than just a bulged disk. A portion of the bulge had severed off and fallen down into the spinal channel, the encasement for the spinal cord. The scans showed this 9mm marble-shaped blob against the spinal cord, which was causing the pain down the sciatic nerve of my left leg, and in turn inflaming the muscles and tendons. This blob would be assimilated into the body. The bad news was that this process would take 3-9 months!

I have now been eating and drinking Sunrider products for 4 weeks, less a day. For 2 weeks I have been walking with some discomfort at the start and with zero discomfort today. I sleep well at night and can resume pretty well a

normal life. I attribute this regeneration to Sunrider products, They are not medicine, just whole foods providing nourishment and enabling my body to restore itself. Today I saw my Orthopedic doctor for the second time and he was surprised regarding the speed of my recovery. With this type of injury, he told me that I'm among the top 1/3 for fast recovery, and that I should keep doing whatever I'm doing. Three to 9 months to recover? I don't think so. Not 3 months, but 3 weeks!!!

NOTE: Garvin ate three servings daily of Nuplus, Quinary, Calli, Sunectar, along with 15 SportCaps daily to get these results!

SUNBAR (See Vitalite Sunbar)

SUNBREEZE ESSENTIAL OIL AND BALM – All-in-One First Aid Kit

- Incredible Unforgettable Scent

1. **Ingredients**

Menthol, Camphor, Cassia Oil (essential oil from cinnamon bark tree), and other essential flower oils.

2. **Description**

Essential Oils

Sunbreeze Oil is made from the pure essential oils of flowers and herbs, while the balm is made from the same oil blended in a natural beeswax base.

The Real Thing

You can't always be sure of what you are getting. Some oils and balms contain *synthetic* oils. Synthetic perfumes, which are made from chemicals and have an inorganic base, were created in the 1800's. Because it was cheaper to make fragrances artificially than to extract essential oils from plants, chemical scents began to replace natural ones, and people forgot essential oils possessed healing properties. Sunbreeze is made from only pure essential oils. Sunbreeze is a soothing, penetrating oil or balm that not only eases pain, but also aids the body in its natural healing process for external injuries. The Sunbreeze Oil and Balm are based on a formula recorded in the herbal manuscripts of the Chinese Emperors. The formula was originally developed by the temple priests to aid their recovery from injuries sustained while practicing extremely rigorous martial arts. All ingredients work in synergy. That is, the effects of the combination of all the ingredients are much more effective than those of any individual ingredient.

3. **Summary of Benefits**

Following are just some of the ways in which Sunbreeze is used:

Rub on the temples, forehead and/or back of the neck for:

- Headache
- Muscle Tension
- Drowsiness
- Motion Sickness

Rub on other parts of the body for:

- Sinus Congestion
- Canker Sores
- Minor Wounds
- Strains
- Toothache
- Rheumatism
- Sprains
- Muscle Pain
- Arthritis
- Insect Bites/Stings
- Back Pain
- Sunburn

Place on Tongue for:

- Heartburn•Sore Throat
- Sinus Congestion
- Motion Sickness
- Upset Stomach
- Morning Sickness
- Drowsiness
- Bad Breath

A couple of drops of oil on a Q-tip applied to the ear for infections, water-logging and wax buildup works wonders. This may also relieve motion sickness and ear pain while flying.

4. **Suggested Amounts:**

Gently rub a few drops of oil or the equivalent of balm on the temples, on the back of the neck at the base of the skull, or onto the shoulders. You may experience the soothing, temporary relief of headache, muscle tension or drowsiness. Gently rub balm or a few drops of oil on the skin and massage into any area of tenderness, or any part of the body as needed for congestion, insect bites and stings, and burns. For soothing a sunburn, blend a drop or two of the oil with Kandesn Hand and Body Lotion. Some people rub Sunbreeze on the stomach to soothe upset. Sunbreeze is perfect for those all-over rubdowns. Combine a few drops of oil with Kandesn Hand and Body Lotion and experience the relaxing sensation of soothing tingling warmth all over your body.

SUNECTAR (Suncare in Canada)

SUNNYDEW (Suncare Plus in Canada)

(30 Times Sweeter than Sugar) — Blood Sugar Formula

1. **Ingredients**

Stevia Extract, Chrysanthemum Flower.

Very Concentrated – it takes 2500 gallons of herbal liquid to make 20 gallons of SunnyDew. SunnyDew and Sunectar are, by far, the most concentrated Stevia products anywhere.

2. **Description**

Although the herb Stevia Rebaudiana has become well-known recently as a South American herb, Chinese records describe its use in China as long ago as 300 years. Modern studies available through MEDLINE, the National Library of Medicine's computerized database, report its effectiveness in helping regulate the body's blood sugar processes. Stevia has been used for hundreds of years as a sweetener in South America and now is also used extensively in Japan, where it is put in everything from soft drinks to soy sauce. Extensive studies have been done in Japan, Paraguay, France, Brazil, the United Kingdom, and the United States that verify the safety of Stevia. Based on this information, in September of 1995, the FDA approved Stevia as a Dietary Supplement. The work of Dr. Tei Fu Chen and Sunrider International in securing the dietary status of Stevia has been recognized in professional journals across the United States.

This Stevia-based product may be sold as dietary supplements and not as sweetening agents or as an ingredient in a food to flavor or enhance. In Canada, Sunrider's Stevia is still sold as a skin care product and has not yet been recognized as a dietary supplement. Check with your upline Director if you would like detailed information on the history leading up to this.

3. **Summary of Benefits**

- Nourishes the liver, pancreas, adrenal glands and digestive system.
- Helps relieve mental, emotional and physical fatigue
- Improve ability of the body to burn fat
- Chrysanthemum flower is very calming and anti-inflammatory
- Regulates Blood Sugar
- Better Glucose Balancing
- More Even Energy Flow
- More Consistent Blood Pressure
- Improve Muscle Density
- Better and faster Muscle Recovery after exercise
- Healthful alternative to sugar and artificial chemical sweeteners
- Improve Clarity-of Thought; Mental Alertness
- Lessen tissue degeneration
- Anti-fungal
- Anti-bacterial
- Anti-yeast
- Topical skin care – healing agent
- Non-fermenting
- Water soluble
- Does not promote tooth decay
- Increased ability to fight fatigue
- Non-caloric

4. **Ingredient Details**

Sunrider's stevia is grown without pesticides, has not been hybridized, or genetically engineered. No preservatives or alcohol are used in the formulation. The natural herb (Stevia) has tannic acid naturally occurring in the stem of the plant. Dr. Chen, with his enhancement and concentration process, is able to eliminate this and any other negative ingredient that naturally occurs in the Stevia herb.

The Sunectar (Suncare in Canada) – is a darker color, with the natural-occurring chlorophyll of the plant, and has a slight licorice taste which many people enjoy. The SunnyDew (Suncare Plus in Canada) is a clear liquid. Note that in Canada Dr. Chen has to put "Herbal Skin Care" on the bottle ... it works great on our "inside" skin as well as our "outside" skin!!!

6. **Suggested Amounts:**

Heat and cold do not affect the beneficial effects of Sunectar/SunnyDew, so it is great for cooking, canning and baking. Just add 1-3 drops per cup of Calli, NuPlus or anything you want to sweeten and drink regularly. This enhances the benefits of any of the other Sunrider products you are eating and is a very important part of the Sunrider Basic Program. Keep the bottle clean, do not dip in tea, or lick. Keep at room temperature or below, and out of direct sunlight.

SUNFIT — Burn Fat & Feel Great! — 5 Formulas in One!

1. **Ingredients**

Mangosteen Fruit Extract, Orange Peel Extract, Nomaine Bean Extract (Phaseolus Vulgaris), Griffonia Seed Extract (Griffonia Simplicifolia), Evodia Herb Extract, Stevia Leaf Extract Licorice Root Extract, Camellia Leaf Extract.

2. **Description**

SUN FIT – 5 FORMULAS IN ONE:

1. **FACTOR TO RELAX**

- Mechanism to help you relax, feel less stressed, happier. Life will go so much easier.
- Within a day or 2 your food intake starts to reduce.
- Effects peak at 1 to 2 weeks

2. **FACTOR TO REDUCE CARBOHYDRATE ABSORPTION (Starch Blocker)**

- This will help to reduce carbohydrate absorption.

