

The **SUNRIDER** **BASIC PROGRAM**

Nourish Balance Cleanse

...Your Path to Healthy Living

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It is not the author's intent to diagnose, prescribe or imply treatment.

If you have a medical problem, consult your physician.



WELCOME TO SUNRIDER – THE BASIC PROGRAM

1. 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. It is 65% complex Carbohydrates, 20% Protein, 15% healthy Fatty Acids, and goes to the depth of the cell to **NOURISH**. 60 Calories per serving. Note - Vitashake, NuPuffs, and 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, Waterlily Bulk, Green Bean, Red Bean, Black Bean, White Bean, Imperate Root, Cinnamon.*

2. Sunectar or SunnyDew in U.S. (STEVIA) (to NOURISH the pancreas and adrenals) (Suncare or Suncare Plus in Canada)

Enjoy 10 to 20 drops a day. Sunrider's Stevia helps reduce cravings for unhealthy foods, particularly sugar. 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*

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

Mix 1 package to 6 - 8 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

4. 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. 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.*

5. SUNBARS

Start with ½ to 1 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 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.

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Regeneration

Regeneration refers to the process by which the body is constantly renewing itself. If our cells get the proper environment – the balance of proper nourishment, then the cells that result can be of a higher quality. Our bodies have the tools to repair, cleanse, and balance itself. To keep our bodies healthy, we have to feed our bodies proper nutrition every day. Thus, the Philosophy of Regeneration is that nourishing and cleansing your body with the best combination of foods will help prevent sickness and improve health.

If our cells don't get proper nourishment then the resulting cells will be weaker. This is referred to as **degeneration**.

The Chinese spent thousands of years scientifically selecting and recording various plants and foods (what we call herbs) that would supply this perfect environment of nourishment to allow the body to reach its best potential. They knew how to deal with sickness but they focused a lot on creating that peak health that they knew was possible.

There are three basic principals that work to achieve regeneration.

1. Cleansing
2. Balancing
3. Nourishing

The method most commonly used in the health food industry is to grind up herbs, check the bacteria count and fumigate as necessary. Sunrider **never** fumigates their herbs. Sunrider thoroughly cleans and then extracts the herbs beneficial essences through their state-of-the-art concentration process. Extraction helps to facilitate digestion and ensure that nutrients remain while unwanted material is discarded. To achieve the highest value and effectiveness from the herbs used, they go through an elaborate

system of concentration. Concentration is crucial because without it, you'd have to consume huge quantities of certain foods to obtain its benefits. For example, we know about the antioxidant effects of tomato and broccoli, but to benefit from those effects, we would have to eat very large quantities of them. Concentration is really the only solution. That's why Sunrider uses tremendous quantities of herbs to make a small amount of finished, concentrated product rather than simply grinding them up and packaging them.

Sunrider's approach to health is to use the right combinations of food to nourish, cleanse and balance the body.

The five basic foods are :

1. **Calli and Fortune Delight** - for CLEANSING
2. **Sunbars** – for CLEANSING/Nourishing
3. **Quinary** – for BALANCING
4. **SunnyDew** – for NOURISHING
5. **NuPlus** – for NOURISHING

(Refer to the data sheets for each specific food for more information.)

The first food that most people choose is from the cleansing category. The Herbal teas such as Calli and/or Fortune Delight are an excellent choice. The second choice most often made are the nourishing foods such as NuPlus for cell nourishment and Quinary to help balance the five major body systems. There are several other products, along with the basic nourishing foods, that help enhance the regeneration process. You will want to familiarize yourself with them.



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What You Can Expect...when you start Regenerative Whole Foods

Regeneration is a natural process, which is controlled by the needs of the body. Each body is different, so each body will use the nutrition of regenerative whole foods in a slightly different way and at a different rate. **Your body knows best!**

Some of the changes that *many* people experience in their first two weeks tend to be subtle at first: a slight

increase in energy, a general balance and clarity - mentally or emotionally - lightness and sometimes changes in the choice or quantity of foods we eat or are attracted to. You may not experience these changes, or you may experience a lot more, but when you are eating food grade herbs, you know that every time you put Sunrider foods in your body, they *are* feeding you and they *are* having a benefit.

What You Can Hope For...Prevention...and Regeneration!

If you consider the health trends of our society and how degenerative diseases are rapidly increasing (even among children), Sunrider foods would be worth eating if it were just for that prevention aspect, but they provide much more.

Degeneration is the process of replacing old cells with inferior-quality new cells. This occurs when food has lost its life-giving power, because of improper growing, harvesting, cooking, preservation, or processing. Much of the food consumed today promotes degeneration.

Regeneration is the process of replacing old cells with superior-quality new cells. It occurs when food has retained and enhanced its life-giving power, through proper growing, harvesting, preparation, and

combining.

Sunrider whole foods promote regeneration.

Regeneration enables the body to perform all of its physical functions more efficiently. These functions include respiration, circulation, reproduction, assimilation, elimination, immunization, and growth.

Regeneration on the physical level opens new pathways to progression on emotional, mental and spiritual levels. Throughout the years we have seen many amazing 'healings' occur. The Sunrider food is not doing the healing – it is the body – the foods just give the body a proper environment to do what it is genetically programmed to do. What can you hope from the foods? Better to ask what you think is possible from your body.

