

“Sunergy - THE BASIC FIVE”

Sunrider’s Philosophy of “Regeneration”



N – Nourish with **NuPlus**:

For nourishment for all your cells, NuPlus is a balanced whole food concentrate that energizes and helps reduce unhealthy cravings. NuPlus is enzyme rich, complex carbohydrate food that fills in the gaps that regular meals do not satisfy. Also great for “Energy”. Vitashake is also incredible for nourishing the cells and energy.



B – Balance with **Quinary**:

For the five major systems: 50 concentrated foods designed to nourish the digestive, circulatory, immune, respiratory and endocrine systems, and to keep the energy balanced between the five.



C – Cleanse with **Calli & Fortune Delight**:

Calli – A great replacement for coffee or regular tea. This whole food beverage with unique herbal extracts assists in the body’s natural cleansing processes and reduces unwanted fat and cholesterol in the blood. It is rich in antioxidants and catechins. Calli enhances mental focus.



Fortune Delight – Is a great tasting all-natural powdered herbal concentrate beverage that is naturally low in calories and contains no fat, cholesterol, or artificial sweeteners – an excellent replacement for coffee, tea, soft drinks and soda. It helps with digestion and elimination of fats. Fortune Delight is rich in anti-oxidants and provides the body with much energy.



Sunectar (Suncare) and SunnyDew (Suncare Plus)

is a very sweet stevia plant extract with no calories. In many countries it is used instead of sugar. Stevia is an excellent supplement to your diet to help maintain normal blood sugar levels – food for pancreas and adrenal.

Sunrider Stevia is all natural stevia leaf liquid extract with chrysanthemum flowers. It makes every Sunrider drink very tasty and will make water taste delicious.

1. NUPLUS – DELICIOUS WHOLE BODY TONIC



NuPlus is a Concentrated Whole Food that provides your body its base for sound nutrition, antioxidant benefits.

Ingredients: Coix Fruit, Soy Bean, Chinese Yam, Fox Nut, Lotus Seed, Lotus Root, Apple, Waterlily Bulk, Green Bean, Red Bean, Black Bean, White Bean, Imperate Root, Cinnamon (the sprouting process is started on the beans, providing powerful nutrition)
Available in 10 packs, 60 packs and Bulk

- ❖ **Mixed Berry, Apple Cinnamon, Pina Banana, Naturally Plain, Simply Herbs**
 (Bulk NuPlus also comes in Regular, no beans. Great for babies and elderly and anyone with digestive concerns)
- ❖ **Eat your NuPlus 20 minutes before meals, to reduce appetite, curb cravings**
- ❖ **Have 1 to 3 packages a day, or more. (or 1 to 5 scoops from the Bulk)**
- ❖ **Mix in a smoothie, in juice, sprinkle on yogurt or cereal, eat out of the package**
 (Note – does not taste great just mixed in water, though that is what it says on the box. Added to Calli or Fortune Delight, with powdered Quinary, along with SunnyDew, is called “Sunpack In A Mug” and is a favourite.
See Sunrider Recipes bottom of Page 14)

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 is a rich blend of whole plants, packed with vitally alive nutrients, carefully combined and concentrated in a powder form. The combination of 12 powerful whole food herbs gives phenomenal nourishment to the cells. NuPlus is a delicious powdered food that can easily be mixed into smoothies, milk shakes, juice, or even eaten out of the package. Another great way of eating NuPlus is in NuPuffs, a snack food. **VitaShake and Vitalite-SunBars also include NuPlus, and are both complete meal replacement foods with additional protein, digestible fiber, and other nutrients.** Eating 2-4 servings of NuPlus per day unlocks the door to excellent health because it nourishes at the cellular level. **THE MOST IMPORTANT FOOD!**

Possible Benefits of Sunrider NuPlus:

- Regenerating effect on: adrenals; reproductive glands; liver; pancreas; kidneys; nervous system
- Helps to build up lean muscle tissue.
- Improved fat metabolism
- Increased stamina and energy
- Aids in convalescence and speeds recovery.
- Quicker recovery from surgery.
- Promotes general feeling of well-being.
- Promotes better use of all other nutrients.
- Promotes reduced cholesterol.
- Promotes clearer thinking.
- Allows reduced craving for unwholesome food.
- Reduces the occurrence of mood swings.
- Enhanced concentration.
- 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
- 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).

