

Fine Tuning With Sunrider

Alpha 20C

- Part of the QUINARY which nourishes the Immune System
- Nourishes functions associated with the body's resistance or capacity for immunity
- Protects against acute infections
- Reduces painful swollen lymph nodes
- Rapid healing of infections
- Reduced drainage from ears or eyes

Assimilaid

- Part of the QUINARY which nourishes the Digestive systems
- Nourishes functions associated with the digestion and assimilation of food
- Gives relief from pain, cramping, vomiting, nausea, gas, indigestion, gastric ulcers, gastritis, colic and stomach distention
- Improves body's ability to extract maximum nutritional benefits from food
- Improves sleep
- Helps strengthen liver function
- Helps improve appetite
- Helps improve complexion

Conco

- Part of the QUINARY which nourishes the Respiratory system.
- Protects against colds and flu; reduction of pain and fever
- Gives relief of headaches, including migraines
- Relief from congestion (allergies)
- Regulation of auto-immune conditions

Prime Again

- Part of the QUINARY which nourishes the endocrine system
- Nourishes functions associated with activity and performance, including activities of communication integration associated with the endocrine and nervous system
- Relieve allergies, including hay fever
- Helps strengthen muscles
- Improved nervous system response
- Greater ability to handle stress
- Reduction of wrinkles
- Relief of premenstrual syndrome
- Helps improve drive and energy
- Helps improve emotional stability

Lifestream

- Part of the QUINARY which nourishes the circulatory system
- Nourishes functions associated with the fluid-related process of the body, including general circulation
- Blood pressure regulation
- Helps strengthen capillaries
- Helps strengthen heart tone
- Helps lower cholesterol
- Helps improve eyesight
- Helps strengthen nervous system

Bella

- Natural women's formula
- For women over 40
- Helps ease women through physical and mental changes associate with menopause
- No added hormones
- Helps alleviate mood swings, hot flashes and other physical changes which result from hormonal fluctuations
- Helps support possible weight loss
- Nourishes liver

Beauty Pearl

- Helps with mood swings
- Moderates and stabilizes natural processes of the hormone system for both men and women
- Helps PMS symptoms and hot flashes
- Helps men feel more centered and able to deal with anger
- Helps control acne and other hormone-related skin conditions
- Contains Korean Ginseng which nourishes the muscles, and benefits the nervous systems
- Contains Royal Jelly which nourishes the skin
- Contains amino acids or protein, pantothenic acid, B Vitamins and other minerals
- Contains Chrysanthemum Flower Extract, which is known for its anti-infection, anti-inflammatory and cell nourishing properties.
- Beneficial for cell nourishment and assimilation of other vitamins and minerals. Enables the body to assimilate and ingest all-important calcium more efficiently
- Improves skin texture, skin condition

Dr. Chen's Men's Formula

- Nourishes prostate glands
- Aids digestion
- Promotes smooth urinary flow
- Includes Saw Palmetto fatty acids
- Contains other herbs that tonify blood, stops spontaneous sweating and swelling, clears toxins, strengthen the immune system, cleansing effect on liver /kidneys, cleanses toxins
- Contains Vitamin E
- May stop hair loss

Veros

- Totally natural formula for men
- Super-concentrated formula, helps increase sexual desire and improve sexual performance
- Fast, effective, no added hormones or stimulants
- Encourages healthy blood pressure and strong heart
- Designed to increase mental and physical capacity for exercise
- May increase calcium density in bones
- Can help you feel energized

Herb Cal

- Essential to build and maintain good bone health
- Helps reduce risk of osteoporosis
- Is optimally absorbable; most over-the-counter do not get into the blood stream to be distributed throughout our bodies but this one does
- Contains 3 forms of calcium: calcium carbonate, calcium citrate, calcium gluconate; each type has different absorption making it easier for the body to assimilate and utilize the calcium for maximum benefit.
- Includes several ingredients, like magnesium designed to enhance absorption and effectiveness of calcium.
- Includes Vitamin D2 to work with calcium for improved bone strength and density and aid in calcium absorption

