

Sunrider® Staple Products

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Sunrider's owners are experts in product development with degrees as medical doctors, pharmacology, chemistry and herbology. They spare no expense in creating the finest, safest and most effective products available today. Since opening for business in 1982, they have created over 400+ products and seven product divisions which are also self-manufactured by Sunrider.

The products they produce include a wide variety of herbal foods and beverages, anti-aging, weight loss and fitness, health supplements, beauty, bath and body, and household.

The products are all fabulous but to simplify things for you, here is a list of the most commonly used Sunrider products. Ask for a Sunrider catalogue for a complete list of products.

Basic Herbal Foods and Beverages

FORTUNE DELIGHT®: is a naturally revitalizing herbal beverage designed to cleanse as well as nourish the body. Fortune Delight® is formulated with an aromatic blend of concentrated herbal extracts containing polyphenols, bioflavonoids, and tea catechins all known sources of antioxidants. Fortune Delight® also contains electrolytes, aids in the digestion process and makes a great addition to a weight management program.

Fortune Delight® is conveniently packaged in 3 gram powder packages, comes in five flavours: *Lemon, Cinnamon, Raspberry, Peach* and *Regular* and is refreshing served ice-cold or soothing served hot. Fortune Delight® contains no caffeine, sugar or artificial sweeteners. Each 3 gram package can be mixed with 1-2 cups of cold or hot water. Ingredients: **Green Tea Leaf, Chrysanthemum Flower, Jasmine Leaf and Lalang Grass Root and Natural Flavour.**

CALLI®: is Sunrider's Super Tea but without the caffeine and tannic acid that are normally in tea. The unique way that Sunrider formulates and concentrates their products, allows the release of tea catechins, antioxidants, and bioflavonoids in such a way that is not possible in traditional grinding.

Originally when the Calli® formula was developed, about 1500 years ago in China, it was consumed to help improve focus and mental clarity. Calli assists in the natural cleansing processes of the body in general. Calli® is sold in tea bag form and is available in *Regular, Mint, Cinnamon* and *Night Calli* and contains no sugar or artificial sweeteners. Mix one bag with 1-6 cups of hot water. Ingredients of Calli Regular: **Green Tea Leaf, Perilla Leaf, Morus Bark, Alisma Rhizome and Natural Flavour.**

SUNECTAR® and **SUNNYDEW®:** These two products are sweet to the taste and help balance blood sugars. They convert to blood sugar slowly allowing blood sugars to remain level. Another benefit is the support to the pancreas and adrenals, and is anti-fungal. To get the best results from the chlorophyll extracted from whole leaf stevia and to naturally preserve it without processing it, Dr Chen formulated Stevia extract with Chrysanthemum flower.

For many years Sunectar was labeled as a natural fruit concentrate but because of the rigid rules on sweeteners, this product is labeled as a dietary supplement in the US. In Canada our two products are called **SUNCARE®** and **SUNCARE PLUS®** and are labeled as skincare

items. Our little joke in Canada is that these two products can be used on your face... or in your face.

SUNECTAR® and **SUNCARE®** are dark in colour, have a unique flavour and are the most popular. **SUNNYDEW®** and **SUNCARE PLUS®** are clear, have more of a fruit flavour and are slightly sweeter. These products contain no preservatives, no calories and are safe to use throughout the day. Ingredients: **Stevia Extract** and **Chrysanthemum Flower**

NUPLUS: Sunrider's basic herbal food staple. Nuplus is a nutritionally dense herbal food that contains 60-65 calories depending on flavour, 0 fiber, and 3 grams of protein per serving. Nuplus comes in five delicious flavours: Pina Banana, Mixed Berry, Apple Cinnamon, Simply Herbs, and Original. Simply Herbs and Original Nuplus both consist of 100% complex carbohydrates and Original Nuplus is formulated with no beans. The Nuplus fruit flavours consist of 91% complex carbohydrates and 9% simple carbohydrates. Nuplus makes a very nutritious addition to breakfast, can be consumed as a mid-meal snack or before and after a workout. As well as being very satisfying, NuPlus helps curb cravings for unhealthy foods and is very easy to digest. Nuplus is sold in 10 and 60 pack boxes of 15 gram servings.

