

2011 COST OF USA SUNRIDER (Estimate)
30-Day Sunrider Basic REGENERATION Program – in \$U.S.
NEW SUNRIDER CUSTOMER

*Purchasing \$500 US worth of products (at one time or accumulated)
 Qualifies you for 10% off Retail Price and you are a Customer500*

NOURISH = NuPlus, SunnyDew
BALANCE = Quinary
CLEANSE = Calli, Fortune Delight

Product, Based on Sunrider Retail Price	\$ Cost per Month	\$ Cost per Day
3 x 10-pack NuPlus @ \$16.50 each	\$49.50	\$1.65
3 x 10 pack Calli or Fortune Delight @ \$10.00 each <i>(remember you get 60 cups from one 10-pack, so each cup of regenerating beverage is less than 20 cents!)</i>	\$30.00	\$1.00
1 SunnyDew (Stevia) at \$15.00 10 to 20 drops a day.	\$15.00	.50
1 Quinary bottle (100 capsules) = \$33.75 at 3 capsules a day	\$33.75	\$1.12
TOTAL RETAIL PRICE	\$128.25	\$4.27

** 10% DISCOUNT (after \$500 of purchases at one time or accumulated) <i>You are then called a Customer500</i>	\$115.42	\$3.84
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Note:

- Simply Herbs NuPlus costs a bit more.
- These quantities can be increased if desired
- Taxes are not included in this example.

Note: Vitashake (available in U.S. only) and Vitalite Sunbars are highly recommended, depending on your budget and needs.

SUGGESTED DIETARY CHANGES TO REGENERATE:

EMPHASIZE WHOLE FOODS:	REDUCE/ELIMINATE:
<ul style="list-style-type: none"> - Fresh Fruits and Vegetables - Whole Grains, eg. Brown basmati rice - Rye, spelt, kamut, millet, quinoa - Lean meats, chicken, fish - Nuts, seeds (raw) - Organic foods - Pure Water - Sunrider foods (Basic Program to begin with): NuPlus, Calli, Fortune Delight, SunnyDew, Quinary 	<ul style="list-style-type: none"> - The Stomach Busters: Coffee Tea Sugar Salt Chocolate Tobacco Alcohol - Artificial Sweeteners, Aspartame/Splenda - Preserved and Processed Foods - Hydrogenated Oils, including deep fried foods (replace with olive oil, butter, coconut oil) - Wheat - Milk products, except "old" cheese, yogurt - Soda

WELCOME TO SUNRIDER – THE BASIC REGENERATION PROGRAM

Diana Walker, Sunrider Group Business Leader

1-800-840-0014 <http://www.diana2.com> <http://www.diana1.com>

Open Free Sunrider Account Here:

http://www.diana2.com/free_sunrider_account.html

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- THE BASIC REGENERATION PROGRAM
Diana Walker, Sunrider Group Business Leader
1-800-840-0014 dwalker@sunwave.net www.diana2.com www.diana1.com



This is my Sunrider supply cupboard at home – I do sell some from my home, and I am fortunate enough to be able to keep a lot in stock (I couldn't in my early years of Sunrider) – I absolutely LOVE Sunrider and have eaten it daily since 1996! Diana Walker

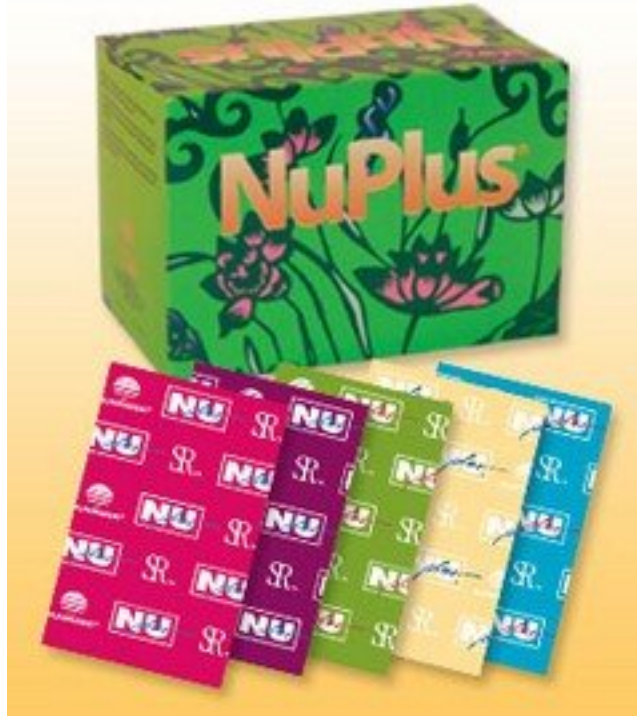
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NUPLUS & VITASHAKE (to NOURISH the body)