3 **FACTOR TO REDUCE FAT ABSORPTION (Fat Blocker)**

- New herbs – lots of research -- to help reduce fat absorption.
- Fat Cravings reduced.

4. **MECHANISM TO HELP YOU BURN GLUCOSE (SUGAR) FASTER**

The Body breaks food down to glucose, delivers to the muscle. Usually, excess is deposited as glycogen and becomes fat in your body.

- Some companies have formulas that irritate the pancreas and increase production of insulin.
- Dr. Chen made this formula to NOT irritate the pancreas.
- SunFit makes the body burn twice as much glucose.
- Trim down and create better muscle tone.

Drink LOTS of Fortune Delight and Sunectar/SunnyDew (Suncare/Suncare Plus in Canada). Reason: Glucose can get deposited quickly — Make your drink as sweet as possible (Stevia)

5. **MECHANISM TO INCREASE METABOLISM BUT NOT HURT HEART**

- Dr. Chen asked us at Convention 2003 —"How many know about Ma Huang? (Ephedra) This irritates the heart."
- Dr. Chen discovered a few herbs with similar molecules, but without negative side effects.
- Dr. Chen's formula SAVES THE HEART — makes the heart stronger.

METHOD:

- 2 to 3 capsules 3 times a day, 15-20 minutes before meals
- Works best with Vitashake or NuPlus and VERY IMPORTANT to drink plenty of Fortune Delight with the capsules, with generous amounts of Sunectar (Suncare) or SunnyDew (Suncare Plus)
- If you forget, you can still take "with" the meal, but not as effective
- Don't take the Sun Fit "after" the meal
- EXERCISE — 45 minutes to 1 hour daily is also important.

3. **Summary of Benefits**

SUNFIT is a weight management product that works in 5 ways:

1. Stress fighter: when you have no tension or nervousness, you'll eat less.
2. Starch blocker: body will reduce the absorption of carbohydrates.
3. Fat blocker: like Vitataste, which helps the body reduce sugar intake, Sunfit helps reduce fat intake.
4. Increases metabolism rate without side effects.
5. Sensitivity to insulin: Glucose goes into muscles. When exercising, we burn it. What is not burned goes to the liver and later changes into fat. High insulin level will help burn fat but may create diabetes. Instead of stimulating the pancreas, SunFit will help the body to increase your body's sensitivity to insulin. With half the insulin you'll be able to achieve double the result.

6. **Suggested Amounts:**

Use 2 to 3 capsules 15 minutes before meals with NuPlus or Vitashake. It is very important to drink plenty of Fortune Delight with generous amounts of Sunectar or Sunny Dew. The result will be a happier you, you'll eat less and you'll be losing weight. You should see results in a week or two, which will be long lasting. This product is the highest achievement Dr. Chen has ever created! Available October 2003 in the United States.

See also section under "W" on WEIGHT MANAGEMENT

SUNNY FRESH — for Throats, Coughs, Respiratory System

1. **Ingredients**

Loquat, Fennel, Radish, Asparagus Root, Snakegourd Fruit, Codonopsis Root, Chrysanthemum Flower, Almond Extract, Menthol, Mint Herb Extract, Peppermint Oil, Cassia Oil, Clove Oil

2. **Description**

Sunny Fresh is a delicious mint, liquid extract designed to soothe and invigorate the mouth, throat, and upper respiratory tract (promoting freer breathing). It contains 20% honey, compared to most loquat cough syrups, which contain 70% honey. Helps clear phlegm from the throat, bronchioles, and lungs and allows easier breathing. This skin and throat food is very rich in antioxidants, so will also nourish the tissues throughout the entire body. Sunny Fresh is extremely beneficial for regeneration. Known to stop a cough when taken straight from the vial or diluted with water. Also found effective to relieve food poisoning. Sunny Fresh is great for singers and public speakers, or those who just like to talk!

3. **Success Story**

Christine was 8 years old. She had a serious sinus infection that had not cleared up for over 6 months. The doctor had her on massive doses of antibiotics, but these were not helping. Her mother decided to try the Sunny Fresh.

After just 10 days (10 vials of Sunny Fresh), the sinus infection cleared up.

EXTRACT FROM SHARON FARNSWORTH:

Sunny Fresh was an ancient formula used by some of the Chinese tribes, historically. There was one particular tribe that had this formula and consumed or ate Sunny Fresh themselves. They had a reputation of having the most beautiful women out of all the tribes. Other tribesmen would try and capture these women, because of their rare beauty.

Some of the benefits of eating Sunny Fresh for us today is that it is great for the throat. It soothes a sore throat, helps with laryngitis or voice loss. It really helps with the singing voice, helping to clear mucous out of the throat and sinuses.

One of our distributors, Saturday told her experience since eating Sunny Fresh, that she has increased her range of high and low notes, since she has been drinking Sunny Fresh daily. She sings with a choir, that just recently toured Russia.

It also is great for coughs, as it acts like a natural cough syrup, helping with the tickle in the throat. It also helps break up the mucous in the bronchioles and lungs. It is very soothing to the throat, lungs and bronchioles, I have found.

Some other benefits I have found is that it really helps clear mucous out of the entire respiratory system. If I have a cough or sore throat, I like to sip on it in warm water. Or even just straight, and not drink or eat anything after it, so it can soothe the vocal cords. It is truly amazing how really affective it is. And I don't have to buy the over the counter cough medicine. Not only is it good for me as an adult, but was a great blessing for my children when they were growing up to have Sunny Fresh for colds, coughs, Plus and congestion.

Along with rubbing their chest with diluted Sun Breeze and hand and body lotion, I also liked them to sip on Sunny Fresh.

An herbal beverage flavored with delicious mint extract for a crisp, cool Taste. Invigorates the mouth and the throat and freshens the breath. Ancient Chinese believed that many of the herb food components found in this formula offer additional nutritional support and enhances the skin's natural beauty.

Many singers in our area really enjoy the benefits of eating Sunny Fresh. I have many professional teachers here in Utah who have it for their students to use when practicing and performing. One of our distributors spoke of how when they pay big bucks to rent a recording studio, that they all eat the Sunny Fresh, so their voice is at its very best, and they don't have to waste time and money redoing their recordings. Their voice is always its very best, when Sunny Fresh is consumed before and during the recording event. They can complete the recording much faster, therefore saving money on the rental of the studio.

Next time you place your order with SR, don't forget to order Sunny Fresh. It is always good to have on hand. When it is cold and flu season, it really is a great product to have in your cupboard to use for all of life's little emergencies. Try it, I think you will like it. Enthusiastically, Sharon Farnsworth

4. How to Eat

Comes in a 10-pack of fluid ounce bottles. Delicious, children love them. Drink 1 or more vials as desired.

SUNRISE — Liquid Energy Booster

1. Ingredients

Water, Lycii Fruit, Japanese Dodder, Chinese Asparagus Root, Boschniakia Herb, Codonopsis Root Chinese Ginseng), Eucommia Bark, Poria, Lemon Extract

2. Description

Sunrise is a liquid herbal concentrate with an exclusive blend of herbs and other extracts. Sunrise is a low calorie, natural, nutritional boost that helps enhance energy levels and strength. Sunrise also contains readily convertible proteins and provides much needed nourishment to those who work out. Sunrise also has a warming, cooling effect so it can support the body as it goes through the transition phases of warming up and cooling down - before and after exercise. Sunrise is a great choice when feeling sluggish or feeling stressed. Helpful whether you are under mental, physical or emotional stress.

Similar in formulation to SportCaps (capsule form) and Vitalite Sunbars, which promote endurance, Sunrise is designed to give a definite energy burst. Since it is in the liquid form, it is digested quickly and rapidly absorbed into the body system. Sunrise is a high-energy food for "the quick start", increase of stamina and endurance, "warming" or "cooling" the muscles, shorter recovery time – great for athletes or any exercise program. When "running out of energy" and in times of great physical challenge, remember Sunrise! Sunrise is thought to balance out the bodwherever it mago.