What We Don't Hope for...but are Ready for...Cleansing

Most people, when they get some time and energy, begin to clean up the messes that have been piling up in their lives – in their closets, their office or their garage. Your body is the same.

Cleansing is the process of breaking down and/or eliminating undesirable materials, such as undigested food components, accumulated drugs, toxins, degenerating cells, yeasts, fungi, and parasites.

When detoxification and elimination functions are perfect, the person is not aware that cleansing is taking place. This occurs when the liver, kidney, and bowels are strong and well supported nutritionally, when the person is exercising adequately and when enough fluid is being used to move toxic materials along quickly.

However, when these conditions are not met, cleansing 'signs' may be experienced. Again, this will vary greatly.

If toxic materials are broken down and released into the system for elimination, old aches and pains may resurface. Fatigue and irritability may occur. These will pass when the elimination process is complete.

If the body focuses its energy inward to heal, it may experience chills, fever, thirst, loss of appetite, tiredness, and disinclination to exercise. Extra sleep is

required at such times. Nourishment should be easily digestible, such as NuPlus, steamed vegetables or vegetable juices. Fluid intake should be increased.

If the body's eliminative capability is *temporarily* overloaded, it can experience such discomforts as nausea, constipation or diarrhea, bad taste in the mouth, skin breakouts and itching, excessive perspiration and body odor. Getting some exercise and fluid intake will assist the body to eliminate more efficiently. Cleansing processes can be supported by a "lighter" diet and by eating greater amounts of Quinary and Sunrider Fiber Bar (Sunbar). Varying the amount of Calli and/or SlimCaps can be useful as each individual seeks to achieve a personally comfortable level of elimination. Increasing either of these products will allow the body to speed up the cleansing process, but might also increase the discomfort.

If you have cleansing signs, you should feel encouraged. It's a positive process and you will feel better afterwards. Talk to your sponsor. **Also don't feel discouraged that your eliminative organs aren't perfect – hardly anyone's is – that is why we *start* a program**

Calli & Fortune Delight

Extraordinary Teas

Hundreds of thousands of tea and coffee drinkers now choose Calli and Fortune Delight as their daily drink of choice – and not just because they taste great – but because they contain concentrated herb foods with amazing benefits for the body. Individuals 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

These teas are even good for your skin and beauty! *Mademoiselle Magazine*, May 1994 issue reports that: "Designer bottled water may have been replaced as the super model drink of choice. Models Cindy Crawford, Naomi Campbell and Karen Mulder are now carting around a health elixir called Sunrider Fortune Delight, which is packed with extracts of camellia, jasmine, chrysanthemum and lalang grass."



better! Minneapolis Sunrider, Jerry Urbanak, had a remarkable change from using Calli. He went to the University of Minnesota to have his cholesterol checked and to test out a chemical for lowering cholesterol in a study sponsored by a drug company. His cholesterol was measured at 261. He postponed entering the study to give Sunrider foods a try. After a

month of eating NuPlus, Quinary and drinking Calli morning, noon, and night, he went back to the university to have his cholesterol level rechecked. It had dropped to 191 – a drop of 70 points in one month! Since Jerry's cholesterol level had dropped below 200, he could no longer be in the study, but he was not complaining!

Jerry said he felt his body go through a physical transformation and experienced a profound effect in his health. A year later he is 13 pounds lighter, and still holding his lower cholesterol level!

Why All These Incredible Benefits From "Just" Teas?

The first important thing to remember about these teas is that they are not really teas, but rather highly concentrated food herbs that just happen to be dissolved in water. Modern nutritional science is just beginning to discover some of the amazing properties of whole foods and the magic of herbs.

Sunrider teas are alkaline in nature. In an alkaline environment, impurities are less likely to be absorbed into the body during digestion. The concentrated foods in Calli and Fortune Delight have traditionally been known for thousands of years to nourish and balance the cells and glands associated with cleansing toxins from the body.

Like carbon buildup in a car, toxins within the body inhibit proper functioning. If the major filter for toxins in the body – the liver – is overwhelmed, then it cannot properly deal with its many functions. These include: fat metabolism, (overweight), blood sugar regulation, (energy problems), cholesterol control, (heart disease), protein and hormone regulation. Some health practitioners attribute all health problems to some manifestation of toxins.

Sunriders don't necessarily understand why these teas work so well. They just know they feel

Does Calli Have Caffeine In It?

Calli is such a great energizer, some people insist that it must have caffeine in it. Dr. Steven and Carol Smith, from Minneapolis, decided to put this concept to rest once and for all. They hired Ingram Laboratories, Inc. in Minneapolis to test Calli for caffeine. The lab followed the Food & Drug Act (FDA) caffeine, alkaloid procedures and reported they were not sure that there was any caffeine in Calli. Other alkaloids similar to coffee appear the same in the tests. The trace amounts of alkaloids that showed up in Calli (0.045ppm) are also found in much higher amounts in carrot juice, lettuce and peanut butter. Coffee contains 650 ppm of caffeine. Dr. Steven Smith's comment on the caffeine is that if anything, the trace amounts might act in a homeopathic way to "stimulate a healing, stabilizing response."



