

SUNRIDER

BRAIN FOODS

POWERFUL HERBAL FOODS THAT HELP TO INCREASE MENTAL CLARITY.

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Recent studies have suggested that dietary and environmental factors play an important role in maintaining healthy brain function throughout life. Aging and mild memory loss associated with aging have become a major concern for many people in our society. While some people become more absent minded due to natural aging, others reach very advanced ages with excellent mental function. Although the reasons for this difference may be partially genetic, accumulating evidence suggests that nutrition, environmental factors and lifestyle are also key factors.

Sunrider herbal foods can naturally supply the proper nutrition necessary to help improve mental clarity.

Sunrider herbal foods are just that – *foods* that are safe to eat on a daily basis. Sunrider foods are enhanced, formulated and concentrated so that cells regenerate rather than degenerate. By eating these high-quality, nutrient dense foods, you are introducing powerful brain foods into your diet that will help to improve the quality of your life.

TOP® (Herbal Concentrate)

This formula is food for the brain and also nourishes the nervous system, which can help achieve pain relief from headaches and other forms of pain. By nourishing the body with this formula, focus, concentration and emotional balance can be enhanced.

Top ingredients: Mint, Silver Flower, Chuan Xiaong Root, Yeuan Wu Root, Angelica Root, Golden Bell Fruit, Ji Tsau Herb and White Willow Bark.

ESE® (Herbal Concentrate)

This formula nourishes the nervous system and regulates the body's response to stress. Concentration is enhanced by the formulas calming effects, which can help relieve restlessness, anxiety and sleeplessness by feeding the brain's neurotransmitters.

Ese ingredients: Cassia Tora Seed, Gou Teng, Ji Tsau Herb, Sophora Flower, Yeauan Wu Root, Orange Peel, Pinelliae Root.

JOI® (Herbal Concentrate)

This formula nourishes the nervous system and specifically targets the joints, bones and muscles, which can help reduce or eliminate pain in joints, bones and muscles. When aches and pains are gone, focus and clarity come with ease.

Joi ingredients: Siberian Ginseng, White Willow Bark, Mint, Silver Flower, Yeuan Wu Root, Chuan Xiong Root, Angelica Root & Golden Bell Fruit.

CALLI® (Herbal Beverage)

This herbal tea is alkaline in nature, high in anti-oxidants and supports cleansing on a cellular level. Calli assists in the body's own natural process to cleanse toxins from the body, helps to reduce cravings for fatty foods and sugar and aids the body in greater mental clarity.

Calli ingredients: Camellia Leaf, Perilla Leaf, Mori Bark Extract, Alisma Root, Imperate Root.

VITALITE SUNBARS®

Sunbars are high in fiber and designed to absorb fats and liquids. Sunbars help to promote regularity by gradually scrubbing away build-up of plaque along the colon wall. By helping to clean the colon, some of the benefits can be clearing up skin problems, headaches, and better mental clarity.

Available in chocolate or fruit. (See Basic Whole Food Program for ingredients.)

NUPLUS® (Herbal Foods)

NuPlus nourishes the body's tissues and cells and helps the body to repair and build lean muscle tissue. It is easily digested, improves energy, focus and concentration.

Nuplus Ingredients: Coix Fruit, Soy Bean, Chinese Yam, Fox Nut, Lotus Seed, Lotus Root, Waterlily Bulb, Green Bean, Red Bean, Black Bean, White Bean, Imperate Root. (Offered in a variety of flavors).

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QUINARY® (Herbal Concentrate)

Quinary is a combination of five specific formulas designed to feed and balance each of the body's five systems: the circulatory, respiratory, immune, endocrine and digestive systems. These formulas also come in separate formulas in case one system requires extra support. *See the following formulas.*

ALPHA 20C® For the Immune System

Alpha 20C nourishes the functions that keep the immune system strong. Some signs of imbalance within this system are allergies, colds, flu and chronic infections.

Ingredients: Chinese white flower; paris herb root (paris polyphylla); scutellaria herb root (scutellaria baicalensis); dandelion root; imperate root.

CONCO® For the Respiratory System

Conco nourishes the functions associated with the air passages and the lungs. Some signs of imbalance within this system include pneumonia, sinus infections, bronchitis, asthma, flu and colds.

Ingredients: Mint leaf (mentha arvensis); silver flower (lonicera japonica); chuan xiong root; golden bell fruit (crataegus pinnatifida); Chinese catnip stem; bell flower root (hemerocallis frilva); American lovage root; angelica root; licorice root; bamboo leaf; burdock seed; reed root.

PRIME AGAIN® For the Endocrine System

Prime Again nourishes the endocrine system with a specialized formula that works in harmony with the body's hormone-producing glands. Some signs of imbalance within this system are nervous weakness, inability to handle stress, premenstrual discomfort, menopause, weak libido and allergic reactions.

Ingredients: Chinese yam root; forty knot root (pueraria pseudo-hirsuta); leek seed (allium tuberosum); mushroom powder (poria cocos); cornel fruit (poncirus trifoliata); papermulberry leaf; eucommia bark; mongoliavine fruit (citrus wilsonii); morinda root; broomrape herb (boschniakia glabra); senega root (polygala tenuifolia); fennel seed; lycium fruit.

LIFESTREAM® For the Circulatory System

Lifestream nourishes the functions associated with the heart and general circulation throughout the body. Some signs of imbalance within this system are easy bruising, slow healing, cold hands and feet, high cholesterol, high blood pressure and poor eyesight.

Ingredients: Cassia tora seed; gou teng stem (uncaria rhynchophylla); sophora flower; chrysanthemum flower (chrysanthemum indicum); orange peel (citrus reticulata); pinellia root; dwarf lilyturf root (pseudostellaria heterophylla); mushroom powder (poria cocos); ginger root; ginseng root (panax ginseng).

ASSIMILAID® For the Digestive System

Assimilaid nourishes the digestive function and the assimilation of food. Some signs of imbalance within this system are constipation, nausea/vomiting, gas, ulcers, bloating, diarrhea, slow digestion, indigestion and cramps.

Ingredients: Ginseng root; atracylodes root; mushroom powder (poria cocos); licorice root; pinellia root; orange peel; cinnamon bark (cinnamomum cassia); fennel seed; amomum seed; mint leaf (mentha arvensis).

For information on how to order these nourishing Sunrider foods, please contact:
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