3. Ingredient Details:

Lycii Fruit, which is noted for assistance in:

- | | | |
|--|-------------------------------------|--------------------------------|
| • Renewing cells | • Strengthening male sexual stamina | • Reducing fat |
| • Restoring kidneys | • Increasing body strength | • Assists organs and functions |
| • Increasing acidophilus in the intestines | • Balancing blood pressure | • Endurance |
| | | • Supports Adrenal Glands |

- Strengthening the bones
- Balancing blood sugar

Japanese Dodder is a good tonic for the body and brightens the eyes.

Chinese Asparagus Root helps detoxify the body, cleanses as well as strengthens the heart and kidneys. Boschniaki Herb is a good body tonic, which helps to activate the hormone secretions in the body. Codonopsis Root cleanses the toxins, especially from the lungs, and is another really good body tonic.

4. **Suggested Amounts:**

Comes in packages of 10 vials to the pack. Drink Sunrise straight out of the vial any time you would like an energy boost. Sunrise enhances the benefits of the SportCaps when eaten together. Experience even greater results when you drink your Sunrise immediately after drinking Liqui-Five (see Quinary). Add to Calli, Fortune Delight, smoothies, or sip on this vial of delicious, fruity-tasting liquid.

SUNTRIM — Accelerates Fat Loss — Natural Appetite Suppressant

1. **Ingredients**

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

2. **Description**

SunTrim is a special herbal formula to help you attain and keep the shape you want. SunTrim's primary ingredient, Garcinia Indica, an Asian fruit, contains HCA (Hydroxy Citric Acid), which helps suppress the appetite and inhibits the production of fat and cholesterol. When eating Garcinia, excess carbohydrates are converted into glycogen, which the body can use for energy and burning fat. The nutrition found within SunTrim includes, besides Garcinia – orange peel, and herbs found in Fortune Delight. No harmful stimulants or dangerous drugs are used, only Sunrider's safe and regenerative food-grade herbs.

3. **Suggested Amounts:**

3 capsules before each meal – helps curb overeating and snacking. Alternatively, you can open the capsules and make the contents into a "tea" in hot water – many people enjoy the taste.

See also section under "W" on WEIGHT MANAGEMENT

TOP — Nervous System Formula #3 (along with JOI and ESE)

1. **Ingredients**

Mint Herb, Honeysuckle Flower, Chinese Lovage, Yeuan Wu Root, Angelica Root, Golden Bell Fruit, Ji Tsau Herb, White Willow Bark

2. **Description**

TOP contains nourishing herbs to help maintain mental and emotional balance. TOP especially nourishes the occipital part of the brain.

3. **Suggested Amounts**

TOP is very powerful. 1 to 2 capsules at a time is often sufficient. Complements JOI and ESE.

4. **Summary of Benefits – Focus on Sleep and Mental Clarity**

- Improved Mental Clarity and Brain Function
- Reduces pain
- Nourishes the production of Endorphins
- Relieves migraine headaches
- Helps balance the Brain Chemistry
- Helps clear sinus congestion
- Promotes Calmness
- Helps replace drug needs for pain

5. The "JET" Set – JOI, ESE, TOP

These 3 nervous system formulas descend from ancient formulas designed to enhance powers of concentration. When eaten in conjunction with Sunrider's basic food program, the JOI, ESE and TOP help to balance us more mentally, and spiritually, to be more in harmony with those around us and with nature. These herbal formulas are a unique blend of herb foods, which the Chinese have traditionally eaten to enhance an overall sense of well-being. These formulas feed processes related to focus and concentration. Focus and concentration come from the property we might call mental stillness, which essentially barricades us against things that might otherwise disturb and distract us, like pain. A still and focused mind lets us concentrate keenly during periods of activity, yet sleep peacefully during periods of rest.

VEROS

1. **Ingredients**

Dipsacus Root, Marsh Parley Leaf, Codonopsis Root, Cnidium Seed and Japanese Dodder

2. **Description**

If you are searching for the Fountain of Youth, Dr. Chen, world-renowned herbalist, pharmacist, and biochemist, has come close! Whether you want to improve your workouts and energy level, or simply feel younger, help prevent wrinkles, reduce fat, add muscle strength, increase your bone density, stabilize your kidneys....this is the formula for

you!

Sunrider is known for its concentrated formulas. The concentration ratio has always been approximately 7 to 10 pounds of herbs concentrated down to 1 pound of final product. The herbs used in Veros are 30-40 times more concentrated than any of Sunrider's previous formulas.

In case you've ever wondered why Sunrider herb-food formulas are "Simply the Best", here is an example of how Dr. Chen goes about formulating his products. To create the Veros, Dr. Chen said he studied nearly 300 herbs to figure out how to help men look younger and lose the stubborn fat that tends to stay on the body with age. He narrowed it down to 20 herbs and then pinpointed which herbs were best. The main herb has seven species, so he had to figure out which species was best for his purposes. Would it be from Japan, or China (with thicker leaves), or from Korea (softer and easier to break). He extracted ALL seven species with 20 grams of methyl alcohol, took 10 mg out from that solution, and dried it in a Petri dish. He then added more methyl alcohol, took 10 micro milligrams out, and repeated this process until the extraction was pure and very concentrated. Then he put 7 drops of each extraction in the chromatography machine and then under ultraviolet light could see the different samples move and determine which one would work best. The Korean species was superior. He repeated this process with EVERY ingredient in the Veros formula and then had to "treat and enhance" each individual ingredient differently.

Dr. Chen said that in order to know what to put in this formula, he studied Yohimbe (from India), Spanish fly, Viagra... everything on the market that is touted for male potency. He found that Viagra makes the blood go out to only one 'area' of the body but it does not return, and can lower blood pressure. He said it is more important to strengthen ALL the muscles of the body, not just one, and that the bone masses of older males also need increasing. When the formula was complete, EVERY molecule was 99.99% pure! Dr. Chen then concentrated the Veros formula 30-40 pounds of herbal extract to 1 pound of final product so that taking 3 Veros caps is like taking a whole bottle.

This is a very different product than Viagra, yet works much better without side effects. Veros helps increase the blood flow, while Viagra opens up the blood vessels, which has a negative effect on the blood pressure and is hard on the heart. There are no male hormones in the formula. It won't cause prostate cancer. This formula is 'just herbs and food to help the male body produce its own hormones.

3. **Benefits & Uses:**

- Increases the bone mass/density for men
- Increases the circulation and blood flow
- Increases vascular blood flow to the reproduction organs 30% to 60%.
- Strengthens the heart to increase blood flow, improving vascular function.
- Helps increase testosterone up to 30%.
- Helps increase the sperm count
- Helps diabetics to decrease insulin
- Relief of aching joints
- Helps improve the sex drive. Aphrodisiac for men.
- Increased Virility
- Helps increase muscle mass for stronger muscles, especially when working out or exercising.
- Helps increase energy, Feel Younger
- Helps make the skin much younger, especially noticed in the hands
- Faster recovery rate after workouts
- Decrease in wrinkles

5. **How to Eat**

2 capsules a day can make a big difference! It may take at least 3 days for a person to notice a change in their physical body. Veros can be eaten with the Men's Formula. They are 2 different formulas, which are compatible with each other but have different benefits.

6. **Quote**

"I really enjoy hearing our Distributors describe their experiences with my husband's new formula. I like to hear how much fun they're having together and how much younger they're feeling. Why feel old when you can feel young?" Dr. Oi-Lin Chen

VITADOPHILUS — Live Lactobacillus Acidophilus

1. **Ingredients**

Apple Fruit Powder, Apple Fruit Flake, and Lactobacillus Acidophilus.

2. **Description**

VitaDophilus supplies a minimum of 20 million live culture bacteria to the body. Delicious apples form the base of the VitaDophilus powder. This beneficial bacteria inbeds itself in the walls of the intestines, facilitating the digestive process. Can be very helpful with constipation. Most people need to bring "good bacteria" balance to the intestinal tract to prevent the spread of fungus through the body. Fungus/Candida overgrowth is often at the root of health challenges.