Catechins

It has been seen that “catechins” in tea leaves can cause cancer cells to self-destruct. Catechins are contained within the tea tannins. Green tea has tannin at 12-13% while black tea has tannin at 6-7%. The problem is that tannin as a whole food is not good for us. Sunrider blends green and black tea together with many other herbs. The Sunrider formulation process decreases the ill effects of tannic acid and caffeine while increasing the concentration of the good catechins. These products are not processed the same as many of the other Sunrider herb products. The tea leaves are soaked at very specific temperatures for very specific amounts of time. They are not squeezed, but rather hung to drip. The time and temperature cycles are the secret in creating these most unique products. And although we cannot say that these beverages are caffeine free, we can say that you will never see the ill-effects of the small amount of caffeine, due to the balance and harmony of the ingredients and the results of the unique processing. Like the NuPlus, these beverages are extremely high in antioxidants, proven by measurement, with the high pressure liquid chromatography process (HPLC).

Calli actually helps get you OFF caffeine! John Finnigan in his book, *“Recovery From Addiction,”* states: *“The best and most remarkable formula I have seen for helping to free people from caffeine addiction is Calli tea. I have been amazed by the number of people who have told me that as soon as they began drinking Calli, they lost all craving for caffeine and were able to completely quit coffee and cola addictions with ease!”* Finnigan explains that all addictions, whether caffeine or sugar or drugs, are related to a weakened or congested liver that cannot provide the proper energy to the body.

Ancient Roots

The Shao Lin priests of China originally developed the Calli formula to help them concentrate during their long periods of meditation. The clearer, more focused thinking that it produces seems to come from improved body cleansing which is now considered the formula’s main benefit.

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.

Traditional Know-How Preserved

Exquisite care is taken in the planting, harvesting, and creation of present-day Calli. Where many herbal teas are simply chopped up herbs in tea bags, such is not the case with Calli. First, the carrier leaf - the

Camellia Leaf - is slowly dried, turned over and slowly dried the rest of the day. In a separate process, the various other herbal ingredients are extracted and concentrated. This concentration is sprayed on the carrier leaves, layer upon layer, one ingredient at a time. This complicated process brings you a herbal formula so concentrated, that one tea bag makes one to two quarts of tea, depending on how you like it.

This same care is also taken in adding flower essences to Calli and Night Calli. Flower buds are carefully picked and then gently heated to open them up for maximum freshness. This allows you to enjoy the benefits of aromatherapy as you are enjoying a hot steaming cup of these wonderful drinks!

Antioxidant And Much More

People concerned about the harsh effects of free radicals (related to cancer, heart disease, diabetes, and aging) must remember that a big source of free radicals is the body’s own manufacture of them during inefficient metabolism. Sunrider foods support the best antioxidant known – a healthy, balanced body, and nourish it with plant-based free radical fighters. One of the most powerful Sunrider formulas for this is Fortune Delight! And if you are also looking for a chlorophyll source, don’t forget that Fortune Delight contains *brown* chlorophyll, which is much more easily assimilated than green chlorophyll.

Coffee – North America’s Worst Drug Habit?

Many coffee drinkers, when they do not get their regular brew, experience powerful headaches, jitters and feelings of exhaustion. This is why many health practitioners have declared coffee a “drug habit.” (The body chemistry is dependant upon the stimulating effects of caffeine to function). Even if you don’t put yourself in this category, when you look at the other documented effects of coffee you have to wonder why you bother with the stuff. Research has proven that caffeine has induced the following disease patterns:

- Bladder, pancreatic, renal, pelvic and ovarian cancer
- Peptic ulcer, diarrhea
- Increased fat retention
- Low infant birth weight and premature birth
- Increased blood pressure
- Cholesterol and heart disease
- Death (40 cups a day)
- Stained teeth, bad breath
- Reduced calcium, vitamins and minerals

Coffee contributes absolutely nothing to the total human body chemistry, but it can harm your liver, kidneys, heart, bladder, digestive tract, bones, teeth, skin, growing fetuses and new-borns – to name a few. It can cause weight gain and fat retention. It contains absolutely no nutrients, no vitamins, no minerals, but it

does contain a deadly drug known as caffeine. Caffeine is a powerful stimulant and can produce insomnia, restlessness, anxiety, muscular tremors, and in some individuals, caffeine may cause deep mental depression.

The action of caffeine on the human heart is so stimulating and damaging that when a person has a heart attack, high blood pressure, kidney or bladder disturbance, normally their physician will prohibit any coffee or caffeine.

Most people have wanted to get away from coffee, but they were not able to until they received the balancing effects of Calli and Fortune Delight.

Are All Herb Teas The Same?

Certainly not! Keith McBride of Utah states: "I first sipped Calli over ten years ago. It didn't taste like any herb tea I'd ever experienced. That was just it – Calli had flavor! In fact, Calli makes other teas taste bland."

Maybe you have seen those herbal teas you can buy in health food or grocery stores. Although most of these teas have interesting names and tastes, most of them are just flavored water with little or no nutritional benefits. Although many people drink these teas, do you know of a single person whose health has been significantly changed from them? On the other hand, there are thousands of people whose lives have changed dramatically by introducing Calli or Fortune Delight herbal tea into their diet. This is because Calli and Fortune Delight supply concentrated herbs. You are actually getting a lot of nutrition when you dissolve these herbs into "tea."