Eat 1 scoop/1 package or more daily. (One package is equal to approximately 1.5 scoops of the Bulk container)
NuPlus is a whole food that **NOURISHES** your whole body and gives you energy and nutrition. It is 65% complex Carbohydrates, 20% Protein, 15% healthy Fatty Acids, and goes to the depth of the cell to **NOURISH**.
Only 60 Calories per serving. Note - Vitashake, NuPuffs, and Vitalite Sunbars also all contain NuPlus. Mix with cereal, mix with yogurt, or eat NuPlus straight out of the package. Blend with banana, soy or rice milk, and fresh fruit as a nutrition-packed shake. Even add NuPlus directly to your Calli or Fortune Delight beverage, for a quick energy drink. Add a few drops of Sunectar (Suncare in Canada) or SunnyDew (Suncare Plus in Canada) to enhance flavor and benefits. *Contains: Coix Fruit, Soy Bean, Chinese Yam, Fox Nut, Lotus Seed, Lotus Root, Apple, Waterlilly Bulk, Green Bean, Red Bean, Black Bean, White Bean, Imperate Root, Cinnamon.*



Serving Size: 1 package NuPlus (15 grams) contains:			
Calories 60	Total Fat 1 gram	Total Carb 9 grams	
Fat Calories 10	Sodium 15 mg	Protein 4 grams	

NuPlus comes in Mixed Berry, Pina Banana, Apple Cinnamon, Naturally Plain, Simply Herbs
(Regular comes in only bulk, this is the original formula)

SUNCARE (STEVIA) Sunectar or SunnyDew in U.S. Suncare or Suncare Plus in Canada

Enjoy 10 to 20 drops a day. Sunrider's Stevia helps reduce cravings for unhealthy foods, particularly sugar. Pretty well zero calories. This is a complex carbohydrate which nourishes the pancreas and adrenals. Gives energy, helps regulate blood sugar levels, helps with emotional balance. Great added to your Fortune Delight or Calli, in your NuPlus or Vitashakes, or in water for great, sustained energy. *Contains Stevia, Chrysanthemum Flower*



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1. CALLI OR FORTUNE DELIGHT FOOD BEVERAGE (to nourish the CLEANSING cells)

Mix 1 package to 4 - 6 cups of hot water. DO NOT use boiling water, and do not re-heat in microwave (this kills the live enzymes so vital to nourishment). The beverage can be enjoyed hot or cold. Fortune Delight mixes easily in cold water. Drink throughout the day. Calli and Fortune Delight nourish the **CLEANSING** cells of the body, strengthening the ability to get rid of toxins and fat, and helping to reduce cravings for sugar and fatty foods. Calli works on a cellular level and is particularly helpful when getting off coffee. Fortune Delight works on a glandular level, major organs and deep muscles. Both formulas are high in natural antioxidants and help to maintain electrolyte balances. Calli and Fortune Delight are interchangeable; their overall effects are similar enough to allow them to substitute for one another according to personal preference.

