

# Sunrider Herbal Nutrition



I rarely ever recommend products from multilevel companies, but this is one exception that I had to tell you about. Sunrider is a company based out of Torrance, CA, with truly rare herbal nutritional products that are beyond incredible quality. Their entire company and all of their products are based off of the “Philosophy of Regeneration”. Meaning, they formulate their herbal products not to force the body to do anything, but to feed the body to regenerate and heal itself. By this time, you should know, that is what we are all about in our program. When we give the body the tools it needs to heal itself, it always will.

Sunrider does make multiple products, but there are 5 foundational foods that are recommended for every body, which work synergistically to nourish, balance, and cleanse the body. These are:

1. **NuPlus**
2. **Calli Herbal Beverage**
3. **Quinary**
4. **Fortune Delight**
5. **Sunnydew or Sunnectar Stevia**

## -Here is a breakdown on these products-

### 1. NUPLUS NUtrition-PLUS

**NuPlus** is a highly concentrated combination of powdered herbal plants that maintain the quality of micronutrient rich, anti-oxidant packed, raw, life-giving foods to regenerate the body. This exclusive Sunrider formula is based on an ancient Chinese formula designed to nourish all organs of the body and to give the body strength. It nourishes the body at a cellular level to regenerate all organs and systems, bringing them into balance to heal whatever weaknesses and ailments the body may be experiencing. It is an incredible addition to any diet to achieve optimal health.



#### **NuPlus- is a complete food providing:**

- 65% complex carbohydrates
- 20% protein (in the form of amino acids) - 15% fat (in the form of essential fatty acids)

#### **Regenerating Effects:**

- Regenerates adrenals, liver, pancreas, reproductive glands, liver, nervous system.
- Builds lean muscle (choice of athletes).
- Improves fat metabolism
- Promotes Healthy Slenderness
- Helps reduce unhealthy cravings
- Promotes focus and clearer thinking
- Helps regulate blood pressure, blood sugar, cholesterol, triglycerides, & weight.
- Regenerates body to regulate hormones.
- Improved sleep & restoration
- Faster recovery & healing time.
- Relief from joint pain & arthritis
- Increased endorphin levels in the brain
- Relief of depression & anxiety

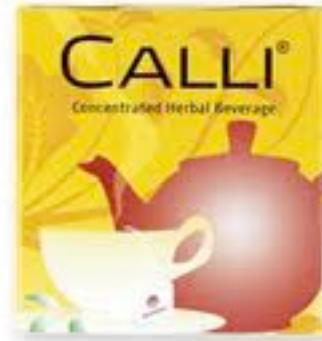
## Ingredient Breakdown:

- 🍄 **Coix Fruit:** Proven in 2 independent studies to be the most nutritional food on the planet. It is extremely regenerative, a powerful anti-oxidant, restores energy, aids elimination of excess muscle tension, and expels poisons.
- 🍄 **Yellow Bean:** delays aging, improves hormonal health, aids weight loss, fights fatigue, regulates blood sugar, strengthens the spleen, improves indigestion, lowers LDL cholesterol
- 🍄 **Chinese Yam:** helps correct hormonal imbalance, reduces inflammation, and strengthens kidneys, stomach, spleen, lungs, adrenal glands, and reproductive system. (Very different from Mexican yam).
- 🍄 **Fox Nut:** Helps relieve joint pains, diarrhea, and chronic fever; increases energy.
- 🍄 **Lotus Seed:** Nourishes deficient spleen, strengthens heart and circulation, improves digestion & peristalsis.
- 🍄 **Lotus Root:** Absorbs clots and bruises; stops bleeding; and aids in circulation.
- 🍄 **Water Lily Bulb:** Benefits poor circulation; relieves joint pains, diarrhea, incontinence, dizziness, restlessness, chronic fever, and stomach disorders; increases energy & systemic balance.
- 🍄 **Green Bean:** Nourishes and strengthens the liver; helps reduce age and liver 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:** Highly nourishing, anti-inflammatory & anti-viral.