The other herbal teas you may find in a store are made of strong medicinal herbs. These should be used with caution. Medicinal herbs like medicinal drugs, can have powerful side effects. For example: *The Townsend Letter For Doctors (May 1995)* reported the death of individuals using a weight loss tea (Laci Le Beau Super Dieter's Tea). That is a horrible price to pay for some quick weight loss! Townsend Newsletter concluded that: "This was what might be expected from a product that contained herbs known to have diuretic, stimulant and laxative effects."

Sunrider, being food-grade rather than medicinal-grade herbs, has none of these harsh or dangerous effects. Not only have thousands been enjoying Sunrider teas for over 17 years with only positive benefits, but also the original Chinese formulas have been used safely for over 5,000 years!

Sunrider Teas Are Great!

Take It From the following.....

Gail Holder, Winnipeg: "I used to walk around in a daze. Everyone always knew where I was by 9 pm –

they could find me asleep on the couch. After receiving a box of Fortune Delight as a gift, no one could ever find me anymore – I was off somewhere telling someone about my new health. It was like someone lifted a veil from my eyes. Suddenly I was more aware – more awake."

Arlene Bohn, Winnipeg: "I came to a health lecture, drank three cups of Calli and went home to have my first good night's sleep in months!"

Rob Cooper, Edmonton: "My life has been completely changed from Sunrider. I once weighed 450 pounds. I reduced to a healthy 187 pounds...and Calli got me started! My sleep improved, my digestion improved, and I discovered I hadn't had an ounce of pop since my first cup of Calli."

Dale Zeilki, Edmonton: "I am a national class skier who loves the energy and other nutritional benefits of the Sunrider foods. But the biggest benefit I gain for my training is the ability to intensely focus. Calli gives me the focus and concentration that keeps my edge."

Relax With Night Calli

For those of you who have too much stress in your life, there is a Night Calli which contains special herbs to nourish and balance the nervous system. Don't just drink it at night though – it's good for you the whole day too! It won't put you to sleep at work, and you will be calm yet alert! During the day, you can try the Calli Fresh which also is related to relaxation but has the added "freshness" for the day. Other Calli flavors include: Regular, Peppermint, and Cinnamon. Fortune Delight flavors include: Lemon, Cinnamon, Regular, Raspberry and Peach.

Erewing Tips For Calli & Fortune Delight

Do not use boiling water and do not microwave (this destroys the live enzymes). Leave the Calli bag in for 2 to 5 minutes and then take the bag out to remove formation of any bitter taste from the tea leaves. Do not use the Calli bag a second time as the nutrition is dissolved from the carrier leaves during the first "steeping." Dissolve Fortune Delight in hot water, using 8 to 12 cups. Try both Calli and Fortune Delight iced – they're delicious. Remember first to dissolve the Fortune Delight powder in a small amount of hot water (it dissolves better in hot water) then add cold water.

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NuPlus

NUPLUS Sunrider's most basic herbal nutrition is a

unique, powerfully concentrated herbal formulation - an herbal nutritional foundation on which to build a solid and healthy diet. NuPlus strengthens the body's systems by nourishing tissue and cells. The NuPlus formula was originally developed by the Chinese sages of old to sustain the body at top performance level. They looked to the *natural* nourishment contained in the food *herbs* to improve the overall condition of their organs and their metabolism. According to the Philosophy of Regeneration, with the right "fuel" the body will naturally fortify itself against various diseases. Nutritional reinforcement gives the body the needed elements to enhance its ability to maintain elasticity and the right moisture balance in the joints and tissues. This leads to better equilibrium, stamina and flexibility. History tells us that these Chinese sages were so renowned for their strength and vigor, that the Chinese emperor removed their herbal formulas to his own library. From that library, Dr. Chen came into possession of the formulas through his great grandfather.

The aspect of "whole food" is the key to the NuPlus formula's power. The Chinese believed that plants contain the necessary ingredients that the body needs for extracting all the vitamins and minerals which the plant has to offer. In the West, since it is commonly thought that the intestines *randomly* absorb food when it was broken down to the isolated *vitamin or mineral form*, the synthetic vitamin and mineral industry formed to supply this "nutrition" Recently a University of Pittsburgh School of Medicine study found that the intestines recognize and absorb food at the level of the complex peptide chain (whole food) better than synthetically derived vitamins. Some research indicates that our body may absorb only 1 1/2 % of the nutrient supplied by some isolated vitamins and minerals.

Essentially the body recognizes and assimilates nutrients *best* from a *whole food source*. The synthetically derived materials are not as biologically available in the cell's Krebs Cycle and need further refinement, meaning that our body does not recognize isolate vitamins and minerals as a food *source*.



S SECRET ENERGY SOURCE

The secret to the remarkable abundance of *energy* derived by the body from a relatively small amount of powdered NuPlus comes from its *quality* and its *quantity*. Eight to fourteen pounds of herbs are concentrated into one pound of NuPlus. That means the bulk is separated from the nutrients and only a little bit of bulk is carried on to the final product. This is like taking all the nutrients of 14 oranges (not just isolating the vitamin C) and concentrating them into 1 orange. That's one healthy orange!