Citric C Tabs

- A natural source - not a synthetic vitamin - making it more likely to be absorbed and available to our bodies. Too much synthetic forms of vitamin C can deplete the liver of stored vitamins and minerals causing imbalances in the body and may result in symptoms like diarrhea, nausea, or dysurea (burning with urination).
- Has expanded antioxidant benefits
- Contains bioflavonoids that possess antiviral, anti-carcinogenic, anti-inflammatory, anti-histamine, antioxidant activities.
- Contains polyphenols
- Boosts immunity, assists healing, especially the skin and connective tissues, helps in forming red blood cells and acts as an antihistamine which may be very useful for those with allergies.
- Is a "stress vitamin" and is used up rapidly in times of mental and/or physical stress
- Is an "essential" nutrient which means that we do not have the ability to produce it in our bodies and must get it through our diet

Dandelion Root

- Nourishes the liver
- High in calcium
- Aids skin problems
- Detoxifies poisons and toxic waste in the body
- Natural source of protein
- Very high in Vitamins A, B, C and E
- Rich in potassium, calcium, natural sodium with some phosphorous and iron
- Helps liver function and cleansing blood so is good for teens with acne
- Useful for expectant mothers to help keep their blood nourished instead of taking constipating iron supplements

Dong Quai

- Rich in vitamins A, B12 and E
- Aids in change-of-life challenges like hot flashes, and problems with the female cycle
- Nourishes and strengthens the smooth and small muscles
- Has anti-viral activity
- Anti-inflammatory
- Anti-bacterial

- Anti-fungal
- Research conducted by the U.S. Dept. of Health Education and Welfare shows this plant possesses qualities favorable to female problems. Aids in overcoming the symptoms induced by Vit. E deficiency.
- Produces a tranquilizing effect upon the cerebral nerves

Electroport

- Helps replenish fluids, electrolytes and minerals
- Effective mineral source
- Provides defense against free radicals
- Contains a synergistic combination of easily assimilated minerals including calcium, potassium, magnesium, zinc, iron, manganese, chromium, selenium
- Most popular forms of mineral supplements today are indigestible by the human body. With Electroport, Sunrider has developed a concentrated, stable and highly assimilable liquid mineral supplement
- Helps fight free radicals in the body that damage cells and organs. An issue of Time Magazine stated: "Free radicals are cellular renegades. They wreak havoc by damaging DNA, altering biochemical compounds, corroding cell membranes and killing cells outright. Such molecular mayhem, scientists increasingly believe, plays a major role in the development of many ailments. Many researchers are convinced that the cumulative effects of free radicals also underlie the gradual deterioration that is the hallmark of aging in all individuals, healthy as well as sick."
- An excellent source of easily assimilated antioxidants (which work by preventing free radicals from oxidizing or damaging healthy cells and tissues). Research has concluded that antioxidants can effectively neutralize free radicals
- Consume within 24 hours since this formula is a food and spoils within that time if not used.

Energy Plus

- Contains vitamin E, Lecithin, Korean White Ginseng, Bee Pollen and Wheat Germ Oil. Vitamin E is widely recognized to be good for the heart.

- Each capsule contains 200 IU Vit.E and several beneficial herbs: Wheat Germ Oil has a positive benefit for the heart; Lecithin is a fat emulsifier (helps dissolve fat); Korean White Ginseng nourishes the muscles and helps with energy; Bee Pollen is great for energy and improves the immune system.
- Is a blood builder
- Helps body emulsify and burn fat

ESE

- Helps us to be at "ease" or cope with stress
- Nourishes the central nervous system
- Helpful to feed the neuro-transmitters in the brain, helping our thought messages to get to where they are meant to go
- Very good for hyperactive children, nervous adults, or someone with a stressful lifestyle.
- Good for students studying for exams
- Called a brain food
- Helps clear "cob webs" out of brain to get us ready for a more restful sleep, especially when taken with Calli Night tea
- Helps with mental clarity and seems to improve our mental powers to focus and concentrate
- May help some older people who seem confused and forgetful
- Good food for thought processes

JOI

- Nourishes our skeletal and muscular systems
- Helps joints
- Helps our musculoskeletal system stay in control
- Good for broken bones, or bruises

TOP

- Nourishes central nervous system
- Nourishes the brain, specifically the lower lobe of the brain called the Occipital. This part of the brain has the ability to produce endorphins, a natural pain killing hormone
- Is a natural pain reliever; helps deal with pain. Won't take away severe pain, but helps you deal with the pain.
- Helps us maintain emotional, mental balance.