**\*\*Original flavor has no beans and more of the other herbs. The original formula is especially recommended for those with extreme digestive issues, those on a liquid diet, and infants.\*\***

## 2. Calli Herbal Beverage: The cell-cleansing beverage

- This special herbal food beverage feeds our cleansing organs, such as our kidneys and liver, to do the job they were created to do.
- Removes excess fluids and "fluff" from the body, aiding in weight loss and achieving healthy slenderness.
- Removes excess mucous from the body and digestive tract to reduce digestive upset, and disorders of excess mucous.
- Pulls stored toxins out of tissues.
- Based on 5000 years of research and proper herb combining to produce the perfect blend of nutrient dense herbs
- Cleans out the "cobwebs" and enhances mental clarity.
- All of the antioxidant and cancer fighting properties of green tea, but highly concentrated, with tannins and caffeine significantly diminished. (Calli has less caffeine than a carrot!)
- Alkaline in nature promoting a healthy pH balance in the body.



### Flavors: Regular, Mint, Cinnamon, Night Calli

#### How to Enjoy..

- Steep 1 tea bag in hot water for 10 minutes.
- Add tea to a large gallon size glass container and add additional water to make one gallon of tea.
- Consume hot or cold throughout the day.

#### Ingredients:

Camellia leaf Perilla Leaf Mori  
Bark Extract Alisma Root Extract  
Imperate Root

**\* Do NOT microwave or boil calli tea as it kills all of the beneficial enzymes and nutrients.**

**Through optimal nourishment and pH balance, the body responds with...**

- ➔ Decreased cholesterol & Blood pressure
- ➔ Healthy Slenderness
- ➔ Increased energy, vitality, & vigor
- ➔ Enhanced mental clarity
- ➔ Improved circulation
- ➔ Balanced pH in the body
- ➔ Strengthened cleansing organs of the body
- ➔ Removal of pesticides, heavy metals, chemo residues, drugs, addictions.

### 3. Quinary

Optimal Body Balance

The word "Quin-" means 5, and Quinary is a combination of 5 different system specific formulas. These formulas work to bring balance to the body's major systems to create synergistic function between them all resulting in flawless health. There are 49 different herbs per serving of Quinary. That is nearly 10 different regenerating herbs for each major system of the body!

#### -Breakdown of Formulas-

##### 1. Alpha 20 C- Immune System

**Ingredients:** Chinese White Flower, Paris Herb, Scutellaria Herb, Dandelion, and Imperate Root.

**Major Organs Fed:** Liver, Gallbladder, & Thymus

**Benefits:** Strengthens T-cells to fight against cysts & tumors, reduces viral and bacterial infections, parasites, yeast overgrowth, and fungus, Improves liver functions, detoxifies the body and helps expel fever & illness.



## 2. Assimilaid- Digestive System

**Ingredients:** Ginseng Root, Zhu Root, Poria, Licorice Root, Pinellia Root, Orange Peel, Cinnamon Bark,

Fennel Seed, Amomum Seed, Mint Herb.

**Major Organs Fed:** Stomach, Spleen, and Pancreas

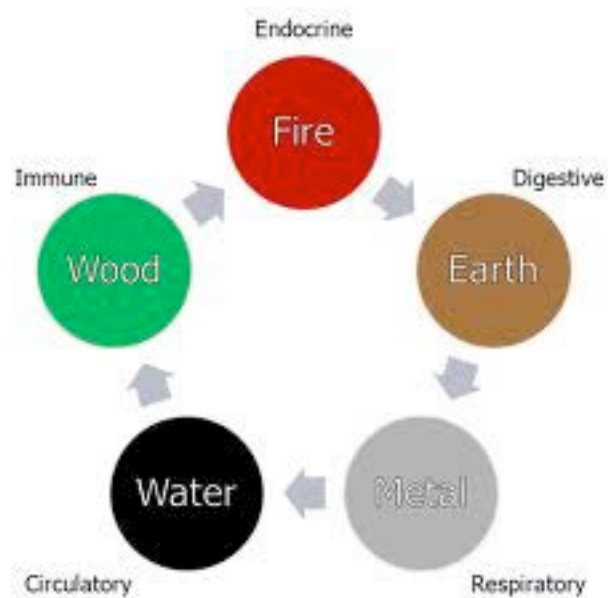
**Benefits:** Provides healing to all portions of digestive tract, reduces GI tension, lubricates intestinal tract, alleviates heartburn, upset stomach, vomiting, indigestion, ulcers, gastritis, constipation, & colic, relieves abdominal pain and distention, restores and normalizes acid secretion and enzyme production.