Calli - Contains Camellia Leaf, Perilla Leaf, Morai Bark Extract, Alisma Root, Imperate Root,

Fortune Delight – Contains Camellia Extract, Lemon Extract, Chrysanthemum Extract, Jasmine Extract, Lalang Grass Root Extract



Calli – Regular, Mint, Cinnamon



Fortune Delight – Lemon, Peach, Raspberry, Regular, Cinnamon

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2. QUINARY (for BALANCE)

Start with 3 or more capsules daily (there are 100 in the bottle). You can open the capsule and take it in water, if you like the taste, or just take it as a capsule. 1 package equals 10 capsules. Many people eat 1 package a day. You could also use it in the Vitashake or Nuplus Shake, along with Sunectar or SunnyDew, if you like. Quinary **BALANCES** the body and is composed of 5 distinct formulas combined together to nourish your five systems: Respiratory, Circulatory, Digestive, Endocrine and Immune Systems. This product also comes in a liquid form (LiquiFive) as well as powder (Quinary Powder) in an envelope form. *Contains: Chinese White Flower, Scutellaria Herb, Dandelion Root, Gou Teng, Licorice Root, Tora Seed, Mint Herb, Paris Herb, Fennel Seed, Cinnamon Bark, Poria (Mushroom Powder), Chinese Yam, Ginger Root, Sophoria Flower, Barrenwort Herb, Chuhm Xiong Root, Mongolia Vine Root, Fang Feng Root, Ginseng Root, Honeysuckle Flower (Silver Flower), Yeuan Wu Root, Chrysanthemum Flower, Dispace Root, Angelica Root, Alpina Ginger Root, Angelica Centis Root, Leek Seed, Balloon Flower Root, Bamboo Leaf, Dwarf Lilly Turf Root, Papermullberry Seed, Senega Root, Imperate Root, Forty-knot Root, Reed Root, Broomrape Herb, Chinese Cat Nip, Asias Herb, Bai-Zhu Root, Eucommia Bark, Morinda Root.*



Quinary comes in Capsules, Powder and Liquid (Liqui-5)

3. VITALITE SUNBARS

Eat 1 Vitalite Sunbar per day, depending on your digestive system and drink at least 8 ounces of Fortune Delight or Calli (or water) with each bar. SunBars contain soluble and insoluble fiber, and are very cleansing, like an internal brush. This is not a laxative; rather it stimulates peristaltic action, strengthening the bowels. Low in saturated fat and low-sodium with herbs, nuts, grains and freeze-dried fruits, the SunBar is a great meal replacement or a low-calorie snack that fills you up, not out. The Vitalite Sunbar is filling and helps reduce cravings for non-nutritious foods. 2 Sunbars can be considered a meal replacement. *Contains Honey, Soy Nuts, Psyllium Husk, Crisped Rice, Strawberry Powder, Pineapple, Banana, Red Seed, Apple, Mango, Soy Bean Oil, Coconut, Almond Nut, Caramel, Vitamin E and Wheat Germ Oil.*



Vitalite Sunbars come in Chocolate and Fruit

THE SUNRIDER BASIC PROGRAM – NBC (Nourish, Balance, Cleanse)

VIDEO - Have a Sunpack in a Mug http://www.youtube.com/watch?v=rGp_D85MMdQ

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Diana Walker with Sunrider friends Nory, my sister Goldie Denise, and my friend and Sunrider sponsor Trudy Stoelting July 2009 Sunrider Grand Convention, California



Enjoy Your Sunrider Calli Tea!! Regenerate Your Health!

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DAILY PROGRAM:

1. NUPLUS – 1 to 3 packages daily (or Vitashake/Sunbars)
2. QUINARY – 3 to 10 capsules daily (or 1 package daily or more)
3. CALLI AND FORTUNE DELIGHT – 1 package of each daily (or more)
4. STEVIA – 10 to 20 drops daily (or more)

We often use an Analogy of a FIRE. How much water do you need to put out a fire?!!

- ❖ If your areas needing strengthening are the size of a candle flame or a small fireplace fire, then 1 NuPlus, 3 Quinary capsules and 1 Calli and/or Fortune Delight daily will provide you with results.
- ❖ If your areas needing strengthening are more the size of a house fire – then you will want to have 3 NuPlus, 10 capsules MINIMUM of Quinary daily and 3 Calli and/or Fortune Delight daily.
- ❖ If your areas needing strengthening are more the size of a forest fire – then you will want to practically live on NuPlus, Quinary and Calli/Fortune Delight for several months – along with really healthy whole food – and later you can cut back on these amounts.

The above examples include Stevia daily.

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