Fungus overgrowth happens when the body Ph is acid, when a person has taken antibiotics, when there are hormonal imbalances, and from most poor diets, etc. Being encased in a tasty, protective apple coating helps get the live bacteria into the small intestine, instead of it breaking down when it hits the stomach acids like most acidophilus products do.

A Technician at an independent laboratory in Vancouver compared the Vitadophilus by Dr. Chen to other Acidophilus formulas. Her purpose was really to show that there was no difference. To her surprise - out of several brands being tested, Sunrider's Vitadophilus was the only formula that grew 100% pure – the others had other bacteria growing in addition to the good Lactobacillus Acidophilus bacteria. We hear many stories of people who have been

using other brands, not getting results, switching to the Sunrider Vitadophilus and getting the results they had hoped for.

3. **How to Eat**

Available in a box of 10 packages, 3 grams each. 1 to 2 packages daily. Never heat. Tastes Great – children love it! Pour directly into mouth; eat upon rising and at bedtime. Vitadophilus is most effective on an empty stomach.

VITAFRUIT — Tissue Repair, Anti-Oxidant & Energy Nectar

1. **Ingredients**

Buckthorn Fruit, Luo Han Guo, Lemon Oil, Wintermelon, Date, Orange Peel, Bitter Orange, Honey as a natural preservative.

2. **Description**

VitaFruit liquid concentrate is revolutionary and power-packed! The vitamins are from a food source and the Vitamin C remains stable. VitaFruit is not a synthesized, chemical product created and manufactured by man. Dr. Chen, in his brilliance, uses his technological expertise to extract and concentrate herbal fruit juice, while retaining its "Life Force" and its rich content of vitamins, minerals, and amino acids. VitaFruit is the live "nectar" or concentrated juice from many different exotic herbs and herb fruits, many picked in the wilds of western China. VitaFruit is naturally rich in whole-food antioxidants, Vitamins A, E, a stable C, hundreds of bioflavonoids, B complex, minerals, 2000-3000 carotenoids, amino acids, and *live fruit enzymes*. (Antioxidants, natural tissue protectors, are known to slow down the aging process, assist the body in healing, and stop the body from progressing to debilitating diseases.) Unlike vitamin pills, which provide only known antioxidants, Vitafruit provides known and hundreds of unknown antioxidant nutrients in balanced amounts. Vitafruit's greatest work is in assisting tissue repair to cells damaged by free radicals. Thus, VitaFruit is very anti-aging. VitaFruit also increases the army of white blood cells in your blood stream, making it a great immune system food. Dr. Chen's research and development team states that VitaFruit contains thousands of phyto-nutrients not yet discovered! It is formulated without added enzymes, preservatives, artificial sweeteners, or chemical isolates. Vitafruit greatly benefits the skin, restoring luster, radiance and softness to prematurely aging skin for a more youthful and healthy appearance.

Unlike any other vitamin supplement you have ever used, the vitamins and other amino acids in Vitafruit are not extractions or chemical isolates. Instead, they are a superb concentration of berries, herbs and herb fruits. Some of the herbs are grown and harvested in the wilds of western China. Vitafruit helps the body keep the proper acid-alkaline balance which is so vital for your well-being.

Once, when asked what the secret of VitaFruit was, Dr. Chen answered that he felt there were naturally occurring nutrients in the VitaFruit that mankind had not discovered yet. Later, one of the chemists in the Sunrider Lab was asked about the bioflavonoids in the Vitamin C family in VitaFruit. He said, "You only want to know about the bioflavonoids? With our special new equipment, we can see 200 to 300 flavanoids in the Vitamin C family, bioflavonoids being only one type. Mankind has not identified or given names yet to these flavanoids." When asked about BetaCarotene, the chemist confirmed that they could now see 2,000 to 3,000 carotenoids in the VitaFruit. BetaCarotene is only one type in the Vitamin A family.

VitaFruit supports the natural collagen of the skin. If you have skin problems such as rashes or spider angioma that are collagen failures, Dr. Stephen Smith of Minneapolis, Minnesota, suggests mixing your VitaFruit in a cool cup of Assimilaid (A.D.) tea. This is a good skin fortifier and supports the body in puffing the proper fat and collagen around the organs and in the skin. Eating VitaFruit with the Beauty Pearl is another way to feed the collagen building nutrients. Collagen is the element in your skin that keeps you from getting wrinkles.

3. **Ancient China**

The basis for the VitaFruit formula came from a Ming dynasty effort to help soldiers stationed in the desert. The formula was designed to aid the body in rebuilding the membrane in the mouth and the skin after exposure to very hot, dry air. The formula helps the tissues grow back and keeps the skin soft with a silky glow. Legend has it that Genghis Khan discovered these new fruits when he was conquering Asia. When he was in Mongolia, he fed his soldiers the combination of these rare fruits, and he noticed they had more energy, were able to march longer and cope with the heat and humidity. Dr. Chen has reintroduced these fruits to the world today as VitaFruit. He made this formula for his wife, Oi Lin, when she was recovering from her bout with cancer. She had surgery on her throat and it had disturbed her ability to speak, and her saliva glands had been affected. So, we now see Oi Lin with a glass of Fortune Delight and Vitafruit almost everywhere she goes.

4. **How to Eat**

Available in a ten pack of vials, ½ ounce each or a large 11 ounce bottle (greatest value for the money). VitaFruit increases the nutritional value of whatever you add it to. Straight from the bottle on a teaspoon tastes great! Wonderful as a replacement for canned and frozen juices, bottled drinks and sodas. Dissolve this delicious#; liquid fruit concentrate in cold water, or add to cold Calli or Fortune Delight with some Sunectar or SunnyDew (Suncare or Suncare Plus in Canada). You can add to fruit salads, fruit smoothies, or as a fruit or pancake topping. VitaFruit makes an ideal juice for drinking NuPlus. Never heat as it would destroy the live bioflavonoids, Vitamin C, and antioxidants.

5. **Success Story**

Bill had severe asthma. Over time, he got off his medication, with the help of the Sunrider program. In springtime,

however, moulds in the grass still trigger a minor "attack". By taking VitaFruit and Conco, his wheezing disappears within 10-20 minutes! His wife Gail says she notices that taking VitaFruit makes her feel happy!

VITALITE SUNBAR – 3 = Meal Replacement Excellent Energy Bar! – Excellent for Colon Health!

1. Ingredients

Available in Fruit and Cocoa Flavors. The Fruit Vitalite Sunbar's ingredients include: Whole Soy Protein Nuggets, Fructooligosaccharide (equivalent benefit of 1.5 Vitadophilus), Apple and Pineapple Juices, Bananas, Strawberries, Almonds, Mangos, Honey, Lycii Fruit Concentrate, Chinese Asparagus Root Concentrate, Coix Fruit Concentrate, Soy Bean Oil, Psyllium Seed Powder, Wheat Germ Oil, Tocopherol, Chinese Yam, Fox Nut, Lotus Seed, Lotus Root, Waterlily Bulb and Imperate Root.

Serving Size: 1 bar (30 grams) Each Vitalite Sunbar contains:

Calories 115	Fat Calories 25	Sugars 7.5 grams	Protein 7.5 grams
Total Fat 3 grams	Saturated Fat .75 grams	Cholesterol 0 mg	
Sodium 133 mg	Total Carb. 15 grams	Dietary Fiber 4 grams	
Vitamin A 0%	Vitamin C 2%	Calcium 3%	Iron 10%

3. Description

The usual choices in energy bars are high in fat, sodium, excito-toxins, and/or sugars (sugar and corn sweeteners). Other energy bars usually contain Isolated Soy Protein, which can be very hard on the body (see details under NuPlus). The Vitalite Sunbar is full of wholesome ingredients – whole soy protein, Regular NuPlus, nuts, FOS fiber and freeze-dried fruits.

It contains 4 grams of plant fiber (15% daily requirement) from soluble (digestible), life-giving FOS extract from Chicory Root and from psyllium seed powder (a digestive aid) – equivalent to the fiber content of 5 carrots or 8 bananas or 2 heads of lettuce! FOS helps in digestion, absorbs fats, stimulates growth of the good bacteria, such as Acidophilus, Bifidus, and Faecium, helps reduce Candida Albicans, minimizes bloating, reduces LDL or bad cholesterol (without negatively affecting the HDL or good cholesterol), and triglycerides, helps suppress the appetite, and helps mediate the assimilation of carbohydrates over a long period of time (helping blood sugar levels).