W HAT'S IN NUPLUS?

NuPlus is a great source of Phytonutrients that can strengthen the defense system. It may also be helpful in balancing weight and blood sugar. Even though it was not designed as a meal replacement, it is uniquely combined and concentrated to give the body a very natural intake of 65% carbohydrates, 23% protein and 12% fat in just 60 calories.

NuPlus contains a high percentage of complex carbohydrates. What do the complex carbohydrates do for you? They burn more slowly in the body than simple carbohydrates - this is why NuPlus provides you with an even level of energy throughout the day. (If you are feeling fired, have a scoop or envelope of NuPlus for a quick pick-me-up).

The complex carbohydrates are turned into glucose by the body and are stored in the liver and muscles for later use. Simple carbohydrates end up being stored in the fatty tissue. The simple carbohydrates give an immediate energy lift but the energy-burst rapidly wears off, leaving you feeling "not quite yourself." This is why a scoop of NuPlus, or a helping of NuPuffs, can give you the lift you need to take you through your day's activities. NuPlus also helps to reduce cravings for sugars, unhealthy foods and drinks, and is a great alternative to those empty calorie snacks we may be eating throughout the day.

Rabia Bakr, an independent Sunrider Distributor from New York, tells of a professor at Columbia University who gave some Sunrider products to several respected

chemists for evaluation. After a complete assessment, they reported that they know of *no one* this *advanced* in dealing with herbal food. They said it was a multimillion-dollar process to preserve the enzymatic action of the plants as Dr. Chen has done. When asked what they felt a pound of NuPlus should sell for, their guess was \$200 per pound!

MAIN INGREDIENTS IN NUPLUS

NuPlus contains all important bioflavonoids naturally occurring plant chemicals which are extremely potent antioxidants. According to modern research, the superior ingredients in NuPlus provide important health benefits. What are the main ingredients in this incredible food?

Imperate Root - The Chinese found Imperate Root had anti-viral, anti-bacterial, anti-arthritic and anti-inflammatory properties that helped get rid of liver and kidney inflammations.

Water Lily Bulb And Fox Nut - Fox nut is the fruit of the Water Lily Plant. The Chinese found the Fox Nut to balance and energize the spleen and kidneys. The bulk also fortifies these organs and helps detoxify the body. It was found to enhance the cell's moisture barrier.

Coix Fruit - Coix Fruit is a grain in the barley family that contains B vitamins. The Chinese found it to be a very nourishing purgative that also strengthens the spleen. It was also found to help the body's process of flushing out excess salts, water and toxins and help maintain a healthy immune system, a healthy nervous system and healthy cholesterol levels. Coix also contains *glucosamide* ingredients which research has recently found helpful in cancer therapy and joint problems.

Chinese Yam - Chinese Yams are rich in hormone producing substances, emollients and enzymes. The early Chinese sages knew the yam to be an anti-inflammatory agent which was soothing to the kidneys, spleen, lungs, stomach, adrenal glands, the hormonal and reproductive system.

Soy Bean - Soy bean reduces harmful cholesterol (LDL, low-density lipoprotein) without affecting beneficial cholesterol (HDL, high-density lipoprotein). It is also beneficial in weight management, fighting fatigue and regulating blood sugar.

WHAT IS NOT IN NUPLUS

Let's take a closer look at what is NOT in Sunrider NuPlus.

Isolated Soy - We all know that *non-isolated soy* is a good source of assimilable protein. On the other hand, isolated soy, which is made from the hull of the soybean, is a waste product of the soy industry that some companies use to make their isolated soy protein powder. This form of soy protein cannot be assimilated. Even a cow with four stomachs cannot utilize or digest this form of soy. Dr. Chen does not use isolated soy in our NuPlus. It is important that if you buy any soy products, that it not have the work "isolate" on the label. Isolated soy protein powders may clog the lymphatic system.

The Soybeans used by Sunrider are NON-GMO (NOT Genetically Modified)

Dr. Chen does not use isolated soy, but rather the *whole soybean* itself in our NuPlus food. The soybean itself is a great source of assimilable protein. He even soaks the beans to start the sprouting enzymes so all of the beans in NuPlus are much easier to digest; even a baby can receive the nourishment in the beans.

Protein Powders -

NuPlus is *not* a protein powder, but rather is made *solely* of nutrient-rich whole herbal foods.

WHY ALL THE DIFFERENT FLAVORS?

The delicious different flavors in NuPlus please the palate and give variety to the ways NuPlus can be consumed. But the flavorful ingredients also have their own nutritive addition to the NuPlus formula

Mixed Berry - The strawberries and blue berries contain high amounts of useable B 12 and folic acid, which are helpful during menstruation, ovulation and post-partum recovery.

Regular - Like Simply Herbs, but contains no Soya or any other beans like in the other flavors.

Simply Herbs - This formula is the easiest to digest and assimilate. Since it does not have the berries or fruit in it, it can be bottle-fed to an infant (mixed in with weak Calli Regular Tea). It is also recommended for anyone on a Candida diet

Naturally Plain - The apple pectin combines with the other herbs to help strengthen the heart and cardiovascular systems. It also helps elimination.

