



# NEWSLETTER

Helping to improve the lifestyle and well-being of people around the world.

## LOOK YOUNG STAY FIT

Transform your body  
from the inside out.



Specially formulated from highly concentrated herbal extracts, these products deliver potent antioxidants to help transform your body from the inside out. When taken together, Vitalite® Caps and Fortune Delight® work synergistically to further enhance their antioxidant benefits.



# ANTIOXIDANT INNOVATIONS

## Vitalite® Caps

This cutting-edge supplement works with the systems of the body to help process food and burn calories efficiently. Each capsule contains a synergistic blend of herbs and natural concentrates traditionally used to optimize metabolic processes. It can help you achieve your weight-loss and fitness goals safely and effectively. Unlike many other weight-management products on the market today, Vitalite® Caps contain no ephedra (ma huang), guarana, caffeine, sugar, artificial sweeteners, or chemical additives.

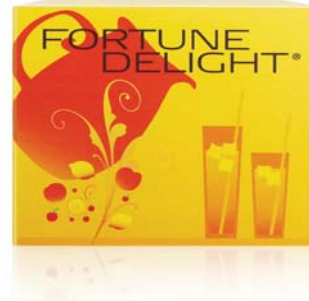


- *Optimizes the body's natural metabolic processes to burn calories.*
- *Ephedra-free high-performance formula of herbal concentrates.*
- *Helps sculpt a firm physique.*

A main ingredient of Vitalite® Caps is camellia sinensis leaf extract, an excellent source of natural antioxidants, which are known for their free radical-scavenging and health-optimizing properties. Sunrider's special processes of extraction and concentration improve the potency and the release of the antioxidants to optimize their healthy benefits.

## Fortune Delight®

An antioxidant powerhouse, this super beverage contains polyphenols, bioflavonoids, and tea catechins, which have been shown to combat free radicals and help you look and feel younger. Fortune Delight® makes a delicious, nutritious replacement for coffee, soft drinks, and sugary fruit drinks, helping you slash unnecessary, empty calories from your diet and thus lose weight.



- *Optimizes the release of antioxidants and improves delivery of micronutrients.*
- *Has protective and metabolic health benefits.*
- *Contains no fat, preservatives, or artificial sweeteners.*

The benefits of tea catechins and polyphenols are well known, but the problem with "regular tea" is that catechins don't dissolve very well in water. Also, tea is diluted when added with water, diminishing its benefits. Sunrider specially concentrates the tea in Fortune Delight® so the polyphenols are effective even when water is added.

## What Sport & Fitness Enthusiasts Say:



With Sunrider nearly 20 years, bicyclist **Judy Caron** from Concord, NH, added Fortune Delight® to her Sunrider regimen for athletic purposes and went on to set new records in her age group, win events, and finish races ahead of women who were decades younger.



**Debra Keithly**, a 25-year Sunrider from La Mesa, CA, who ran her first 5K in 2011 thanks in part to a Sunrider program that included Fortune Delight® and Vitalite® Caps, said, "I really do attribute my success to eating the Sunrider® foods as part of a healthy diet and regular exercise."



From Saskatchewan, Canada, **Doreen Willerth** joined Sunrider in 2008. At 71 years old, she recently completed a triathlon and credits her success in part to Fortune Delight® and Vitalite® Caps. She said she is "looking good and feeling great with Sunrider."



## Sheryl Fitzharris

Recently I decided to have a physical which I haven't had for a number of years because I always feel so great. I found myself a wonderful doctor and she did the blood work and today I had the complete physical.

Her assistant weighed me, checked my blood pressure, height, and asked me when my last period was. I told her it was about 10 years ago and she asked if I was in early menopause to which I replied, "No, I'm finished with menopause." With a shocked look on her face she asked, "How old are you?" I told her 61 and her mouth dropped. She said, "I thought you were in your late thirties!" Maybe

my Maui tan helped as well! When the doctor came in she brought my blood work up on the computer and all she kept saying about my organs and different level readings in my blood was "excellent, excellent, and excellent!" She said, "I have never seen anyone with readings like yours and if I had a gold star you would get it." I had put down on my paper work that I eat Sunrider® foods, so she then said, "Tell me about these special foods you eat." So I proceeded to present Sunrider and all the wonderful things it has brought to my life, my family's life, and so many others. She said, "**I think you have found the Fountain of Youth.**" She said, "Whatever you are doing, keep on doing it and I need to get on your program." To which I said, "It would be my pleasure!"

There is no better gift than good health, and the best gift of all is excellent health, vitality, and well-being, which Sunrider has definitely provided for me.

For the past 24 years, Sunrider has been a very special part of my life. Drs. Chen have been given a great gift with their vision and expertise creating these wonderful products. I'm so grateful they decided to share them with the world. I feel I was given a gift when Sunrider was shared with me, and how could I possibly keep it to myself when I know it can benefit others.

Sunrider's Philosophy of Regeneration® is not about curing disease; rather it's about cleansing and nourishing the body so that it can have optimal health. It has definitely helped me maintain my optimal health. Drs. Chen have definitely given us "the fountain of youth." We just need to take part with love in our hearts and appreciation for all we have—not what we don't have.

## Did You Know with DR. CHEN

"Conco® and Assimilaid® both contain licorice, but for each product this ingredient is processed differently to achieve a different effect. The licorice in Conco® is dried in a cool place to preserve the benefits of the glycoside content, while the licorice in Assimilaid® is oven dried to destroy the glycosides."

And that's why you can't copy Sunrider® products by merely reading the ingredient list on the label. Concentration, extraction, and owners' expertise are necessary to create our unmatched, unique products.



# Tropical Delight

Submitted by Lorraine Eastburn  
Makes one serving

## Ingredients:

240 ml Fortune Delight® Peach or Raspberry  
½ cup of diced mango, papaya, or peach  
1 packet of NuPlus® Piña Banana  
1 packet of Quinary®  
Sweeten to taste  
Handful of ice cubes

## Directions:

Put all ingredients in blender and blend on high until desired consistency is achieved. If it's too thick, add more Fortune Delight® or water.



## Manufacturing Spotlight

### Sunrider's Herb Cleaning Process

It is common in the industry to "gas" sterilize or fumigate herbs, which may leave unwanted chemical residues. Sunrider, however, uses a different approach to clean and prepare the herbs.

After selecting the finest raw herbs available, the herbs go through rigorous inspection, sorting, and cleaning processes to remove foreign matter and soil. These processes are specific to each herb and can have several steps, such as meticulous hand sorting, vibratory conveyor sifting to remove fine, loose dust, washing with SunSmile® Fruit & Vegetable Rinse to remove heavy soils, and steam sterilization to reduce the natural microbial load and eliminate potential pathogenic organisms.

Our cleaning methods enhance the effectiveness of the herbs without compromising their integrity, and Quality Control tests for contaminants throughout the manufacturing process—a standard almost unheard of. And to stay on the cutting-edge, Sunrider continually researches emerging technologies to see if any are more effective than current methods.

## JUST THE BEGINNING

### 2012 GRAND CONVENTION

Sunrider's Grand Convention will be here before you know it in Long Beach, California, on August 15–18, 2012. This year's exciting convention will celebrate Sunrider's 30 years of health and beauty and offer new and innovative meetings and activities for you to enjoy.



If you'd like to share a recipe using Sunrider® products, please email us at: [info@sunrider.co.uk](mailto:info@sunrider.co.uk).  
Include your name, country, and Sunrider ID number (if you have one).

If you love our products, you'll love our business! Contact your local Sunrider Independent Business Owner to learn how to own a Sunrider business and have a fantastic income.

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