Evergreen

- Addresses both circulatory and digestive systems
- Concentrated liquid chlorophyll
- Rich in trace minerals - iron and zinc, calcium
- Strengthens lining of gastrointestinal-intestinal tract
- Aids absorption problems
- Speeds up healing
- Historically been used to help burns, bad breath, gums, and body odor
- Enhances immunity – helps body ward off infection
- Promotes healthy tissues
- Detoxifies and purifies cells
- Builds blood since it is rich in an iron form the body can use
- Can help lubricate the ileocecal valve that opens and shuts allowing food and waste to move from the small to the large intestine
- Can neutralize gas
- Regulates water functions of the body
- When consumed first thing in the morning with water on an empty stomach, may help rid the kidneys and bladder of stored urine and uric acid that collects during the night
- Beneficial for nausea or morning sickness
- Beneficial for colic when added to newborn babies water
- Sunrider Evergreen has been formulated to be easily assimilated and more beneficial. Body best uses chlorophyll in natural OIL SOLUBLE state. However most chlorophyll supplements (except Sunrider) in order to remain stable and not spoil are chemically altered into a water soluble state during processing and the body does not receive as much benefit from them. Shake it good before adding it to water, because it separates. Also rinse the vial out with water.
- Consume within 24 hours of opening the vial.

Fibertone

- Contains grain and vegetable fiber
- Contains unique blend of soluble and insoluble fiber
- Massages the intestinal tract
- Pulls out acid waste
- Removes debris in intestinal tract
- Gets rid of excess mucous

- Not habit forming
- Activates peristaltic process
- Not a laxative
- Assists in cleansing action

Chinese Goldenseal Root

- Traditionally used to support circulation and immune system.
- 4X stronger than other brands
- Sunrider's Goldenseal has no side effects because of the special enhancement and concentration processing. Since Goldenseal is a *MEDICINAL HERB*, when purchased from health food stores IT IS NOT RECOMMENDED to eat it on a permanent basis. Eat only when and as needed. (2 per day for 10 days only).
- A natural antibiotic and can be taken any time a person needs an antibiotic
- Is mild and does not destroy the friendly bacteria
- Great for yeast infections and mycotoxins
- Does not destroy friendly bacteria
- Effectively tones mucous membranes and other tissues it contacts
- Increases and improves the appetite, gastric secretions and flow of bile and aids in digestion
- Beneficial in relieving congestion and fighting infection
- Special aid for the liver, gall bladder, circulation and veins
- Aids the eyes as it contains Hydrastine, commonly used in commercial eye drops like "Visine"

Korean Ginseng

- Do not combine with Siberian Ginseng
- The Chinese claim Ginseng is a cardiovascular tonic strengthening the circulatory system
- Nourishes and strengthens the liver function
- Helps nourish and build bone marrow
- Nourishes the adrenals
- Over-all tonic for our entire system
- Stimulates mental and physical vigor
- Has beneficial effect on pituitary and adrenal glands
- Increases and strengthens the body's entire defense mechanism

- Korean Ginseng is cooling to the body while Siberian Ginseng is warming to the body
- With Korean White Ginseng, Dr. Chen uses only the inside of the bark, which is the strongest source of nutrients. Other companies use the whole herb, which has weaker properties and nutrients, therefore selling their product much cheaper; Sunrider Korean Ginseng is more concentrated and pure.

Wu Chia Pi (Siberian Ginseng)

- Strengthens joints, ligaments, and tendons
- Helps body "adapt" to stress
- Helps connective tissue, muscle ligaments, bones, and joints
- Improves rheumatic and arthritic conditions
- Relieves fatigue
- Improves resistance
- Warming to the body

Metabalance 44

- A full range of 44 vitamins, minerals in an herb base, easily assimilated by the body.
- Provides complete combination of known and needed nutrients including 12 water-soluble vitamins, 3 fat-soluble vitamins, 5 macro minerals, 6 trace minerals, 8 special purpose food elements and 10 high-nutrient foods.
- Fabulous combination of herbs/foods enhanced with specific vitamins and minerals in a balanced formula, ideal to give your body an extra nutritional edge
- Great for pregnant women, it has all necessary nutrients for healthy fetal development, including folic acid

Vitalite Slim Caps

- Enhance body's cleansing effect naturally
- Encourages detoxification
- Liver cleanser
- Helps clean entire intestinal tract and colon
- Help us lose fat naturally and safely
- No guarana or ephedra
- Promote healthful eating habits

SunTrim

- Designed to help people lose weight and fat
- Natural appetite suppressant
- Helps curb overeating and snacking
- Inhibits the production of fat and cholesterol