Pina Banana - This formula is loaded with biologically available potassium and pantothenic acid. This aids in getting rid of headaches that are caused by a sodium potassium imbalance. The vitamin B in it helps the body when you are under stress.

Apple Cinnamon - This formula can aid the digestion and circulation

NUPLUS FORMULATION

The unique NuPlus formula incorporates the best of Chinese nutritional tradition including the *FIVE TASTES*: Sour - astringent; Bitter - cleansing; Sweet - tonic; Spicy- perspiration; and Salty - softening. The "*FIVE COLOR PHILOSOPHY*" is represented by the five beans in the NuPlus formula which nourishes the entire body as well as the five key organs as follows: Red beans - heart; White beans - lungs; Yellow beans - spleen; Black beans - kidneys; and Green beans - liver.

TIPS FOR TASTY NUPLUS PREPARATION

1. Mix NuPlus in water or Calli or Fortune Delight tea of your choice. Add several drops of SunnyDew or Sunectar (Suncare and Suncare Plus in Canada) (Stevia) if desired.
2. Blend NuPlus with fruit juice of your choice, a banana and an ice cube or two in a blender to make a delicious NuPlus "Smoothie." Add a dash of cinnamon if desired, or any other fruit (fresh or frozen).
3. Sprinkle over cereal.
4. Add a scoop or two to your favorite pancake mix.
5. On cold days, add a scoop of Mixed Berry or Apple Cinnamon to hot water or soymilk for a hot drink, or hot cereal.
6. Add to lentil soup.
7. Eat dry when hiking, traveling, or skiing for a quick energy boost.
8. Use your imagination; the ideas are endless.

SUNRIDER NUPUFFS

NuPuffs are dry, crouton-like snacks based on Sunrider's superior NuPlus formula. NuPuffs are nutritious, convenient, and come in Cheese and Cocoa flavors. They are low in fat high in nutrition and taste great. Try them sprinkled on top of salads or for snacks any time of the day, on picnics, at the beach, camping, travelling or substitution for your kid's usual junk food. One package is equivalent to 1½ packages of NuPlus. They are packaged in boxes of 12 or 24 and give snacking a good reputation! However you add it to your meals, NuPlus or NuPuffs are a foundation herb food on which to build a nutritious, healthy diet to start a great day.

SUNRIDER VITASHAKE

Vitashake is NuPlus "Plus"! Vitashake has all the benefits of NuPlus, along with more protein, vitamins, minerals and fiber. This great shake is super NuPlus with added nutrition and soluble fiber. Vitashake should be consumed with at least 8 ounces of liquid.



Quinary

NOURISHING OUR FIVE SYSTEMS

The Sunrider Quinary contains over 40 herb foods synergistically combined. The word "Quinary" means consisting of five things or parts. Quinary consists of five unique herbal formulations designed to help nourish and strengthen the body's five major systems and improve the communication among them.

Each of the herb foods found in Quinary are concentrated and enhanced thus maintaining their nutrient integrity. Sunrider herb foods are fruits and vegetables, very high in antioxidants and phytonutrients.

What are the names of the five formulas in the Quinary and what are they for?

Alpha 20 C—Immune System

The formula to nourish the defense or immune system. Signs of imbalance -frequent colds, viruses, cold sores, infections, tumors, and cysts.

Conco—Respiratory System

The formula to nourish the respiratory and lymphatic system. Signs of imbalance - frequent chest colds, flu, asthma, bronchitis, congestion, recurrent cough, headaches, and migraines.

Assimilad (A.D.)—Digestive System

The formula to nourish the digestive system. Signs of imbalance - stomach discomfort, nausea, gas, cramping, constipation, colic, stomach distention, indigestion, tendency towards food allergies, ulcers, Crohn's, and colitis.

Lifestream (L.S.)—Circulation System

The formula to nourish the fluid processes of the body including circulation. Signs of imbalance - blood pressure (cold and numb hands and feet), varicose veins, slow healing, high cholesterol, fluid retention, weak eyesight, weak nervous system.

Prime Again (P.A.)—Endocrine System

The formula to nourish the endocrine system, which includes nerves, glandular and reproductive systems. Signs of imbalance - nervous weakness, emotional instability, inability to handle stress, menstrual and premenstrual discomfort, weak sexual response, tendency toward allergic reactions, hypertension, muscle weakness, lack of drive.



Quinary is a mixture of all 5 formulas in one and can be purchased in 100 capsule bottles, 5 gram powder packages which are equivalent to 10 capsules, or Liquid Five, which again, is equivalent to 10 capsules but in a liquid vial. The powder comes in 10 - 5-gram packs and 120 packs, while the liquid comes in 10 vials only. The five individual Quinary formulas can be purchased **separately** in bottles of 100

capsules. Alpha 20 C can also be purchased in bulk 250 gram containers or 10 - 5 gram packages of powder.

"Quinary consists of five unique herbal formulations designed to help nourish and strengthen the body's five major systems"

How do I eat Quinary? Quinary is a food to support the nutritional needs of your body, to help us deal with the stresses of life more effectively. Should I eat Quinary if I am not sick? Yes! Our five major systems continuously need nourishment.