2. CALLI – NO ORDINARY TEA FORTUNE DELIGHT – DELICIOUS INSTANT HEALTH DRINK



- **Calli enhances the removal of wastes from the body.**
- **Healthy replacement for coffee and black tea**

Ingredients: Camellia Leaf, Perilla Leaf, Mori Bark Extract, Alisma Root Extract and Imperata Root. Calli Cinnamon also has cinnamon and licorice root; Calli Mint has mint and licorice root. Available in boxes of 10 and 60

- ❖ **Sunrider Calli Flavors – Regular, Mint, Cinnamon**
- ❖ **Steep 1 teabag in 4 to 8 cups hot (not boiling) water for 5 to 10 minutes; remove bag**



- **Fortune Delight flushes fats and impurities.**
- **Healthy replacement for sodas, diet drinks, sports drinks, fat flushing, weight loss tea**

Ingredients: Camellia Extract, Chrysanthemum Flower Extract, Jasmine Extract, Lalang Grass Root Extract. Natural Fruit Flavors. Available in boxes of 10 and 60

- ❖ **Sunrider Fortune Delight Flavors – Regular, Lemon, Peach, Raspberry, Cinnamon**
- ❖ **Mix 1 package concentrated powdered Fortune Delight into 4 to 6 cups hot (not boiling) or cold water.**

CALLI AND FORTUNE DELIGHT NOURISH THE BODY'S CLEANSING SYSTEMS THAT REMOVE WASTE PRODUCTS.

Individuals drinking SUNRIDER CALLI and FORTUNE DELIGHT report that they experience numerous health benefits, including:

- **Increased Clarity of Mind**
 - **Increased Energy**
- **Improved Weight Management**
 - **Overcoming Caffeine Habits**
- **Calmness and Ability to handle Stress**
 - **Decreased Cravings**

SUNRIDER CALLI and FORTUNE DELIGHT are not really teas, but rather highly concentrated food herbs that just happen to be dissolved in water. Health Drinks for the whole family. Virtually zero calories!!

Calli nourishes the cleansing system of the body, which is like having an internal shower every time you drink it. You wash the outside of your body, right? Wash the inside too! Calli tastes better with pure water (distilled water recommended). Calli comes in "tea bag" form and the 7 herbs are sprayed onto carrier leaves. Steep 1 Calli in 4-8 cups of hot (not boiling) water. (1 tea bag to 12-16 cups water to start, if lots of toxicity). Steep 5 to 10 minutes. Discard the bag after one steeping; better yet, give it to your plants or your animals!

Do not microwave (releases carbon molecules - sets up free radicals)

The original Fortune Delight formula was made 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 is very beneficial for moving out fat, cholesterol, and other impurities along with fungus, parasites etc. It's a great choice for anti-oxidants and is loaded with chlorophyll, nourishing the natural digestive processes. It is very hydrating and great for balancing the electrolytes. Mix 1 or more packages in 4 to 8 cups of water – hot or cold – or add to Calli for "Calli/Delight", smoothies, fruit salads, etc. Phenomenal sports drink when combined with Sunrider's ElectroSport.

3. **SUNECTAR or SUNNYDEW in U.S.** **SUNCARE or SUNCARE PLUS in Canada**



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.
- ❖ Delicious, No bitter aftertaste
- ❖ Water based, no alcohol.
- ❖ 10 to 20 drops a day recommended
- ❖ Add to Calli and Fortune Delight and to NuPlus smoothies, or even with fresh lemon and water

Note: In Canada Sunectar is called Suncare and SunnyDew is called Suncare Plus. You will notice on the bottle that it says "for topical skincare use only". Stevia is perfectly fine and safe to use internally in Canada as it is in all countries. It has been used in Japan and Paraguay and many countries for decades. 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.

Sunrider Stevia has been enjoyed by hundreds of thousands of people all over the world since the 1980s. All of us use this wonderful herbal sweetener daily.

SUNRIDER INTERNATIONAL introduced Sunectar/Suncare (STEVIA) to the market in the early 1980's. Dr. Chen combines this very concentrated, water-based solution of Stevia Rebaudiana with Chrysanthemum for the many benefits of nourishing the body. Stevia Rebaudiana may be helpful for the following:

- Regulate Blood Sugar
- Improve Pancreas Activity
- Better Glucose Balancing
- More Even Energy Flow
- More Consistent Blood Pressure
- Improve Muscle Density
- Better and faster Muscle recovery after exercise
- Improve ability of the body to burn fat
- Improve thinking capacity
- Lessen tissue degeneration
- Balance the ups and downs of energy levels
- Anti-fungal
- Anti-bacterial
- Anti-yeast
- Topical skin care – healing agent
- Non-fermenting
- Water soluble
- Does not promote tooth decay
- Non toxic

Dr. Chen's Stevia is grown naturally, without pesticides and herbicides, 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.

