



# NEWSLETTER

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

NOVEMBER • DECEMBER 2012



Give the gift of health with a Sunrider gift set based on the heart of the *Philosophy of Regeneration*<sup>®</sup>— nourish, balance, and cleanse. The NBC Pack provides a powerful punch of beneficial nutrients that work together to help you achieve optimum health.

### **Nourish with NuPlus<sup>®</sup>**

Serves as a foundation to build a healthy diet and fill nutritional gaps, and is based on the Chinese tradition of health maintenance through proper nutrition.

### **Balance with Quinary<sup>®</sup>**

Helps keep the body's five major systems in balance through daily maintenance to prevent physical malfunction.

### **Cleanse with Calli<sup>®</sup>**

Assists in the body's natural cleansing processes through its unique herbal extracts combined with a healthy diet and exercise program.

This pack's impressive health trio helps restore nutritional balance for a healthier, happier you.

*Look inside for our full selection of healthy holiday gift sets.*



# BANISH

## WINTER WEIGHT GAIN...

AND LOOK SVELTE BY NEW YEAR!

Fall and winter brings a bevy of weight-management issues, but the main culprit for weight gain is quite simple—it's cold! Chilly temperatures drive us inside, our metabolism slows down, and we are less apt to get out and be active.

On top of that, there are the holidays! Parties and gatherings are full of fattening, hard-to-resist foods, which is why we need all the help we can get: Add these products to your winter regimen and combat winter weight gain (and look great for New Year's parties!).



### VitaTaste®

Inhibits the taste of sugar—if you can't taste it, you won't want it!\* Promotes healthy eating habits to get you through the holidays and all-year round.

**Tip**

Keep VitaTaste® tablets keep on hand for a quick, preventative measure against dessert bingeing. The effect lasts about an hour.



### SunBar®

Filling fiber and healthy protein help slim your waistline.\* One serving of SunBar® provides 7 grams of soy protein. Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.

**Tip**

Eat a SunBar® before hitting a holiday party (and stash a couple in your bag) to curb cravings and help you say no to fatty temptations!



### Vitalite® Slim Caps™

That fitness resolution you make every year can finally be attainable with Vitalite® Slim Caps™. Designed to produce a sense of fullness and enhance the body's natural metabolic processes, this all-natural supplement can help you slim down and shape up.

**Tip**

Take Vitalite® Slim Caps™ to help you feel fuller and therefore less likely to overindulge and wreck your summer figure.



### Vitalite® Caps

Revs up the body's metabolic processes.\* Helps burn calories more efficiently, supporting your weight-management goals.\*

**Tip**

To maintain your figure, take 6–9 capsules before each meal. To jump-start a New Year's Eve weight-loss plan, alternate 4 Vitalite® Caps and 4–8 Slim Caps™ twice a day with meals for two weeks.

\* In conjunction with a healthy diet and regular exercise.

# VitaDophilus®

For Holiday Digestive Health...  
and the Whole Year Through

There's no time like the holidays to ensure your body gets all the digestive help it needs. That's where VitaDophilus® comes in—it's a proprietary dietary supplement that helps the body absorb nutrients and maintain proper digestion.\*

Here are four things to know about VitaDophilus® and how it aids digestive health.

- Supplies beneficial bacteria to the body that embeds itself in the walls of the intestines, facilitating the digestive process.\*
- Naturally occurring lactobacillus acidophilus in the digestive tract helps break down food, so the body can efficiently absorb the nutrients.\*
- Helps displace or decrease non-beneficial micro-organisms, some of which can lead to fermentation thereby causing bloating and gas, or robbing the body of necessary nutrients.\*
- Supplies a minimum of 20 million live culture bacteria to the body.

The base of VitaDophilus® powder is made of apples, making it easy to add to your favorite foods and dishes. You can also consume directly out of the package or mix with water.



\* In conjunction with a healthy diet and regular exercise.



“Nature  
is the best  
farmer”

Dr. Tei-Fu Chen

## GMO Foods: 'Harvesting' Risk?

The question of safety is at the center of the complex and controversial issue of GMO foods. Genetically Modified Organisms are plants or animals “genetically engineered” to contain genes from an entirely different plant, animal, virus, or bacteria.

### Potential Risks

Documents made public from a lawsuit revealed that scientists from FDA were uniformly concerned that GMO foods could lead to hard-to-detect allergies, toxins, new diseases, and nutritional problems.

### Sunrider's Approach: “Nature Is the Best Farmer”

Sunrider has always been committed to creating products the natural way; the herbs it uses are grown in the wild from non-GMO seeds. Sunrider's foods, beverages, and supplements are made with only the finest concentrated whole-food ingredients from naturally occurring plant sources. As Dr. Chen says, “Nature is the best farmer.”

### Sunrider's High Standards

Sunrider continues to meet and exceed the most rigorous standards of cleanliness, food safety, ingredient quality, and manufacturing integrity. No artificial preservatives are used in our food products, a highly unusual fact in the food industry. Beyond any doubt, Sunrider® products are “Simply the Best®” for you and your family.



# Happy, Healthy Holidays!

Gifts that bestow health, beauty, and wellness always make the holidays shine even brighter. With this in mind, we're offering a special selection of gift ideas that can make you and everyone on your list look and feel fantastic. Celebrate the season and enjoy year-round healthy living with Sunrider!



## NOURISH, BALANCE, CLEANSE SET

Calli® Mint, 10 Pack;  
NuPlus® Naturally Plain,  
10 Pack; Quinary®,  
100 Capsules/Bottle

Fattening feasts, tempting treats, calorie-crammed beverages ... the holidays can make it hard to maintain a healthy diet. To help restore nutritional balance in the body there's nothing better than NuPlus® (Nourish), Quinary® (Balance), and Calli® (Cleanse). These products provide powerful nutrients that work together to support optimal health.