## 3. Conco- Respiratory System (Con=against/ co=colds)

**Ingredients:** 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.

**Major Organs Fed:** Lungs, Large Intestine, Skin

**Benefits:** phenomenal protection against colds and flu, builds protection against allergies, relieves congestion of chest, head, & sinuses, relieves migraines, emotional food for grief.



## 4. Lifestream- Circulatory System

**Ingredients:** Tora Seed, Gou Teng, Sophora Flower, Chrysanthemum Flower, Orange Peel, Pinella Root, Dwarf Lilyturf root.

**Major Organs Fed:** Kidneys & Bladder

**Benefits:** regulated blood pressure, cleanses blood, reduces extraneous clotting, reduced cholesterol, improved eyesight, improves heat circulatory disorders, strengthens nervous system, improves fluid balance in the body, cleanses the vessels, and improves oxygenation in all areas of the body.

## 5. Prime Again- Endocrine System

**Ingredients:** Chinese Yam, Forty Knot Root, Leek Seed, Poria, Cornel Fruit, Paper Mulberry, Eucommia Bark, Mangoliavine Fruit, Morinda Root, Broomrape, Senega Root, Fennel Seed, Lycii Fruit. **Major Organs Fed:** Heart, Small intestines, thyroid, adrenals, pituitary, hypothalamus, parathyroid, pancreas, ovaries, testes, & entire hormonal system.

**Benefits:** Regenerates endocrine glands including adrenals, thyroid, & reproductive glands, strengthens nervous system, improved ability to handle stress, decrease allergic reactions, PMS & menopausal relief, enhances body's ability to recover from illness or injury, increased vigor & energy.

### Regenerating Effects:

- When all systems are supported and brought into balance, the results are endless...our bodies function like never before, synergistically supporting one another, and healing every area.
- Quinary is highly linked with our emotions and have helped bring many out of depression, anxiety, bipolar, panic attacks, and similar conditions.
- Functions to bring ALL systems into balance; therefore, it helps those with hyperthyroidism as well as hypothyroidism to achieve balance.
- An extremely powerful formula that feeds all 5 major system's in the body, to strengthen them all individually for improved synergistic function.

**Quinary comes in packets, capsules, or liquid vile forms. (There is the equivalent to 10 capsules in 1 packet)**

### How to Consume...

- Ideally consume 3 servings per day.
- Add to smoothies, Good Belly juice, Calli tea, fortune delight, "SR meal in a mug", or salad dressings.

**\*\*Never cook, boil, or microwave Quinary, as it will kill all of its beneficial nutrients and live enzymes\*\***

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## 4. Fortune Delight

### Digestive Cleansing Beverage

\*World's top 100 health beverages\*

Fortune Delight consists of concentrated food grade herbs, comes in powder form and has virtually zero calories. This incredibly nutritious drink has no sugar or artificial ingredients and is the perfect replacement for other sugary beverages such as lemonade, sodas, box juices, and sports drinks. It comes in a convenient packet enabling you to carry it around with you at all times so you're always prepared when you need a little "pick me up". The best part is while you're drinking it, you are actually drinking plants, fruits, and herbs full of live enzymes, healthy antioxidants and minerals! It naturally revitalizes your body at a cellular level and supports the body's natural cleansing process. Fortune Delight is made with an aromatic blend of concentrated herbal extracts that provide an array of naturally derived nutrients, including polyphenols, tea catechins—all antioxidant properties. goes perfect with all of bioflavonoids, and known for their This "super beverage" your superfoods!

**Flavors:** Regular, peach, raspberry, lemon, cinnamon.

#### How to Enjoy..

- Mix 1 packet with 1-2 cups of water or Calli tea.
- Sweeten with Sunnydew stevia if desired.
- You can add lemon or apple cider vinegar for an extra refreshing drink.
- Large packets make a pitcher!
- Consume hot or cold as much as you want throughout the day.
- Add to NuPlus smoothies or a Sunrider "meal in a mug" with all the foundation foods.