Keep the Sunrider Stevia bottle clean, do not dip in tea, or lick. Keep at room temperature or below, and out of direct sunlight. NOTE: Sunectar/ Suncare is dark (with chlorophyll) and the SunnyDew/Suncare Plus is lighter in color and taste. 30 times sweeter than sugar. Mix with your NuPlus, Calli, Fortune Delight, or anything you like. **Use 10 to 20 drops per day.** Can also be used topically, makes a great first aid kit!

4. QUINARY



- ❖ 3 to 10 capsules daily – the “Find It and Fix It Formula”.
- ❖ Safe for all – Babies, toddlers and elderly can eat daily.

The Sunrider Quinary contains over 50 concentrated, unique foods synergistically combined. The word “Quinary” means consisting of five things or parts. These herbs nourish the life-support systems, “the work horses” of the body: Circulatory, Respiratory, Immune, Endocrine, Digestive. The combinations are very carefully selected to bring life to those systems rather than substituting for weaknesses... Regeneration vs. Substitution! With whole food nourishment, the body “knows” how to correct its own weaknesses, bringing balance and health to the entire body. Where can we eat 50 properly combined, powerfully concentrated “vegetables” (food-grade herbs) for such a low cost per serving? **Quinary nourishes the organs in these systems to bring balance within the body.** Individual formulas that nourish the individual systems may be added and eaten separately, or can be eaten all together in **Quinary Capsules, Quinary Powder, or Liqui-Five (liquid vials).**
Note: 1 powder package = 10 capsules or 1 vial. Use 2 – 3 packages/vials per day for aggressive Regeneration. **See Sunrider Recipes, bottom of Page 14.**

5 Individual System Foods – Formulas that make up the Quinary Food Formula:

For a weak system eat extra system-specific food: 10 capsules a day, for 10 days or longer, for dramatic results; then 2-4 capsules/day for ongoing maintenance. Most people have Quinary – 3 to 10 capsules daily.

Lifestream (L.S. in Canada) – Food for the Circulatory System. All fluid-related areas are nourished. For example, blood picks up nutrients from the intestines, transports them to our tissues, and carries off waste. The heart acts as a pump, with the veins and arteries as major pipelines, but the most important circulatory activity occurs in the capillaries. During the two seconds that blood flows through the capillaries, all the critical exchange between the tissues and the blood take place. This formula nourishes this vital system. All other circulating fluid related areas of the body are nourished also. Emotional food for fear. Signs of imbalance – blood pressure imbalance, cold and numb hands and feet, varicose veins, slow healing, high cholesterol, fluid retention, weak eyesight.

Conco – Food for the Respiratory System. This phenomenal anti-viral formula nourishes all the functions associated with respiration (breathing) and the lymphatic system. Helps perform the oxidation essential to the release of energy stored in our foods. Emotional food for grief. Signs of imbalance – frequent chest colds, asthma, bronchitis, congestion, recurrent cough, etc.

Alpha 20C – Food for the Immune System. This food nourishes the immune system by strengthening the bone marrow, liver and adrenals. A healthy immune system is critical to resisting foreign substances called *antigens* such as viruses and bacteria, and controlling the growth of dangerous and destructive extraneous cells, such as those in cysts and tumors. Emotional food for anger. Signs of imbalance – frequent colds, viruses, cold sores, infections, tumors, cysts, etc.

Prime Again (P.A. in Canada) – Food for the Endocrine System. This formula strengthens all the functions associated with glands, hormones, heart, reproductive system, and nervous system. Emotional food for “lack of joy.” Signs of imbalance – nervous weakness, emotional instability, inability to handle stress, premenstrual syndrome.

Assimilaid (A.D. in Canada) – Food for the Digestive System. This formula nourishes all the functions that deal with digestion of foods and the body’s ability to absorb the nutrients vital to health. Regeneration and degeneration begin in the digestive system. Emotional food for “lack of contentment”. Signs of imbalance – stomach discomfort, nausea, gas, constipation, indigestion, tendency towards food allergies, ulcers, Crohn’s, colitis, etc.

Start with 3 or more Quinary capsules daily (there are 100 in the bottle; recommended 10 capsules per day).

You can open the capsule and take it in water, if you like the taste, or just take it as a capsule. You could also use it in the smoothie, or juice, along with the NuPlus and SunnyDew (Stevia), if you like. Quinary 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 (Liqui-5) as well as 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, Asia Herb, Bai-Zhu Root, Eucommia Bark, Morinda Root.*

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