

Cues for Health Consumers Guide to Sunrider Herb Food Formulas

Nutritional herbs don't "fix" your body's problems; your body was designed to take care of itself! But nutritional herbs are absolutely necessary to allow your body to do the best job possible correcting current problems, improving health, and preventing future problems.

Often there are no satisfactory "scientific explanations" for how this happens. Science still needs to catch up with the complex relationship between nutrition and health. Fortunately, we can rely on the experience of those who faithfully use herbal preparations in their daily diet to have a reasonable idea of how various herbal preparations participate in helping your body to help itself.

Based on our extensive experience, but keeping in mind that every body is different, Cues for Health offers this "insiders' Guide" to selecting the best (Sunrider) herbal formulas for your own special health needs.

Herbal Combinations for Daily Use

NuPlus Daily herbal food staple to assure you a balanced diet. NuPlus helps you to fight fatigue, strengthen and protect your immune system, fill the gaps of a less-than-perfect diet, and enjoy sustained energy. It often puts an end to food cravings and overeating--an ideal foundation for healthy weight-loss. NuPlus is a granulated, concentrated, whole-food source of complex carbohydrates, proteins, vitamins, minerals, and essential fatty acids. Use it with, or in place of, any meal, prepared according to individual preference. (Eat it dry; sprinkle on main dishes; mix with water or juice or broth to any desired thickness.) Available as a basic, unflavored staple food (Simply Herbs) or in five fruit-enhanced flavors. Always add Sunny Dew to taste.

Vitashake Tasty meal-replacement drink; NuPlus with added fiber, vitamins and minerals. Cocoa and Strawberry flavors.

NuPuffs Light and crunchy, snack-like variation of NuPlus, puffed, like dry cereals. Cheese and Cocoa. In convenient serving-size packets, or cereal-size boxes.

Sunny Dew Concentrated liquid Stevia product; helps the body regulate blood sugar levels and nourishes the pancreas. A few drops enhance the flavor of food or beverages. A very sweet dietary supplement, not a sugar.

Calli Tea-like purifying beverage that assists the body's cleansing processes. Valued for mental clarity and

elimination of toxic chemicals and heavy metals. A good replacement for coffee or regular tea. Use one "tea bag" to 10-30 oz. very hot water. Flavors: Original, Mint, Cinnamon, Fresh

Calli Night For improved quality of sleep and dreams, with day-long benefits to the nervous system. Supports the ability to take control of yourself. Often works better if used as a morning beverage. Preparation: same as for Calli.

Fortune Delight A low calorie herbal beverage, similar in appearance and taste to "iced tea." Helps remove impurities which may be stored in fat cells, and helps the body in its natural cleansing cycle. It also boosts energy levels. Mix one 3g. packet in 8 - 16 oz. water. Can be sweetened with Sunny Dew. Flavors: Regular, Lemon, Raspberry, Peach, Cinnamon. Use it to replace other beverages, warm or cold.

Vitalite SunBars Delicious, chewy, high fiber meal-replacement bar. Quality herbs and protein. Contains NuPlus and special high-energy foods. Chocolate or fruit (mango-banana)

VitaFruit Highly concentrated, delicious, herb fruit juice, rich in vitamin C, anti-oxidants, amino acids, and beta carotene. Helps healing of tissue; slows aging; often improves mood. Add syrup to cold water, or combine with NuPlus, and enjoy!

Special Purpose Health Builders

Quinary To restore health, when all body systems need replenishing, or to protect those systems for future health. Capsules, powder, or liquid; to be used 1-3 times a day, according to individual need. Quinary combines these 5 formulas (also available separately):

Alpha 20C for the immune system, including the liver. Supports the body's ability to defend itself from major problems.

Assimilaid for the digestive system; relieves indigestion, improves assimilation

Conco for the respiratory system; decreases mucus; helps to prevent colds and flu.

Lifestream for the circulatory system, including kidneys, bloodstream, and nervous system.

Prime Again for reproductive systems, adrenal, and other endocrine glands. Often useful in allergy relief.

Beauty Pearl Hormone-balancing nutrients improve mood, skin, and the body's utilization of calcium. A "miracle-food" for puberty, PMS, and other

hormone-challenged times of life.