Sport Caps

- Helps flush out lactic acid and/or uric acid trapped in muscles
- Contains Bee Pollen known as a blood builder, aids endurance
- Contains Ginseng to boost energy, aid body metabolism, tonic for cardiovascular system, strengthens liver, bone marrow and adrenals
- Contains Chinese Knot Grass to boost kidney function, preventing muscle cramping and aid recovery time for athlete's muscles
- Contains Cassia Tora, helps strengthen body and cleanse lungs
- Contains Boshinocia Herb, a good body tonic, and humectant to improve body water to cells to help prevent dehydration.
- Nourishes and satisfies an active body with nutritious, specifically concentrated enhanced high-performance foods like bee pollen, alfalfa, rose hips and kelp which are blended with the herb foods
- Naturally contains a high concentration of vitamins and minerals in their whole form

Spirulina

- A small algae that grows in alkaline water, complete vegetable producing protein
- Seems to protect cell life and help endurance
- Helps cleanse the intestinal tract
- Relaxes smooth muscle of the bowels
- Helps produce green pigments produced by the spleen and liver such as Bilirubin (bile pigment) used in the purification of the blood and detoxification of bacterial and mineral poisons
- Has 3 Xs the protein value of beef, with nearly 2Xs the protein content of soybeans, and 9 Xs the value of rice
- Rich in over 18 amino acids
- Helps curb appetite while feeding us nutritiously

- Rich in Beta Carotene, or Vitamin A. High source of Vitamin B12
- Rich in iron, phosphorous, calcium, zinc, potassium, magnesium
- Has trace elements of selenium and chromium

SunFit

- Helps us feel happier (stress fighter)
- Helps reduce carbohydrate intake (starch blocker)
- Helps reduce fat absorption (fat blocker)
- Adjust thermal metabolism in system without side effects (metabolism booster)
- Helps increase the sensitivity for muscles to accept insulin and glucose (fat burner)

SunnyDew

(Stevia and Chrysanthemum Flower)

- Balances blood sugars
- Enhances glucose balancing
- Nourishes liver, pancreas, and digestive system
- Has a delicious sweet taste
- Does not promote tooth decay
- Improves thinking capacity
- Lessens tissue degeneration
- Anti-fungal
- Anti-bacterial
- Anti-yeast
- Topical skin care - healing agent
- Non fermenting
- Non toxic
- Nourishes the pancreas and improves pancreas activity

Sunny Fresh

- Soothes and invigorates mouth, throat and upper respiratory tract
- Good for coughs, colds, sore throats and helps open up sinus passageways

Sunrise

- Liquid formulation so can be digested and absorbed into the body quickly
- Energy booster
- Promotes endurance and stamina
- Enhances benefits of SportCaps when eaten together

VitaDophilus

- The Lactobacillus Acidophilus is suspended in an apple base thereby

protecting each live friendly bacteria from being destroyed by stomach acid. Allows good bacteria to get to the intestinal tract where it can do the best job

- Boosts the defense system and helps with energy
- Contains 20 million live Lactobacillus Acidophilus microorganisms

Vita Fruit

- Great source of bioflavonoids, vitamins, minerals, and carotenoids
- Beneficial for tissue repair throughout the entire body
- Great antioxidant in a honey-base to preserve the high level of nutrients
- Nutrients are in whole state

VitaTaste

- Helps curb cravings and addictions ie: sugar, alcohol, tobacco, chocolate, coffee, etc.
- Nourishes the pancreas, boosting its efficiency to do its job
- Eating two or three capsules per day can be very beneficial in helping people transition away from whatever cravings they may have.

VitaSpray

- Contains all of the B-complex family, B1, B2, B3, B5, B6 and B12
- Provides the body with energy by aiding in conversion of carbohydrates to glucose, which the body "burns" to produce energy.
- B vitamins are vital in the metabolism of fats and protein and play an important part in the formation of red blood cells in preventing anemia. Are also essential to proper function of the nervous system, and necessary for maintenance of muscle tone in the gastrointestinal tract, healthy skin, hair, eyes, mouth and liver.
- Contains Vitamin. C, citrus bioflavonoids, bromelain, calcium, potassium, magnesium, zinc, biotin, iron, manganese, chromium and selenium.
- All vitamins and minerals are formulated with balancing whole food herbs.

Note: This information is provided for nutritional purposes only. It is not the author's intent to diagnose, prescribe, or imply treatment. If you have a medical condition, consult a physician.