Ingredients for Pina Banana Nuplus: **Coix Lacryma - Jobi Seed, Soybean Seed, Chinese Yam Root, Euryale Ferox (Fox Nut) Seed, Nelumbo Nucifera (Lotus) Seed, Nelumbo Nucifera (Lotus) Root, Pyrus Malus (Apple) Fruit, Lilium Brownii (Waterlily) Bulb, Phaseolus Vulgaris (Green Bean) Seed, Phaseolus Vulgaris (Red Bean) Seed, Phaseolus Vulgaris (Black Bean) Seed, Phaseolus Vulgaris (White Bean) Seed and Imperata Root, Banana Fruit and Pineapple Fruit.**

VITASHAKE: Sunrider's other herbal food staple. VitaShake is a nutritionally dense herbal food that is similar to Nuplus except Vitashake contains added vitamins and minerals, a pre-biotic for intestinal health, 95 calories, 3 grams of fibre, and 4 grams of protein per serving. VitaShake comes in two flavours- Chocolate and Strawberry and makes a very nutritious breakfast, can be consumed as a mid-meal snack or before and after a workout. As well as being very satisfying, VitaShake helps curb cravings for unhealthy foods and is very easy to digest. VitaShake is sold in 10 pack boxes of 25 gram servings.

Ingredients for Chocolate VitaShake: **Coix Lacryma-Jobi Seed, Fructose, Soy Protein, Alkali Processed Cocoa Powder, Fructooligosaccharides, Natural Flavour, Chinese Yam, Fox Nut Seed, Maltodextrin, Lotus Seed, Lotus Root, Water Lily Bulb, Potassium Phosphate, Calcium Phosphate, Imperata Root, Magnesium Oxide, Stearic Acid, Carrageenan, Calcium Carbonate, Soy Lecithin, Xanthan Gum, Manganese, Niacinamide Ascorbate, Chromium, Fumarate, Molybdenum, Selenium, Vegetable Oil, Vitamin E, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Vitamin A, Vitamin B6, Thiamin, Riboflavin, Folic Acid, Biotin, Iodine, Vitamin K, Vitamin D, and Vitamin B12.**

SUNBARS®: A very nutritious, easy to digest meal replacement bar, it consists of 3 grams of fibre, 6-7 grams of protein, depending on the flavour, 3 grams of fat, 2 grams of sugar, and contains 120 calories per 30-gram bar. Sunbars® come in 3 delicious flavours; *Fruit, Chocolate,* and *Oatmeal Raisin.* Eat 1-2 per day (or more) at meal times or as an in-between meal snack; also fabulous before or after exercise. Drink a cup of Fortune Delight or water with each bar. Ingredients for the fruit Sunbar: **Soy Protein Nuggets, Apple Juice, Psyllium, Bananas, Mangos, Pineapple juice, Strawberry Powder, Almonds, Honey, Lycii fruit, Chinese Asparagus Root, Coix fruit, Soybean oil and Wheat Germ oil.**

QUINARY®: There are many reasons our body systems become imbalanced or weak, including diet, genetics and stress. Quinary® is a Sunrider product consisting of 43 herbal foods that are formulated to help balance and strengthen your five main body systems. Quinary® can be purchased as a complete product that nourishes the five systems of the body, or as five separate formulas, each supporting one of the five systems. When the five formulas are consumed together the results are the greatest, as your five systems communicate and depend on the strength of one another. Dr. Chen explains it like this: If you had a team of five horses with one horse being weak, you would nourish all five horses plus give the weak horse a little extra support. Most people consume the Quinary® formula and supplement with the separate Quinary® formulas as needed.

The five systems and supporting Quinary formulas are as follows:

Digestive - AD® or (Assimilaid® in the U.S.)

Immune - Alpha 20C®

Respiratory - Conco®

Circulation - LS® or (Lifestream® in the U.S.)

Endocrine - PA® or (Prime Again® in the U.S.)

Quinary® is sold in 100 capsule bottles, as are the individual Quinary® formulas. Quinary® can also be purchased in boxes of ten or sixty 3-gram packages. Most consumers purchase the capsules to begin with. Start by taking 3-4 capsules each morning before breakfast. Any less is a child's dose. You can open up the capsules if you wish and drink as a tea with hot water and 3-4 drops of Suncare or Sunectar. If you purchase the powder, there are 10 capsules worth of powder in each envelope, so adjust accordingly. Take as much as you want and any time you feel your body needs extra support. Ingredients: **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, Sophora Flower, Barrenwort Herb, Chuan Xiong Root, Mongoliavine Root, Fang Feng Root, Ginseng Root, Honeysuckle Flower (Silver Flower), Yeuan Wu Root, Chrysanthemum Flower, Dipsacus Root, Angelica Root, Alpina Ginger Root, Angelica Centis Root, Leek Seed, Balloon Flower Root, Bamboo Leaf, Dwarf Lilyturf Root, Papermulberry Seed, Senega Root, Imperate Root, Forty-Knot Root, Reed Root, Rhubarb Root, Broomrape Herb, Chinese Catnip, Asias Herb, Bai-zhu Root, Eucommia Bark, and Morinda Root.**