How *much* should I eat? Remember Quinary is a food, so eat as much as you desire. As soon as children are eating solid food they can begin eating Quinary. Before that, hopefully they will receive it through

Mom! Children can start with 1 to 2 capsules per day, mixed in with their food. Adult dosage is 10 capsules per day; begin with a minimum of **1 to 3** capsules per day and increase as desired.

Sharon Farnsworth, in her *Volume 1 of Sharon's Collection*, notes that "to use Quinary at every meal is ideal...take the same number with each meal. The energy flow referred to, as 'the cycle of the Quinary' is constant, 24 hours a day. So nourishing this process needs to be done consistently throughout the day.... Consistent energy is maintained when the body is regularly fed whole food products like Quinary, which give the needed nutrients to all tissues of the body."

Stevia

STOPPING THE SUGAR BLUES

STEVIA REBAUDIANA

Stevia Rebaudiana is a food herb native to northeastern Paraguay. The Guarani Indians in Paraguay have used Stevia since before the colonization by the Spaniards in the 16th century.¹ Its sweet taste first was used in beverages, but by 1950 some Paraguayan physicians used Stevia Rebaudiana for the treatment of diabetes.² In fact a key research study published in the Brazilian Journal of Medicine showed that Stevia Rebaudiana actually "increased glucose tolerance."³ There is no suggestion that this dietary supplement should replace any medical treatment.

In Paraguay it is generally known that Stevia benefits blood sugar levels. They have also used Stevia "to relieve physical and emotional fatigue."⁴ In the United States and Canada excessive consumption of sugars and fats has created a need for a safe dietary supplement that can help the imbalances created by our diet.

The pancreas is a large gland that secretes a digestive fluid into the intestine and also secretes insulin. Stevia may be added to the diet and may benefit the balancing of blood sugar. Based on this information, in September of 1995, the FDA approved Stevia as a dietary supplement. The work of Sunrider International in securing the dietary status has been recognized in the professional journals across the U.S. 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 it is still sold as a skin care product and has not yet been recognized as a

Books such as *The Zone* by Barry Sears, discuss the problem of too many carbohydrates and the difficulty the body has in dealing with the hormone, insulin. It is Sear's belief that too many carbohydrates effects weight and leads to the poor shape of our country today.⁵

Though recognized as simple or complex, all carbohydrates eventually become simple with the help of the pancreas. Too many



carbohydrates for many people creates an imbalance that effects their weight, size, shape and even health as reflected by blood pressure and cholesterol. A number of Brazilian studies have shown that blood glucose was lowered after 4 weeks of continuous use of Stevia Rebaudiana.⁶ Therefore Stevia may be beneficial to a large number of people that either eat too many carbohydrates or have a body that can't handle the amount consumed.

There was an interesting study done in Brazil that showed a 9.5% lowering of systolic and diastolic blood pressure⁷ in a group of subjects ranging in age from 20-40 years. This also corresponds with Barry Sears reports of irregular blood pressure from poor metabolism of carbohydrates.⁸

Paulette Caster, in her book Balanced For Life, makes a clean and distinctive difference between grain carbohydrates, vegetable carbohydrates and fruit or simple carbohydrates. It is important to keep the quantity of carbohydrates as well as the quality (whole food or processed) in a reasonable range. The source needs to be balanced to give the pancreas a chance to handle the flow.



According to Pearson and Shaw in their now famous book, Life Extension: "Problems can develop when individuals chronically eat large amounts of sugar. When common table sugar (sucrose, a simple sugar) is eaten, insulin is quickly released by the pancreas to metabolize the sucrose. The sugar is quickly used up, but the insulin remains in circulation for hours afterwards because it has a much longer half-life (the length of time it takes for the

*concentration in the blood to drop by half) than the sugar. The insulin can lead to a hypoglycemic rebound because the circulating insulin continues to keep blood sugar down, even though the original sugar meal which caused the insulin to be released has been used.*⁹

All of the simple carbohydrates we consume today as well as the artificial sweeteners tend to confuse the pancreas, thus creating an imbalanced state. Proper levels of sugar in the blood are important for mental clarity, energy, muscle recovery, and proper metabolization of fats.

Sunrider International introduced Sunectar (Suncare in Canada) to the market in the early 1980's. This very concentrated, water-based solution of Stevia Rebaudiana is combined with Chrysanthemum for the many benefits of nourishing the body. In 1996 Sunrider introduced a new product called SunnyDew or Suncare Plus in Canada. This clear, concentrated dietary supplement is Stevia based, yet has added citrus bio-flavonoids for even greater anti-oxidant qualities. This is the first *clear* water-based Stevia liquid on the market. Other clear liquids may be alcohol based and are not nearly as concentrated as is SunnyDew or Suncare Plus.



SunnyDew or Sunectar (Suncare and Suncare Plus in Canada) can be added to water, hot or cold beverages or drink mixes like NuPlus. It has a pleasant sweet taste and its convenient 1 ounce bottle make it easy to use.

Let's Balance That Blood Sugar

Most people suffer with cravings for sweets.

This is often reflected in their size and shape. We often succumb to the desire for sweets and justify it with low calorie and no-calorie sugar substitutes that satisfy the basic need for sweetness.