FOS makes an intestinal environment to support the "good guys" and eliminate the "bad guys"! It takes about 15 days consistent eating FOS to start making a significant difference in the colon. If one should notice any gas increase fluids, eat smaller amounts of the bar at a time, and know that the FOS is working to clean and restore a healthy intestinal tract; your body will normalize soon!

Note that the fiber in Vitalite SunBars is included in three types: SOLUBLE – works like a sponge, absorbing fats and toxins; INSOLUBLE – works like a broom sweeping our intestines; SEMI-SOLUBLE – works like jelly, softening the intestinal waste.

The Vitalite SunBar also contains Lycii Fruit and Chinese Asparagus Root, found in Sunrise, noted for energy and physical strength (see Sunrise). Note: Dr. Tei Fu Chen says that Sunrise is for longevity and youthfulness.

4. Summary of Benefits

- Great for Colon Health – High Fiber (15% Daily Fiber requirement)
- Complete Meal Replacement
- Protein – 15% daily need
- Energy
- Only 115 calories, perfect for weight-management
- Ready-to-go
- Fills Nutritional Needs
- Healthy Snack

5. Suggested Amounts:

Available in boxes of 30 – choice of Fruit or Cocoa Flavors. Eat 1 or more Vitalite Sunbars daily. There is the equivalent of 1/2 Serving of NuPlus in each Vitalite-Sunbar. Eight ounces of fluid (Calli, Fortune Delight or water) is recommended with each bar.

VITASHAKE — NuPlus "Plus"! All the benefits of NuPlus along with more protein, vitamins, minerals and fiber. (Not available in Canada)

1. Ingredients

Each package of VitaShake contains:

- 1 Serving of NuPlus (Regular)
- Whole Soy Protein
- Vitamins and Minerals
- Fiber

VitaShake is available in 2 delicious flavours: Strawberry or Cocoa Four VitaShake packages per day supplies 100% of the daily recommended vitamins and minerals. Each VitaShake contains:

Calories: 95	Dietary Fiber: 3 grams	Protein: 4 gram	Sodium: 54 mg.
Carbohydrates: 18 grams	Sugars: 5 grams	Fat: less than 1 gram	Cholesterol: 0 mg

2. Description

This great shake is super NuPlus with added nutrition and soluble fiber. The fiber is from healthful FOS, extracted from Chicory Root. FOS is a probiotic soluble-fiber carbohydrate that supports the growth of beneficial bacteria. In the formulation process, Dr. Chen has bonded the vitamins and minerals found in Metabalance 44 with the NuPlus for maximum assimilation! The vitamins and minerals are bonded to herbal extracts for better absorption.

VITASHAKE IS REAL FOOD! Compare VitaShake with Ensure or SlimFast. Ensure and SlimFast contain sugar, isolated protein, isolated vitamins and minerals, and numerous chemicals. The body cannot digest most protein drinks because they are usually made from "isolated" protein, which clogs the lymphatic system.

3. Suggested Amounts:

VitaShake should be consumed with at least 16 ounces of liquid. If you mix a full serving of VitaShake in only 8 ounces of liquid, then be sure to drink more Fortune Delight, Calli or even water. This helps to prevent bloating or constipation. As with all fiber, the FOS needs to be consumed with plenty of liquid,

VITASPRAY – All Natural Vitamin Spray

– Boosts & Freshens Breath! (Not available in Canada)

1. Ingredients

Multi-Vitamin Spray. 100% all-natural formula, no artificial ingredients, colors, or flavours; calorie and sugar-free. (See below for Ingredient Details).

2. Description

VitaSpray is Sunrider's all-natural vitamin spray, with no sugar added and it still has a fruity and refreshing taste. It contains Vitamin B-12, Vitamin B complex minerals and herbal extracts.

3. Summary of Benefits

VitaSpray absorbs quickly and efficiently through the mucous membranes in the mouth, avoiding nutrient loss from acids in the digestive tract. The vitamins and minerals are bonded to herbal extracts for better absorption.

- Boosts energy
- Boosts the immune system
- Provides mental clarity
- Excellent for stress and environmental sensitivities.
- Relief has been seen from headaches, nausea, muscle pain.
- Promotes oral health
- Quick nutrition boost

4. Suggested Amounts

VitaSpray comes in a small 0.42 fluid ounce spray bottle. One "spritz" of VitaSpray delivers 200% of recommended daily Vitamin B12, the essential B-complex vitamins, a stable Vitamin C, antioxidants, and necessary minerals. One VitaSpray bottle is equal to 80 injections of B12.

Spray as desired under the tongue, hold briefly, for 100% assimilation. You can use VitaSpray as many times during the day as you like with no harmful build-up.

5. Ingredient Details

Vitamin B-12 has often been touted as the "pep vitamin" because it helps form and regenerate healthy red blood cells which carry energy-giving oxygen into our bloodstream. This vitamin is necessary to prevent anemia and to metabolize carbohydrates, fats and proteins. It is also needed for calcium absorption. It is most commonly available from animal sources which makes vegetarians likely candidates for B-12 deficiency. It is also quite common for those with digestive problems to be deficient in this vitamin. Early symptoms of B-12 deficiency can include sore tongue, pain in swallowing, tingling fingers and toes, balance problems, memory loss, depression, weakness and fatigue.

Vitamin B-2 (Riboflavin) is necessary for red blood cell formation, antibody production and cell growth. It is also necessary for the maintenance of good vision, skin, nails and hair. Symptoms of a B-2 deficiency include cracks and sores at the corner of the mouth, purplish tongue and tearing, red, inflamed eyes.

Vitamin BA (Thiamine HCl) helps the body turn starch or sugar into energy. Lack of B-1 can make it more difficult for the body to metabolize carbohydrates. It is essential for the normal functioning of the nervous system, muscles and heart. It also stabilizes the appetite. Deficiency symptoms could include loss of appetite, weakness and feeling tired, nervous irritability, insomnia, mental depression and constipation.

Vitamin B-5 (Panthenol) is sometimes referred to as the "anti-stress" vitamin. It helps the body utilize two other B vitamins, PABA and choline. It helps in cell building and the development of the central nervous system. It is also key to the production of the adrenal hormones and helps in the release of energy from fats, carbohydrates and proteins.

Vitamin B-3 (Niacinamide) functions in over 50 metabolic reactions in the body. All of these are important in the release of energy from carbohydrates. B-3 is also very important for proper functioning of the nervous system, for healthy circulation and is essential in the production of hydrochloric acid in the digestive system. It also has been shown to play a key role in lowering harmful levels of LDL, cholesterol and triglycerides while raising protective HDL levels.

Biotin (part of the B-complex) is important for maintaining tissue health, is necessary in the body's utilization of the B-complex vitamins and for converting folic acid into its biologically active form.

Vitamin B-6 (Pyridoxine Hydrochloride) is necessary for the synthesis and breakdown of amino acids, the building blocks of protein and aids in fat and carbohydrate metabolism. It is also vital in the normal function and growth of red blood cells. It aids in the absorption of vitamin B-12 and several trace minerals including copper, iron and zinc. It promotes healthy skin and reduces muscle spasms, leg cramps, hand numbness, and stiffness of hands. An insufficient amount of B-6 is associated with such ailments as carpal tunnel syndrome, anemia, and mouth sores. Recent studies have shown that a deficiency of B-6 may impair the immune system. Studies have also shown that it can help to balance hormones during menopause, relieve water retention, control PMS symptoms and morning sickness in women.

Bioflavonoids are the vitamin P-complex. Found in many plants but primarily in citrus fruits.

Bisabolol is a natural flavoring usually extracted from the fruit of a tropical tree.

Stevia extract is so beneficial to our bodies that it would require a whole article in itself to describe it. For this article, suffice it to say that stevia adds a great flavor, and it nourishes the pancreas. It also has been shown to help regulate blood pressure. Sorbitol is found in most berries, plums, pears, apples, seaweed and algae. It has a sweet taste. It also helps make the vitamins and minerals more absorbable.