Extra Support and Products for Fun

SMART GUMMY®: Smart Gummy's contain no added sugars, sugar alcohols, or artificial ingredients. Smart Gummy's help satisfy cravings for sweets and build strong bones, teeth, support immune function, and seem to give you a little mental energy. Bursting with real fruit flavour, and 100% vegan... Smart Gummy's are soft, chewy, and delicious and safe for the whole family. You will probably want to eat them by the handful but keep in mind... they are 80% fibre. Ingredients: **Chicory Root Fibre, Water (Deionzed), Pectin, Citric Acid, Natural Fruit and Vegetable Juice, Natural Mango Flavour, Sodium Citrate, Vitamin E Succinate, Stevia Rebaudiana Extract, Vitamin D2, and Vitamin B-12.**

VITAFRUIT®: is a delicious, very concentrated juice that is very rich in anti-oxidants. I know it seems like every Sunrider product is a wonder product... so I am just going to mention some of the benefits people rave about with Vitafruit. Several of us agree that it is the most refreshing beverage we have ever experienced. It quenches your thirst and seems to revive you when you are tired or exhausted. Many people refer to it as the happy juice as shortly after

consuming it... they find themselves in a great mood. it also seems to give you a healthy glow to your skin. It is always a special treat that my partner and I always have after a long day.

Vitafruit is sold in 10 packs of **15 ml vials**. Mix one vial with 250 - 500 mls of cool water and sweeten if desired. Ingredients: **Chinese Wax Gourd, Sea Buckthorn Fruit, Date Fruit, Bitter Orange, Sweet Orange.**

METABOOSTER®: supports both health and fitness in the body. Metabooster® helps support circulation, immunity, enhances metabolism and encourages the production of Growth Hormone (GH), a hormone that reduces as we age making it more difficult to maintain muscle. Metabooster® also assists in the breaking down of toxic substances in the body, to oxidize fats, and contains a powerful antioxidant that can assist in the protecting and repair of cells from free radical damage. Many people comment on the increased energy they experience and how much faster they heal from injuries of all types when consuming MetaBooster®. Start with 2-3 capsules once or twice per day and increase as desired. Ingredients: **Acety-L-Carnitine, L-arginine, DL- Alpha Lipoic Acid, Hydrochloride, L-lysine, Magnesium Stearate, Hypromellose.**

Extra Support for Hormonally Challenged and/or Crabby People

BEAUTY PEARL®: Beauty Pearl is a food formula that nourishes our hormonal system. It is great for teenagers, women and even men. Beauty Pearl leaves you feeling happy and calm. It is one product that if consumed by one person...often affects the whole family in a positive way. Take one per day or more if needed. Ingredients: **Honey, Korean Ginseng, Chrysanthemum Flower Extract.**

Extra Support for Digestion

AD®: (Product of Canada) or **Assimilaid®**(product of U.S.) is designed to nourish and support the digestive system allowing it to function as designed. Take 2-3 capsules two or three times per day, with meals or anytime you are experiencing acid reflux or any discomfort in digestion. Ingredients: **Ginseng Root, Bai Zhu Root, Poria, Licorice Root, Pinellia Root, Orange Peel, Cinnamon Bark, Fennel Seed, Amomum Seed, and Mint Herb.**

EVERGREEN®: A very concentrated liquid chlorophyll that helps build the blood, increase oxygen assimilation, balance iron levels, helps to alkalize and relax digestion and cleanse the digestive tract of bacteria. Use 1/3 of a vial per day by mixing it in (not boiling) water or a Sunrider beverage every morning. Use more if desired. Ingredients: **Water, Licorice, Chlorophyll, Iron, Zinc, and Peppermint Oil.**

VITADOPHILUS®: Lactobacillus acidophilus powder that supplies the body with a minimum of 20 million live culture bacteria to aid in digestion and bring bacterial balance to the lower intestinal tract. This helps improve digestion, but also immunity and mental well-being.