**\* Do NOT microwave or boil fortune delight as it kills all of the beneficial enzymes and nutrients.**



## Regenerating Properties of Fortune Delight:

- **The super alkaline herbal ingredients support a healthy pH balance.**
- **Boosts plain water with natural antioxidants, chlorophyll and live enzymes from perfectly combined food grade herbs.**
- **Healthier, youthful, vibrant skin and appearance.**
- **Promotes the body's natural cleansing process.**
- **More energy, vigor, and vitality.**
- **Increases mental clarity.**
- **Known as a powerful fat and candida flusher.**
- **Quickly relieves digestive upset & constipation.**
- **Perfect to drink when eating out or unfamiliar food as it soothes the entire digestive tract.**
- **Contains natural electrolytes and minerals making it ideal for workouts and athletes.**
- **Ideal for those wanting to lose weight and trim up as it supports the body's elimination of waste and fat burning systems.**



### Ingredients:

Camellia Extract, Chrysanthemum Flower Extract, Jasmine Extract, Lalang Grass Root Extract, Natural Juice Extract.

## 5. Sunnydew Stevia

### Sweet food for the Pancreas

Many of you are well aware that artificial sweeteners as well as refined sugars are extremely detrimental to our health. Over the past 5-10 years, stevia has become increasingly popular for its sweet flavor and zero calorie content. Unfortunately the food cooperation has taken a naturally incredibly healthy herb and processed it into another nutritionally empty product making themselves rich at our expense. Sunrider's stevia is one of the only stevia's out there that perfectly maintains all of the herb's beneficial properties through a state-of-the-art extraction process to ensure retention of all of the amazing attributes of the stevia plant. Sunrider stevia nourishes and balances all aspects of our energy, activity, bringing harmony and balance as well as nourishment to the pancreas.

#### What are the Benefits of High Quality Stevia?

- Naturally has 0 calories & 0 sugar
- Feeds the pancreas to stabilize blood sugar levels! This benefits diabetics as well as those struggling with hypoglycemia.
- Feeds the pancreas to optimally secrete digestive enzymes to improve digestion.
- Through promoting stabilized blood sugar levels, hormone balance is improved as well.
- Ideal for those struggling with candida or other yeast overgrowth in the body as it does not feed bad bacteria, but instead works to kill it with its anti-fungal & anti-parasitic properties!
- Acts as a general tonic to increase energy, vitality, and mental clarity.
- Has been shown to fight against cavities and tooth decay.
- Can be used on the skin to promote healing in a number of cases including cuts, scrapes, burns, pimples, boils, cancer spots, eczema, cold sores, and dermatitis.
- Naturally: anti-fungal, anti-bacterial, anti-parasitic, anti-yeast, anti-??? pretty much everything bad I have found.
- Has been shown to promote normalized blood pressure in

Dr. Chen, founder of Sunrider, enhances the stevia herb with chrysanthemum herb, which gives it a delicious taste and increases its nutritional value. This eliminates the common bitter aftertaste present in most stevia products.

All of the stevia plants are grown in nutrient dense soils all free from pesticides, herbicides, radiation, and fumigation, and are all absolutely “better than organic”. They are picked by hand and carefully concentrated into the beautiful little bottle known as Sunnectar or Sunnydew.



There are 2 stevia products available through Sunrider. Sunnectar is a green liquid as it contains chlorophyll, which is known as the “ blood” of the plant, and is extremely healing for the body. Sunnydew is the clear version, which is the more neutral tasting form of stevia. Both are extremely nourishing and absolutely delicious!

Sunnectar or Sunnydew can be used every day in your teas, lemon water, fortune delight, and green smoothies. I use it in recipes, homemade ice creams, raw desserts, and treats. It can be used on the skin when you have cuts or burns, you can squeeze it down your throat when you’re sick, put it on your face when if you have a breakout, or in a foot soak to clean and nourish the feet.

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**For more information about the Sunrider foods, you can check out these helpful websites:**

[www.regener8yourlife.com](http://www.regener8yourlife.com)

[www.sunessencebotanicals.com](http://www.sunessencebotanicals.com)

[www.getwholefoodnutrition.com](http://www.getwholefoodnutrition.com)

[www.healthregeneration.com](http://www.healthregeneration.com)

<http://www.in-life-solutions.com/SR-Testimonials.html> [www.diana2.com](http://www.diana2.com).

**To order, email Jessica Lopez at [Jessica@intentionalnetwork.com](mailto:Jessica@intentionalnetwork.com) or [click HERE](#) for detailed directions.**