Glycerin is similar to Sorbitol in that it tastes sweet, aids in the smooth flow of the liquid and is a humectant.

Bromelain is an enzyme extracted from the stem of the pineapple. It is mainly a proteolytic digesting substance, which means that it breaks down proteins into smaller peptones. Its primary benefit is in its ability to aid digestion, ease stomach aches and most importantly, recognize the beneficial proteins which make up normal cells and refrain from attacking them. Calcium is not only for building and maintain bones and teeth, it is also essential in the body to help regulate the passage of nutrients in and out of the cell walls, to help maintain proper nerve and muscle function, to assist in normal blood clotting, to help heart functions and to work with enzymes.

Potassium is needed for a healthy nervous system and regular heart beat, plus it plays a major role in conjunction with sodium to control water balance. When there is too much sodium and not enough potassium in the body, sodium enters cells and robs them of water, resulting in edema and high-blood pressure. Potassium needs magnesium to be present to maintain proper potassium levels in the cells. It also plays a role in maintaining stable blood pressure, transmitting electrochemical impulses, regulating transfer of nutrients to the cells, metabolizing proteins and carbohydrates and energy production.

Magnesium is responsible for more biochemical reactions in the body than any other mineral. It acts in concert with calcium and phosphorous to ensure proper metabolism and with potassium, to modify sodium levels in the blood. It is a major mineral needed by the cells for the production of energy. It acts as a natural tranquilizer and can help reduce tremors and cramps. It is a vital enzyme that ensures a properly functioning nervous system.

Zinc is an antioxidant nutrient and is required for protein metabolism and collagen formation. It is necessary to maintain healthy vitamin A levels and has also been found to be helpful in speeding the healing of cold symptoms by boosting the body's immune response.

Iron is the mineral responsible for rich, red blood cells. It produces hemoglobin and oxygenation of the red blood cells. It is essential in numerous enzyme systems and is required for energy production and a healthy immune system. It is particularly important for normal growth in children and resistance to disease.

Manganese is an antioxidant nutrient and is important in the breakdown of amino acids and the production of energy. It is also necessary for the metabolism of vitamin B-1 and vitamin E. It activates various enzymes which are important for proper digestion and utilization of foods, is a catalyst in the breakdown of fats and cholesterol, helps nourish the nerves and brain, is necessary for normal skeletal development and assists in the maintenance of sex hormone production.

Chromium is necessary for insulin to work in our bodies. Insulin is not just to control our sugar levels but it is also one of our body's fundamental metabolic hormones and is involved with weight control, cardiovascular health and muscle growth. In the presence of chromium, insulin helps the body burn carbohydrates and fats to produce energy and helps convert proteins to muscle tissue. Athletes and physically active individuals may be at special risk for chromium deficiency. Research shows that aerobic exercise and training causes significant loss of the body's chromium reserves.

Selenium is another antioxidant nutrient which protects cell membranes against oxidative destruction by free radicals. Some surveys have shown that adequate selenium may decrease the risk of breast, colon, lung, and prostate cancer. It also preserves tissue elasticity and slows down the aging and hardening of tissues through oxidation.

Neem Tree extract is often used as an antiseptic in toothpaste and soap. Particularly healing to gum tissue, it is one of the ingredients in the SunSmile Toothpaste too!

Other ingredients in VitaSpray not specifically described here, include Lemon Oil, Honey, Luo Han Guo, Winter Melon, Dates, Orange Peel, Bitter Orange, Menthol, Clove Oil, Eucalyptus Oil, Grapefruit Extract, Licorice Extract, and Soy Lecithin. Many of these are flavorings but they also contain vitamin and/or mineral benefits as well.

Special thanks to Tom and Trish Powers and their "Fre-uent Fliers" for this contribution.

VITATASTE – Formula for Cravings

1. **Ingredients**

Lycii Fruit, Ho-Shou Wu, Coix Fruit, Lotus Seed, Lotus Root, Waterlily Bulb, Imperate Root, Fox Nu

2. **Description**

VitaTaste is a Behavior Modification Food. VitaTaste promotes life-giving tastes. It is a unique formulation to nourish the pancreas and adrenal glands. It nourishes the body to overcome the cravings for sugar, drugs, alcohol, smoking, overeating, unhealthy food, etc. This unique food herb concentrate is formulated with special ingredients that inhibit the taste of sugar, assisting you to focus on nutrition rather than taste. Anything that has sugar in it will taste like sawdust! Vitataste is very nutritious in and of itself, with many of the same food herbs as found in NuPlus. VitaTaste also helps to balance the blood sugar and assist the body's proper assimilation of sugar.

Eating VitaTaste before meals will help the body withdraw from sugar and fats, changing the taste of the food and the body's response. Imagine putting negative substances like alcohol, cigarettes and sugar in the mouth and having them taste terrible!

3. **Benefits & Uses**

- Decreased craving for sugar
- Restoration of normal mechanisms of appetite regulation
- Increased stability of blood sugar level
- Nourishes the body to overcome the cravings for drugs, alcohol, smoking, overeating, unhealthy food, etc.
- Nourishes pancreas and adrenal glands

5. **How to Eat**
Eat VitaTaste capsules as needed to stop cravings. In case of severe addictions, eat lots often! The more pleasant way to benefit from VitaTaste is to swallow the capsules!
 6. **VitaTaste Test (Great to demonstrate to your friends!)**
 - Empty contents of capsule onto tongue. It tastes like alfalfa.
 - Let the herbs sit in the mouth for about 45 seconds.
 - Swallow the herbs
 - Rinse with Fortune Delight or Calli
 - Wait a minute or two
 - Now, go ahead...try to eat sweets; the experience will no longer be pleasurable!!
- NOTE: - this experience will continue for 2 to 4 hours.

WHITE WILLOW BARK – Natural Pain Relief

1. **Ingredients**
Single Herb - White Willow Bark
2. **Description**
White Willow Bark, according to pharmacological research, reduces fever and relieves pain. White Willow Bark is the source of aspirin's basic chemical. This is a medicinal herb but without the side effects. It may relieve discomfort while you are waiting for Regeneration to take place. (Included in TOP and JOI).

WU CHIA PI (formerly Siberian Ginseng) — Strengthens Joints, Ligaments & Tendons – Government regulations required name change in 2002.

1. **Ingredients**
Single Herb - Wu Chia Pi
 2. **Description**
This single herb traditionally has been used in various tonics and beverages for its adaptogenic (normalizing) effects, especially to benefit the bones and joints. Other effects include increasing resistance to environmental stress, such as exposure to high temperatures and conditions that cause motion sickness. It helps all connective tissue, muscle, ligaments, bones, and joints. According to pharmacological research, this herb improves rheumatic and arthritic conditions, relieves fatigue, and improves resistance.
(Note: included in SportCaps and JOI .)
- Do not combine with Korean White Ginseng
 - The Chinese claim Ginseng is a cardiovascular tonic strengthening the circulatory system
 - Nourishes and strengthens liver function
 - Helps nourish and build bone marrow
 - Nourishes the adrenals
 - Over-all tonic for our systems
 - Helps the body to reduce inflammation
 - Stimulates mental and physical vigor
 - Assists the body's ability to deal with stress
 - Assists in balancing brain chemicals that determine mood
 - Has beneficial effect on pituitary and adrenal glands
 - Increases and strengthens the body's immune system
 - Korean Ginseng is cooling to the body while Siberian Ginseng is warming to the body
- With Siberian Ginseng, Dr. Chen uses only the inside of the bark, which is the strongest source of nutrients. Other companies use the whole herb, which has weaker properties and nutrients, therefore selling their product much cheaper; Sunrider Siberian Ginseng is more concentrated and pure.

Section B — LIVE HEALTHY!