Good and bad bacteria live in the intestinal tract which help to digest your food and the by products of digestion. It is crucial to have large amounts of good bacteria to make the living conditions unfavourable for bad bacteria, thus keeping them to a minimum. Stress, alcohol, processed food and antibiotics to name a few are all capable of killing the bacteria in our large intestine. Replenishing good bacteria usually requires supplementation.

The live bacteria contained in Vitadophilus® are encased by a protective apple coating that prevents the bacteria from being destroyed by stomach acids while on their journey to the

alkaline environment of the large intestine. Consume 30 minutes before meals or anytime of day. Start with 1-2 packages per day and increase as desired. Ingredients: **Apple Powder, Apple Flake, Acidophilus Bacteria.**

Extra Support for Those Who Overeat or Want to Burn Fat

SUNTRIM PLUS®: All of Dr. Chen's formulas are breakthrough formulas, but in saying that, he is especially proud of this product. Suntrim Plus® encourages healthy eating habits and is ideally taken 30-45 minutes before meals. It tightens the stomach slightly, allowing you to have an appetite, but encouraging you to eat less. It helps reduce the absorption of fat and glucose, boosts metabolic rate and is high in antioxidants to help with anti-aging. It also balances blood sugars which affects your appetite and helps with cravings for carbohydrates. Start with 2-3 capsules twice or three times per day before meals and increase as desired. Note: Some people experience what can feel like cramps when starting on Suntrim Plus®. If this happens, make sure you are drinking a cup or more of Fortune Delight® with the Suntrim Plus®. If it persists, try eating a small amount of food or a piece of Sunbar when consuming the Suntrim Plus capsules. You could also reduce the amount to one capsule per serving, for a week or more. Ingredients: **Theobroma Cacao Extract, Green Coffee Bean Extract, Green Tea Extract, Garcinia Fruit Extract, and Polygonum Cuspidatum Extract.**

METASHAPER®: Cortisol "the stress hormone," is produced by the body naturally. High-stress lifestyles can cause an over production of this hormone which can cause a variety of problems in the body; the storage of fat around the midsection, inflammation, and thyroid issues to name a few. MetaShaper® helps naturally reduce the over production of cortisol in the body. MetaShaper is also very high in antioxidants, and increases metabolic efficiency. Start with 2-3 capsules twice or three times per day and increase as desired. Ingredients: **Green Tea Extract, Mangosteen, Soyabean, Japanese Knotweed, Hypromellose.**

Personal Care Products

SUNBREEZE®: Sunbreeze is made up of super concentrated essential oils that are non-toxic and safe. The name Sun – Breeze describes what you can expect when you apply it to your skin. Depending on situation... sometimes it feels warm... and sometimes it feels cool. Sunbreeze when massaged into your skin, helps support circulation and can help relieve muscle tension. It also helps with congestion if inhaled, relieves pain when applied to the area that is sore, and for fatigue by applying it to the back of the neck and under the nose. Ingredients: **Menthol, Cassia Oil, Mint Extract, Eucalyptus Oil, and Camphor.**

LIQUID SOAP: Ideal for all skin types, Oi-Lin® Liquid Soap is gentle and harmonizes with the skin's natural pH, and has a pleasant, light scent. Many people use it for their face as well as their body.

HAND & BODY LOTION: Nourishes and moisturizes with vegetable origin squalane, antioxidants, vitamins, and herbal extracts. Many people use it on their face as well as their body.

HERBAL DEODORANT: This product has a fresh scent that is good for men and women, kills bacteria, and at the same time allows you to naturally sweat and detoxify. Unlike many natural deodorants, this product will keep you going all day. It can also be reapplied if needed leaving you smelling fresh again without creating an unpleasant odour like when re-applying many other brands for the second time.

TOOTHPASTE: This product contains many exotic ingredients to nourish your gums and clean your teeth including enzymes from pineapple that will kill bacteria for several hours after you brush your teeth. It contains no fluoride or sugar. This product not only helps with bad breath but helps prevent gum disease.

WHITENING GEL: Effectively whitens your teeth without harming the enamel or gums. Whitening Gel uses an oxygenation process to whiten and brighten the teeth. It's very effective and does not contain the chemicals in most teeth whitening products...and many feel that it works better. It can be added to your toothbrush or you may decide to add it to a tray that can be purchased from most pharmacies and bite into it for 20 minutes or so. Repeat daily until the stains have diminished.