The real problem with sugar is that ingestion of too much sugar or any simple carbohydrate creates insulin rushes that overwork the insulin receptors in the body. Over a period of time the

body's ability to handle all sugars, and even most grain carbohydrates, begins to weaken. This can ultimately lead to various disorders of the pancreas.

SunnyDew or Sunectar (Suncare and Suncare Plus in Canada) may nourish and balance all aspects of our energy activity bringing harmony and balance as well as nourishment to the pancreas.

The convenience of SunnyDew and Sunectar (Suncare and Suncare Plus in Canada) helps make our choice for better health more attainable.

In summary, Stevia Rebaudiana may be helpful for the following:

- Regulating blood sugar
- Improving pancreas activity
- Better glucose balancing
- More even energy flow
- More consistent blood pressure'
- Improving muscle density
- Better and faster muscle recovery after exercise
- Improving ability of the body to burn fat
- Improving thinking capacity
- Lessening tissue degeneration
- Balancing the ups and downs of energy levels
- Anti-fungal
- Anti-bacterial
- Anti-yeast
- Topical skin care – healing agent
- Non fermenting
- Water soluble
- Non toxic

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1. Kinghorn, A.Douglas, PhD., Food Ingredient Safety Review, Stevia Rebaudiana leaves, March 16, 1992, p.6
 2. Ibid, p.6
 3. Braz J. Med Biol Res (1986) 19(6)771-4, Cur R. Alvarez
 4. Kinghorn, pg. 7
 5. Sears, Barry, The Zone, 1984
 6. Kinghorn, p.30
 7. Kinghorn, p.30.
 8. Sears, Barry, Zone, p.23.
 9. Pearson, Durk and Sandy Shar, Life Extension, 1982, p.371-372

Sunbars

ENERGY BAR AND FIBER BAR – EXCELLENT MEAL REPLACEMENT



Based on the NuPlus formula, the Sunbar is a convenient meal-replacement bar that's easy to digest and a good source of energy. The unique herbal formulation based on owner expertise makes the Sunbar a superior choice to other meal-replacement bars on the market. The natural vitamins and minerals in the Sunbar are bound to an herbal whole food base during our special manufacturing process so your body will absorb the nutrients as it digests. Comes in your choice of 2 flavors - Fruit and Chocolate.

Ingredients of Chocolate Vitalite Sunbar: Soy Protein Nuggets, Apple Juice Concentrate, Psyllium, Semi-sweet Chocolate, Raspberries, Glycerin, Almonds, Macademia Nuts, Cocoa Powder, Lycii Fruit, Chinese Asparagus Root, Coix Fruit, Soy Bean Oil and Wheat Germ Oil.

<ul style="list-style-type: none"> • Made with a unique blend of concentrated nuts, grains, herbs and freeze-dried fruits. • It has many of the same nutritional values as NuPlus, plus much more. • The protein in Sunbars comes from whole food sources (soy, coconut and banana), which are highly digestible and balancing – unlike most commercial bars, which are isolated soy or whey protein. Isolated soy and whey protein are not completely digestible by the body and may cause digestive and eliminative tract disorders, food allergies and kidney problems. 	<ul style="list-style-type: none"> • The fiber-rich ingredients act much like a sponge, absorbing liquids and fat, and acting as a natural therapy to promote regularity and a smooth digestive tract. • The fiber-rich ingredients create a sense of fullness, so it helps curb the appetite • For best results, consume at least 12-16 ounces of water, Fortune Delight, or other beverage with each bar. • Each bar contains 4 grams of dietary fiber plus 7 grams of protein (highly assimilable) • Is low-fat and low-sodium, but is rich in herbs.
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1. **Contains Red Seed** (which contains Lycii fruit and other herbs). This has similar effects to the *Sunrise* herbal concentrate, which promotes vitality and longevity to feel good and stay young. Lycii fruit is also known to be good for the eyes.
2. **Contains Almonds.** The almond, known as the king of nuts, is rich in almost all the elements needed by the body. Almond seed contains 20% of proteins, 65% of fats, vitamins A, B and E, mineral salts and enzymes. It is an effective health building food, both for the body and mind. Traditionally it has been used for home remedies of: nervous disorder, anaemia, constipation, respiratory disorders, and impotency.
3. **Contains both Soluble and Insoluble fiber**
 - Soluble: Examples -- Beans, nuts and seeds, oat bran, fruits and vegetables
 - These fibers work like a sponge, absorbing toxins to eliminate them.
 - Insoluble: Examples -- Wheat bran, husks, skins of fruits and vegetables
 - These absorb water, providing bulk and they assist quick passage of waste.
4. Not a laxative

Fiber has been shown to:

<ul style="list-style-type: none"> • Stimulate peristaltic action • Provide protection from colon cancer • Slow absorption of carbohydrates, which is valuable to Diabetics and Hypoglycemics • Lower blood cholesterol • Help prevent gallstone formation • Work like a gentle brush on colon walls 	<ul style="list-style-type: none"> • Remove unwanted metals and toxins • Be good for colitis, constipation and removal of harmful substances from the colon • Remove stagnant matter that parasites thrive on • Help regulate blood glucose levels
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This is for informational purposes only and separate from Sunrider International. It is not intended as medical advice but only to help you with your overall dietary plan. If you have a medical problem, see your doctor.

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