



Many people find themselves struggling with low energy, imbalances, daily symptoms of discomfort, and general unhappiness. It is almost impossible to figure out what the body really needs to self correct. When the body is out of balance and does not have what it needs to function correctly we are affected physically, emotionally, mentally, and spiritually as well. Many of us have been to various specialists, taken supplements and drugs trying to gain back our health with no real lasting success, only a masking of symptoms and substitution for real health. Quinary is a food designed to feed all of the body's major systems and organs all at once, taking the guess work out of daily nutrition and regeneration. All of the body systems work together to feed each other therefore it is impossible to only address one system to achieve holistic health. I personally have eaten Quinary for 13 years and I am absolutely convinced that there is nothing that can take its place. Quinary is a genius mastery of whole food herbal nutrition born of 5,000 years of herbal food research. The species of plants combined in this formula are the original species of super foods revered for thousands of years for their regenerative properties. Below is a description of the super concentrated 5 formulas contained in 1 packet of Quinary:

The Sunrider Quinary contains over 50 concentrated, unique herb foods synergistically combined and concentrated from 7 lbs of herbs to 1 lb of product. 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, Digestion. 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 super foods for such a low cost per serving? Quinary nourishes the organs in these systems to bring balance within the body. Quinary contains 5 flavors & 5 colors that are a significant part of it's effectiveness.

Quinary contains the following five formulas conveniently in capsule, powder, or Liqui-Five (liquid vials):

Alpha 20 C	=	Immune System
Prime Again	=	Endocrine System
Assimilaid	=	Digestive System
Conco	=	Respiratory System
Lifestream	=	Circulatory System

Note: 1 powder package ~ 10 capsules or 1 vial. Use 2 - 3 packages/vials per day for aggressive regeneration.

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. Signs of imbalance of immune disorders include frequent colds, viruses, cold sores, infections, tumors, cysts, cancer, etc.

Emotions – anger and impatience

Element – wood

Yin organ – liver

Yang organ – gallbladder

Prime Again - Food for the Endocrine System. This formula strengthens all the functions associated with glands, hormones, heart, reproductive system, and nervous system. Signs of imbalance: nervous weakness, emotional instability, premenstrual and menopausal imbalances, premature aging, thyroid conditions, etc.

Emotion –lack of joy and drive

Element – fire

Yin organ – heart/mind

Yang organ – small intestine

Assimilaid - 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. Signs of imbalance: stomach discomfort, nausea, gas, constipation, indigestion, tendency towards food allergies, ulcers, colitis, etc.

Emotions – worry and anxiety

Element – earth

Yin organ – spleen/pancreas

Yang organ - stomach

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.

Signs of imbalance– shallow breathing, frequent chest colds, asthma, bronchitis, congestion, recurrent cough, etc.

Emotions – grief and melancholy

Element – metal

Yin organ – lungs

Yang organ – large intestine (colon)

Lifestream - Food for the Circulatory System. Nourishes functions associated with the fluid-related processes of the body including general circulation, transporting of nutrients and oxygen, and elimination of waste through the blood stream.

Signs of imbalance: blood pressure imbalances, cold and numb hands and feet, varicose veins, slow healing, high cholesterol, fluid retention, weak eyesight, etc.

Emotion – fear

Element – water

Yin organ – kidneys

Yang organ – urinary bladder

These formulas may also be obtained individually. For a genetically 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.

Quinary Contains: Chinese White Flower, Scutellaria Herb, Dandelion Root, Gou Teng, Licorice Root, Mint Leaf, Paris Herb, Mandarin Orange Peel, Coix Lacryma-jobi Seed, Fennel Seed, Cinnamon Bark, Poria (Mushroom Powder), Chinese Yam, Ginger Root, Golden Bell Fruit, Sophora Flower, Hawthorn Fruit, Barrenwort Herb, Chuhm Xiong Root, Mongoliavine Root, Fang Feng Root, Panax Ginseng Root, Honeysuckle Flower (Silver Flower), Yeuan Wu Root, Chrysanthemum Flower, Dispacacus Japonicus Root, Angelica Root, Alpina Ginger Root, Angelica Centis Root, Leek Seed, Balloon Flower Root, Bamboo Leaf, Dwarf Lilly Turf Root, Papermulberry Seed, Senega Root, Imperate Root, Cornel Fruit, Forty-knot Root, Burdock Fruit, Cnidium Seed, Reed Root, Broomrape Herb, Chinese CatNip, Asias Herb, Bai-Zhu Root, Lycium Fruit, Eucommia Bark, Morinda Root.

Note - The Quinary formula is most effective when used with Sunrider's Nourish, Balance, Cleanse System.

Nuplus (Nourish),

Quinary (Balance)

Calli or Fortune Delight(Cleanse)