Basic Skincare

CLEANSING CREAM: Is naturally mild and ideal for removing oil-based surface impurities and makeup. With a blend of herbal extracts that moisturize while cleansing, Kandesn® Cleansing Cream effectively cleanses without stripping the skin of its natural moisture.

REVITALIZING MASK: Deep cleanses without drying so your skin feels energized and rejuvenated. It moisturizes and protects from free radicals with a combination of antioxidant vitamins E and A and natural emollients such as avocado oil, squalane, and allantoin. The slightly acidic formulation harmonizes with your skin's natural pH balance, and the gentle exfoliating action leaves your skin smooth and supple.

CLEANSING FOAM: Removes even the finest traces of water-based impurities. Made with an exclusive combination of superior herbal ingredients, Kandesn® Cleansing Foam moisturizes naturally while cleansing gently yet effectively. The exclusive formulation is slightly acidic to be in balance with the skin's natural pH and to harmonize with the skin.

WARM FACIAL SCRUB: A specially formulated warming action opens pores for a deep and thorough cleansing as herbal extracts and jojoba beads help expedite the exfoliation process.

BALANCING SPLASH: Designed to firm, tone, and stimulate the skin, Kandesn® Balancing Splash eliminates unwanted oils through its rinsing action and refines pores to improve the skin's texture and appearance.

ASTRINGENT: An alternative toner, Kandesn® Astringent is designed for sensitive skin. Its soothing extracts also benefit oily, easily irritated, or blemish-prone skin.

DEEP MOISTURE LOTION: Kandesn® Deep Moisture Lotion provides deep hydration, crucial in maintaining youthful looking skin.

Extra Support for Dryer Skin and Dryer Climates

OI LIN® DEEP MOISTURE LOTION (For Women): This "light-as-a-feather" formula provides natural coverage to even skin tone and keep it nourished, hydrated, and protected. It:

- *Smooths and hydrates with age-defying antioxidants and essential oils*
- *Balances skin tone to diminish the look of imperfections*
- *Helps tone skin's appearance with infusion of butcher's broom extract*

DR. CHEN® DEEP MOISTURE LOTION (For Men): This advanced formula provides deep hydration with a combination of herbal, vegetable, and citrus extracts. Lightweight and easily absorbed, your skin's thirst will be quenched without feeling oily or heavy.

Rebuilding Skincare

OI LIN® EYE CREAM: Helps reduce the appearance of puffiness around the eyes by moisturizing and smoothing out the skin.

OI LIN® EXCEPTIONAL CREAM: Contains a potent, gentle, stabilized form of the antioxidant vitamin C and is designed to quickly brighten, smooth, refine, and clarify the skin's appearance.

DR. CHEN® YOUTH EMULSION: Inspired by DNA research, Dr. Chen® Youth Emulsion helps continuously repair the signs of environmental damage and photo-aging, while softening and smoothing the appearance of wrinkles. It also supports the skin's natural ability to renew itself.

DR. CHEN® YOUTH MASQUE: Dr. Chen® Youth Masque dramatically reduces the appearance of fine lines and wrinkles, quickly leaving skin looking more luminous, youthful, and firmer.

Products that are Fabulous for Around the House

SUNBRIGHT® SUPER CLEAN: Super Clean is a safe liquid detergent that comes in household and laundry versions. SuperClean contains no phosphates, is pH balanced, safe for the skin and yet disinfects and cleans so well. One example of this product is the fact that many people have towels and clothing that get a musty smell soon after they get damp as the bacteria are still on the fabric or surface...not with SuperClean. This product cleans, kills bacteria and leaves everything smelling fresh (and it stays that way longer).

SUNSMILE® FRUIT & VEGETABLE RINSE: This is an amazing little product. It's 100% safe and works great for not only cleaning your produce but also kills bacteria and neutralizes chemicals. It works fabulous as an addition to your laundry for extra smelly clothes, stinky shoes and works amazingly well for disinfecting garbage cans or anything that stinks.

For more information feel free to contact me or the Independent Business Owner who is working with you. Also there are short videos on most of the products described in this document, at FortuneandDelight.com

Sincerely,

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Prepared by an Independent Sunrider Business Owner. This information is not intended to diagnose or treat illness. Contact a physician before making any diet changes.