



# DAILY WELLNESS

Sunrider® products are made from a vital variety of nutrient-rich whole foods.

We blend ancient wisdom and Traditional Chinese Medicine with advanced science to provide a new level of nourishment that's as close to nature as you can get.

**SUNRIDDER®**

# WHAT'S YOUR DAILY WELLNESS IQ?

	ALWAYS (3)	SOMETIMES (1)	NEVER (0)		ALWAYS (3)	SOMETIMES (1)	NEVER (0)
I avoid smoking cigarettes, pipes, cigars, vaping, and chewing tobacco.				I maintain a healthy body weight.			
I avoid alcohol or drink no more than 1 alcoholic drink per day.				I have good energy throughout the day.			
I eat a wide variety of food every day, including fruits and vegetables.				I sleep well at night and feel rested when I wake up.			
I take multivitamins or health supplements to fill in my nutritional gaps.				I spend time with friends and doing hobbies that I enjoy.			
I avoid caffeinated beverages or supplements that help me stay awake or alert.				I manage my stress well.			
I limit eating processed foods, saturated fats, and simple carbs.				I generally do not feel irritable or anxious.			
I drink water or non-sugary beverages throughout the day.				I am able to concentrate on my tasks.			
I exercise 4-5 times a week.							

## SCORING






**1-15** = You may want to live a healthy lifestyle, but old habits are dying hard and can have a serious impact on your health.

**16-30** = You have some good health habits, but there's room for improvement to get into optimal health mode.

**31-44** = You've made great strides in your health, and a few changes can take you to the next level!

**Perfect 45** = Congrats! You have great control of your health and your life!

# MEET THE DAILY WELLNESS 5

NOURISH	CLEANSE	BALANCE	BALANCE	BALANCE
<p><b>NUPLUS®</b> Herbal food powder made with whole foods like Chinese yam, fox nut, and lotus root.</p>	<p><b>FORTUNE DELIGHT®</b> Antioxidant herbal powder beverage.</p>	<p><b>VITADOPHILLUS®</b> Proprietary probiotic powder with a prebiotic base.</p>	<p><b>SUNBREEZE®</b> Balm and oil powered by a blend of essential oils.</p>	<p><b>QUINARY®</b> Herbal capsule, powder, or liquid ampoule.</p>
<p>Fills in the nutritional gaps of a traditional Western diet.</p> 	<p>Helps flush away free radicals with a powerful blend of antioxidants.</p> 	<p>Balances the microbiome for improved gut health.*</p> 	<p>Soothes sore muscles and joints, improves mood, and refreshes senses.</p> 	<p>Complex blend of nearly 50 herbs to bring balance to the body's five major systems.*</p> 

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**SUNRIDERS®**





# NUPLUS®

## Fill your nutritional gaps

- Enhances a traditional Western diet
- Goes beyond spinach and kale with nourishing Chinese herbs, roots, and plants
- Made from whole foods—no chemical isolates, preservatives, or added sweeteners, sugars, and fats
- Supports optimal health and wellness with:
  - Micronutrients like amino acids and bioflavonoids
  - Prebiotics and antioxidants
- Notable ingredients: Chinese yam, fox nut, lotus root, and soy protein
- Low in calories, fat, and cholesterol
- Enjoy as a beverage, food, or supplement
- 10/15g and 60/15g packages
- 6 flavors: Naturally Plain, Mixed Berry, Piña Banana, Apple Cinnamon, Simply Herbs, and Original

**SUNRIDER®**

# FORTUNE DELIGHT®

Find your beverage bliss

- Cleanses your body with powerful antioxidants
- 4 times more concentrated than traditional green teas, thanks to our 9-step proprietary process
- Delicious, healthy cellular hydration
- No energy crash
- Zero sugar, fat, preservatives, or artificial sweeteners
- Just 10 calories per serving
- Notable ingredients: Camellia sinensis, chrysanthemum, and jasmine
- 10/3g, 60/3g, and 10/20g packages
- 5 Flavors: Original, Peach, Raspberry, Cinnamon, and Lemon



**SUNRIDER®**



# VITADOPHILUS®

Support your gut health and immunity\*

- Balances your microbiome and supports gut health\*
- Formulated with a protective apple-pectin coating that insulates our proprietary probiotic from harsh stomach acids
- Fast-acting acidophilus ensures maximum nutrient absorption by helping your body break down and digest food
- Promotes a healthy, balanced microbiome to support:
  - Healthy digestion\*
  - Healthy immunity\*
  - Clearer skin
  - Efficient metabolism
- Delicious snack for children and adults
- 10/3g packages
- Natural apple flavor is delicious on its own or added to your favorite shake or beverage!

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# SUNBREEZE®

Soothe, relax, and refresh

- Balances your mood with aromatherapy
- Soothes sore muscles, relieves muscle tension, and refreshes senses
- Great for massages and post-workout rubdowns
- Concentrated herbal ingredients
- 100% essential oils (no filler vegetable oil):
  - Cassia oil
  - Eucalyptus
  - Mint extract
- Oil: 6/.17 fl. oz. bottles
- Balm: 1/.92 oz. (large) or 6/.19 oz. (small)

**SUNRIDER®**





# QUINARY®

Balance your body's 5 major systems\*

- Cleanse, nourish, and balance with powerful herbal nutrition
- Complex blend of nearly 50 Chinese herbs—it takes 10 kg of raw herbs concentrated to make 1 kg of our proprietary formula
- Notable ingredients: Chinese yam, Chinese white flower, dandelion root, and licorice root
- 100 capsules
- 10/5g powder packages
- 60/5g powder packages

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# LIQUI-FIVE®

Quinary® in liquid form

- Convenient, highly concentrated liquid form of our bestselling super supplement
- Addresses your body's five systems: immune, circulatory, digestive, endocrine, and respiratory\*
- Proactively promotes optimal health and vitality
- 10/5 fl. oz. bottles

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