SunSmile Environmentally Friendly Products

The following is an interesting note about the development of SuperClean and Fruit & Vegetable Rinse: Dr. Chen was trying to develop products to use at the manufacturing facilities at the City of Industry and the other production plants world-wide. He needed products that were environmentally friendly and safe for his employees. Before SuperClean and Fruit & Vegetable Rinse, he had to use harsh cleaning and sterilizing chemicals in the machinery. The machinery had to be cleaned every day. He told Sharon Farnsworth personally that his employees had to dress in special industrial suits, gloves and masks to protect themselves from the cleaning agents. After using the cleaning agents, everything had to be steam-cleaned to get rid of any

residue of cleaning agents in the machinery. Dr. Chen is very fussy and fastidious about cleanliness. Again, a need came up and by solving the problem he developed some wonderful products. So our SuperClean and Fruit & Vegetable Rinse were originally designed for the production plants, and now we also enjoy their unique benefits!

SUNSMILE HERBAL DEODORANT

1. **Ingredients**

Some of the ingredients are: Zinc, Vitamin E, Baking Soda (Bicarbonate of Soda), Benzoin Extract, Thyme Extract, Chamomile Extract, Balm Mint Extract, Oat Extract, Tea Tree Oil, Lemon Oil, Cypress Oil, and Evening Primrose Oil.

2. **Description**

SunSmile Herbal Deodorant is an environmentally safe cream deodorant that helps kill bacteria and odor, yet is gentle to the skin and does not block the sweat glands.

3. **Other Deoderants and Antiperspirants**

Kern Bodmer, Founder and Editor of Women's Health Letter writes:

"Does your deodorant cause breast cancer? In the course of a typical day, there's a lot we take for granted. We rarely stop to ask questions about everyday items. Like the deodorant we put on this morning. But we should!

Most deodorants are really powerful chemical cocktails for your armpits! Did you know:

- The chemicals seep through your skin and creep into the immediate and nearby underlying soft tissue.
- The little microscopic nicks we get from shaving make the journey even easier.
- The labels on these deodorants even warn us not to apply them to broken skin!

Did you realize that, if you do develop breast cancer, there's more than a 50% chance the tumor will appear in the area closest to your underarm? There is a 6% chance that cancer will appear in the farthest quadrant from the underarm. You are eight times more likely to develop breast cancer next to where you apply your deodorant!

If you use an anti-perspirant (more than half of us do), you may be creating a double danger! You see, the chemicals in those antiperspirants help prevent sweating. And sweating is one of the ways the body cleanses itself of toxic substances. Every time you apply an anti-perspirant, it's like damming up a river, sweat backs up in and around your armpits. The toxins in your sweat become trapped there. Worst of all, fatty breast tissue is especially efficient at storing those poisons.

4. **Suggested Amounts:**

The container is unique. It contains several small holes in the top, through which the cream is dispensed by turning a dial at the bottom. (Only a small amount is needed). After rubbing it on, be sure to turn the dial back a little to let the cream back down, leaving room for the lid.

SUNSMILE FRUIT AND VEGETABLE RINSE

1. **Ingredients**

The primary cleansing agent in SunSmile Fruit & Vegetable Rinse is decyl polyglucose, a biodegradable surfactant derived from coconut and corn, and powerfully concentrated.

2. **Description**

The SunSmile Fruit and Vegetable Rinse is formulated with herbal ingredients to gently clean all fruits, vegetables, grains, legumes, and meats of external pesticides, harmful bacteria (salmonella, E.Coli), parasites, worms, larvae, fungus, and even waxy coatings. SunSmile Fruit and Vegetable Rinse dissolves the natural waxy protective coating on bugs, causing their death, making it a natural herbicide/pesticide.

4. **Summary of Benefits**

- Naturally derived ingredients
- Cleans Fruit and Vegetables of herbicides, pesticides, fungicides, dirt, waxy coatings, oily substances and other undesirable substances.
- Clean, Safe food that stays fresh longer
- Soak chicken, meat, etc. before eating. (helps combat bacteria, and tenderizes)
- Naturally preserves color and flavor of fruits and vegetables. Looks brighter, cleaner, and tastes fresher.
- Saves produce dollars because produce lasts much longer.
- Makes a great waterless hand cleaner.
- This rinse is edible. Other rinses need to be washed off.
- Tests verify that 5-ml of the rinse mixed with one gallon of water will eliminate or destroy 99% of E.Coli, salmonella, and other organisms.
- Excellent for removal of lice, mites, and fleas (1 capful mixed with four ounces shampoo).
- For Athlete's Foot (which is Candida on the feet), just squirt on SunSmile Fruit and Vegetable Rinse.
- If any area turns white, it indicates candida, fungus, infection or mould.
- Incredible for getting rid of white fly, aphids, mites on indoor or outdoor plants. Mix with water as directed and spray on plants.
- Environmentally safe for daily use.

5. **Suggested Amounts**

Available in large bottle (16 fluid ounces) and Trial Size (1 fluid ounce). Best Value on the market: One trial-size capful to sink full or a gallon of water. Food does not need to be rinsed again. Retains effectiveness for one hour after being mixed with water.

In an emergency, SunSmile Fruit and Vegetable Rinse will add disinfectant to water for drinking (1 to 2 drops, short term only).

6. **Demonstration Instructions**

1. Use two glasses of water, one with a few drops of SunSmile Fruit & Vegetable Rinse.
2. Put some raw peanuts (uncooked with brown skin) in each glass.
3. Soon, the water with peanuts and SunSmile Fruit & Vegetable Rinse becomes cloudy, and the other remains clear.
4. Show the visible difference between the two glasses, indicating that SunSmile Fruit & Vegetable Rinse has cleaned the peanuts.
5. Have a volunteer taste each to show the difference between the SunSmile Fruit & Vegetable Rinse-soaked peanuts versus those in plain water.

(This is also a great demo to do with broccoli or purple grapes.)

SUNSMILE HERBAL TOOTHPASTE – Safe Dental Care

1. **Ingredients**

Refreshing and soothing herbal extracts (Neem Tree Bark, Camellia (green tea) extract, chlorophyll, clove oil, eucalyptus oil, peppermint oil, cassia seed extract, magnolia flower extract, and licorice extract) are combined with a natural baking soda formula to deliver powerful cleaning and whitening action and a cool, fresh taste.

2. **Description**

Thorough, safe Dental Care. Four times more concentrated than regular brands, this gentle and non-abrasive herbal toothpaste is made without fluoride, sugar, saccharin, or dyes. Bromelain and other potent micro-granulated enzymes work to eliminate plaque. SunSmile Herbal Toothpaste is anti-bacterial, helps prevent tooth decay, and is also nourishing to the gums.

3. **Ingredient Details**

Neem Tree Bark – This herb has been used for centuries in India and Africa. It has properties that clean the teeth and nourish the gums, promoting natural dental hygiene.

Bicarbonate of Soda – Baking Soda – this is an old remedy that is good for cleaning and polishing the teeth.

Enzymes – These help to digest protein and food particles between the teeth that may not be reached by brushing. Dr. Chen says to leave the toothpaste in your mouth a while to allow more time for the enzymes to work.

Calli – Some of the herbs used in the Calk formula are also included in the toothpaste.

NO FLUORIDE IN SUNSMILE HERBAL TOOTHPASTE – We don't have fluoride in our toothpaste. Dr. Chen submitted our toothpaste to the American Dental Association (ADA). Their report came back that it was a superior toothpaste in every way – but because it doesn't have fluoride in it, they couldn't approve it. They have a policy to endorse fluoride toothpaste.

Fluoride is a known carcinogen (according to the National Cancer Institute), fluoride's accumulation in the body increases the risk of bone cancer, hip fractures, osteomalacia (brittle bones), dental fluorosis (a browning of the teeth), and female infertility. What's more, ingested fluoride does not reduce tooth decay—a conclusion reached by comprehensive reviews of water fluoridation conducted in 1998 by the Canadian Dental Association (CDA) and a committee of scientists in Natick, Massachusetts.

Fluoride is a poison. According to an editorial in the Journal of the American Medical Association, it calls fluoride a "general protoplasmic poisons". That means it poisons protoplasm—the contents inside our cells where our body chemistry takes place. A researcher looked up fluorides on TOXNET, the National Library of Medicine's computerized data service on toxic substances. It rated fluoride "4-5". A rating of "4" means "very toxic"; a rating of "5" means "extremely toxic". There is no rating higher than a 5.