Vitadophilus Friendly acidophilus bacteria in a delicious herbal base especially prepared to release in the bowel, where they support the immune system, help digest food, and create B-vitamins. Especially useful when antibiotics have caused intestinal imbalance.

Evergreen Unique liquid chlorophyll for circulatory and digestive systems; oxygenates, counteracts body odors. Excellent source of iron, favored for pre-natal use. Dilute with water.

Sunrise Safe, quick herbal energy. (No need to use sugar, caffeine, or harmful herbal stimulants.) Readily convertible proteins for effective workouts; shortens warm-up time. Tasty liquid, straight from the vial, or in water.

Sunny Fresh For the throat, larynx, upper respiratory system--relief and repair. A light tasty syrup improves voice, relieves deep coughs. Drink it right out of the vial.

Sunbreeze Healing balm or oil, soothes tension, sore muscles, and abrasions; improves circulation, relieving pain as it accelerates healing; gives relief from arthritis, rheumatism, headache, insect bites, and congestion. Use Sunbreeze oil in mouth for toothache.

Herbal Vitamin/Mineral Supplements

Exclusive to Sunrider, these formulas replace unbalanced vitamin and mineral isolates with concentrated herbs as a superior source of supplementary nutrition.

Energy Plus Herbal vitamin E for healthy heart; natural anti-oxidant. Definitely boosts energy. Soft gel caps.

Herb Calc Concentrated dandelion, alfalfa, three forms of calcium, and aids to calcium absorption. Chewable tabs.

Citric C Tablets. Delicious, highly concentrated rose hips, citrus bioflavonoids, green tea extract. Exceptional antioxidants.

Metabalance 44 Soft gel tabs. A multi-vitamin/mineral formula for daily use. Exclusive to Sunrider.

VitaSpray All natural herbal formula for your daily vitamin needs. This fun-to-use mouthspray delivers absorbable B-vitamins, including B₁₂, which is needed for nerves, iron absorption, red blood cell formation, and metabolism of proteins, fats, and carbohydrates. Many people have B₁₂ deficiencies because they lack the secretions necessary for its absorption; VitaSpray solves this problem. Great stress aid.

Encapsulated Herbal Combinations and Single Herbs

Bella For women who want the benefits of youthfulness without hormone replacement therapy. Safe and effective, no estrogens added.

Veros For the men who want the benefits of youthfulness without resorting to Viagra!

Dr Chen's Men's Formula To protect the prostate and urinary tract.

Slim Caps Powerful cleansing of liver and intestines, for quick, safe detoxification or weight loss. A safe way to normalize bowel function. Start slowly, 1 or 2 caps.

Action Caps For better metabolism of fats. Useful for weight-loss, extra energy, thyroid support, and lowering of cholesterol. For best results, use with Fortune Delight beverage.

SunTrim Helps quiet the appetite and prevent overeating. Tasty, chewable tablets. Safely prevents absorption of some fats.

Vitaste Helps get rid of addictions, including sugar cravings. Use 15-30 minutes before meal.

JOI For bones and joints, useful in arthritic conditions and repair of injuries.

ESE For mental focus; useful in "attention deficit" disorders. Students report better test scores!

TOP For stress and pain; supports the body's natural production of endorphins.

Sport Caps Assists muscle repair and toning, with or without an exercise program.

Dandelion Enhances cleansing; a source of calcium and iron. Historically useful for stomach, skin, circulation, kidneys.

Dong Quai used by women to strengthen the uterus and to prevent hot flashes and other estrogen-deficient symptoms.

Chinese Goldenseal Root Helps those who wish to avoid the use of antibiotics when infections threaten. Sunrider's goldenseal is balanced and safe for extended use, with no side effects. Great respiratory aid.

Wu Chia Ti (Siberian Ginseng) For energy, and maintenance of bone and joint tissue.

Spirulina Edible algae, source of amino acids and pro-vitamin A.

White Willow A natural alternative to aspirin, useful for inflammation and mild pain.

Korean White Ginseng Add contents of one capsule to a cup of warm water; experience the legendary powers of the world's best miracle herb. Favored as a general tonic and aid in stress. Very concentrated; a real bargain!