4. **Suggested Amounts:**

The SunSmile Herbal Toothpaste is so concentrated that you don't need to use very much - One-quarter of a toothbrushful or less!— so it is very economical. Available in full size (4.5 ounces) or travel size (2.3 ounces) Designed to be used with SunSmile Refresher Drops and SunSmile Whitening Gel.

SUNSMILE HERBAL WHITENING GEL — Whitens Teeth Naturally

SunSmile Whitening Gel is an herbal-based gel formulated with maximum strength peroxide and extra enzymes for increased cleaning and whitening power. The SunSmile Whitening Gel has a unique regulated and high oxygenation system to provide greater stain removal and effective tooth whitening without harming the teeth and gums. This gel may be used alone for daily oral hygiene or along with SunSmile Herbal Toothpaste. You can also use the SunSmile Mouthpiece Set with the SunSmile Herbal Whitening Gel (See the Sunrider Product Catalogue for details). Available in full size (4.5 ounces) or travel size (2.2

ounces).

SUNSMILE REFRESHER DROPS — Mouthwash

A natural, safe, antiseptic mouth wash, Sunsmile Refresher Drops contain no alcohol and are environmentally safe, SunSmile Refresher Drops are an effective gargle against staph, salmonella, bacteria, E-Coli, and strep. (Ingredients in Refresher Drops are similar to Fruit and Vegetable Rinse). SunSmile Refresher Drops counter unpleasant breath and can also relieve a sore throat. SunSmile Refresher Drops help you stay confidently fresh all day long! They increase the cleaning and whitening power of SunSmile Herbal Toothpaste and SunSmile Whitening Gel. Mix with water or place a couple of drops directly on your toothbrush.

SUNSMILE TABS — For when you can't brush — Breath Freshener

SunSmile Tabs are refreshing, chewable tablets for oral hygiene between brushings. Fresh, tingly feeling. Your mouth is the first defense against invasive viruses and bacteria. These tabs have ingredients with disinfectant, antiseptic, antiviral, anti-fungal, anti-bacterial, and anti-parasitic effects, not to mention the powerful healing and soothing effects. And, it also has many powerful anti-oxidants like citrus bio-flavonoids, selenium and Vitamin E and C. Beneficial for canker sores, gingivitis, and halitosis. Great for when you are "on the go", at work, school, or play! Even helps an upset stomach! Children love them! Blister-packed, 81 tabs/box.

SUNBRIGHT HOUSEHOLD SUPERCLEAN

SunBright Household SuperClean is a multi-tasking cleaner that you'll find useful in every room in your home. Available in bulk economy size with an easy pour container (64 fluid ounces) and also in a two-headed trial size 4.6 ounce bottle.

SunSmile SuperClean is a completely safe household cleaner that is pH matched to your skin, has antiseptic properties, softens the water, removes stains, accelerates grease and oil removal, promotes whitening, and makes all cleaning a snap! SunSmile SuperClean is phosphate and ammonia free; non-corrosive and non-abrasive. Contains no environmental pollutants that can disturb the respiratory system; you'll love the smell! So gentle and protective to the hands and still it really works!

1 capful (small bottle) or ½ capful (large bottle) to 22 ounces of water for car wash, carpet, floors, leather, woodwork, countertops, windows, stainless steel, dish washing, etc.

Use concentrated for carpet spots (let set 10 minutes, wipe with damp cloth or sponge), stain/spot removal (let sit 10 minutes, rub, rinse, repeat if necessary) on ketchup, ink, chocolate, fruit juice, blood, lipstick, oil stains, drains, ovens, grills, shoe polish or scuff, permanent marker, etc.

SUNBRIGHT LAUNDRY SUPERCLEAN

SunBright Laundry SuperClean is designed specifically for laundry use. It is concentrated, so just half a capful does a regular load of laundry. This gentle yet effective formula is safe for virtually all washable fabrics and colors. Available in bulk economy size with an easy pour container (64 fluid ounces) and also in a two-headed trial size 4,6 ounce bottle.

SUNBRIGHT BLEACH

SunBright Bleach is ideal for people who wish to reduce their exposure to unhealthy and hazardous ingredients found in everyday cleaning products. Used in combination with SunBright SuperClean, it provides superior cleaning in the laundry, because it is concentrated. It is safe on most washable fabrics, and improves the finish on chrome, upholstery, and other kitchen appliances.

The Sunrider Philosophy

The Sunrider philosophy does not concentrate on particular ailments, treatments, cures. Cures and treatments belong to the medical profession. The Sunrider philosophy is more concerned with fortifying the body against the constant barrage of negative outside influences.

When the body is strong, it will generally repel illness and disease or cure itself as it is meant to. The body gives in to disease when it is lacking the proper nutrition. Poor nutrition for an extended period of time causes a degenerative cycle within the body. When one part of the body lacks nutrients it will take the nutrients from other parts of the body which creates new weaknesses which will eventually cause the body to degenerate. When the body begins to degenerate, most people from our western culture will make an effort to substitute something else for what the body needs — nutrition. The West has generally learned to sacrifice good health for an immediate solution to a problem. This culture must learn that good health can only be attained and retained when the body is supplied the nutrients it needs to perform its intended functions. As people gain an understanding of the unique nutritional nature of Sunrider products, they can take the necessary steps to provide their bodies with the nutrition and fortification that is needed to remain healthy.

Dr. Tei-Fu Chen founded the Sunrider Corporation in December 1982. Dr. Chen has a background as a Taiwanese Medical Officer, pharmacist and a research biochemist. His wife, Dr. Oi-Lin Chen is a licensed Medical Doctor. Dr. Chen's Sunrider philosophy is REGENERATION. In order to understand what regeneration is, there are three important principles to remember.

Principle #1: The body heals itself with proper nutrition

Principle #2: The body is designed to obtain its nutrition from Whole Foods.

Principle #3: Each person must be willing to accept responsibility for his or her own health.

Most Sunrider formulas are based on ancient manuscripts recorded by temple priests and court doctors of China. Dr. Chen's great grandfather obtained the manuscripts during the Boxer Rebellion, and they remain in the family to this day. The manuscripts cover thousands of years of experience with the use of plants and herbs, and the different ways in which they affect the body. Our Sunrider formulas have been used and eaten by people for centuries. Using the manuscripts, Dr. Chen has applied modern technology to make these formulas available today in an easy-to-use form.

IMPORTANT INFORMATION

For more information please contact:

After becoming a Sunrider member, be sure to keep a record of the following information:

MY SUNRIDER ID # is: _____

* My Sponsor's Phone # _____ * My Director's Phone # _____

* My Group Director's # _____

TO ORDER BOOKLETS from "BOOKLETS FOR BALANCE" Contact your Sponsor or upline Director. If you are unable to get more Booklets from them, you may email booklet@sunwave.net

SUNRIDER INTERNATIONAL:		SUNRIDER INTERNATIONAL CANADA:	
1625 Abalone Avenue, Torrance, CA 90501		1438 Broadway Street, Port Coquitlam, BC V3C 5W2	
Order Line:	1-888-278-6743	Order Line:	1-800-661-4364
24 Hour Order Line:	1-310-781-8090	Fax Order Line:	1-800-661-6733
Fax Order Line:	1-310-222-9271	Phone:	(604) 464-5018
Fax Confirmation:	1-310-222-9156	Fax:	(604) 464-5888
Distributor Reps:	1-310-781-8096		

IT we don't take time for our health today,
we will have to take time for our ill health tomorrow!

Many spend their "health" trying to gain their "wealth",
And then spend their "wealth" trying to regain their "health"!

Dr Tei Fu Chen and his wife Dr Oi-Lin Chen have brought
incomparable Food Herb products to the consumer.

People don't care how much you know, until they know how much you care.
Health isn't everything, but everything is nothing without health.

SUNRIDER HAS BEEN IN BUSINESS SINCE 1982 AND IS:

1. NUMBER ONE IN THE WORLD - THE LARGEST HERB FOOD COMPANY IN THE WORLD
2. NUMBER TWO IN THE WORLD - THE SECOND LARGEST NETWORK MARKETING COMPANY IN THE WORLD
3. NUMBER THREE IN THE WORLD - THE THIRD LARGEST RETAIL SALES COMPANY IN THE WORLD

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