## HEALTHY HOLIDAYS GIFT SET

SunBar® Fruit and Chocolate,  
10/30 g Packs;  
Fortune Delight® Cinnamon,  
10 Pack

You can add flavor and cheer to any celebration with Fortune Delight®. It's made from herbal extracts and supplies a host of antioxidants and vitamins. Perfect for parties or anytime snacks, our SunBar® is nutrient dense and provides fiber, protein, and complex carbohydrates to fuel the good times.



## HEALTHY GLOW GIFT SET

Dr. Chen® Refining and Lifting  
Cream, 15 ml;  
Oi-Lin® Eye Cream, 14 g

This exclusive set offers the latest in skin care technology! Dr. Chen® Refining & Lifting Cream provides intense hydration to help restore skin to its youthful suppleness and luster. Oi-Lin® Eye Cream reduces the appearance of puffiness and dark circles around the eyes with a special formulation of antioxidants, hyaluronic acid, botanical extracts, and peptides.



## HOLIDAY GLAM GIFT SET

Kandesn® Moisturizing Lip Color 1124,  
Kandesn® Mini Color Compact Set 2,  
Kandesn® Product Bag

Create a style that wows with this sensational set! This sumptuous Lip Color is the perfect shade to add glamour to your holiday look. Kandesn® Mini Color Compact Set 2 contains an easy-to-wear charcoal contour and a shimmering pink frost to complement a beautiful rose blush—ideal for a smoky eye look. The set comes complete with a stylish Kandesn® Product Bag.



## NUTRITIONAL POWERHOUSE

Sunrider Vitafruit®, 325ml bottle;  
Evergreen®, 10/15 ml Mini Pack Bottles

Anyone can power up with this present, no batteries required! Sunrider VitaFruit® is an all-natural, ultra-concentrated blend of exotic fruits prized for their healthy benefits. Evergreen® is a quick and easy way to get the powerful antioxidants and phytonutrients of dark leafy vegetables in one tasty shot.



## KANDESN® SPA GIFT SET

Kandesn® Spa Shampoo, Conditioner, Liquid Soap, Hand & Body Lotion, SunSmile® Herbal Toothpaste (all are 65 g - 68 ml bottles or tubes)

This exquisite collection features a full range of personal care products that provide luxurious pampering for both men and women. All-natural ingredients and fresh, clean scents create a restorative experience for the body and mind. Indulge yourself or someone special—pure bliss is just a gift away.



## OI-LIN® SKIN CARE SET

Oi-Lin® Cleansing Cream, Revitalizing Cleanser, Deep Moisture Lotion, Facial Toner (all are 50 ml - 120 ml bottles or tubes)

Here's a gift that keeps on giving in beautiful ways. Our deluxe signature set has everything needed to nourish, cleanse, and balance the skin to bring out and maintain natural beauty. Exclusive Oi-Lin® formulations are composed of the finest ingredients, including vegetable-origin squalane, jojoba oil, and olive oil.

## HOLIDAY DELIVERIES

The holiday season is a busy time of the year and we want to make sure that you receive your orders before the holidays. To ensure this, we recommend that you place them by Friday, 14<sup>th</sup> December 2012.

## PUBLIC HOLIDAYS

Please note that the Sunrider Europe office in London will be closed from Tuesday, 25<sup>th</sup> December to Wednesday, 26<sup>th</sup> December 2012 as well as on Tuesday, 1<sup>st</sup> January 2013.

## Dr. Oi-Lin Chen Named One of the Most Influential Women in Direct Selling

Dr. Oi-Lin Chen, president of Sunrider International, has been named one of "The Most Influential Women in Direct Selling," by the Direct Selling News. She is featured on October 2012 cover among the "20 luminaries on the 'front line,' leading their companies on behalf of millions who choose direct selling as their pathway to a better life."

Dr. Oi-Lin Chen is featured in the special cover story which asks the most influential women in direct selling questions about motivation, inspiration, leadership, career advice, and goals. This issue marks the first time the face of any direct selling industry leader has graced the cover of the magazine.

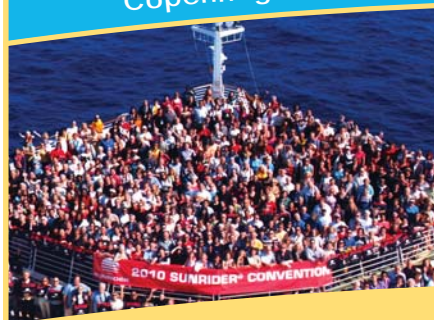
Direct Selling News, one the most prominent and influential publications in the industry, is a full-color monthly business magazine that has been serving direct selling and network marketing executives since 2004.



## 2013 SUNRIDER IBO CONVENTION

SCANDINAVIA CRUISE • JUNE 19-30, 2013 (11 DAYS)

Copenhagen • Berlin • Visby • Riga • Tallinn • St. Petersburg • Helsinki • Stockholm



### SUNRIDER CONVENTION PACKAGE PRICES INCLUDE

- Sunrider IBO Convention Registration Fee
- 11-night Ultimate Scandinavia Cruise
- Beautifully appointed modern cabin accommodations
- All convention activities on the ship
- All meals and snacks aboard the ship
- All gratuities
- Many activities during the day
- Las Vegas-style shows and entertainment every night
- Full gym and spa
- Sunrider® T-shirt, giveaways, and more!

**We invite you to join us** onboard Royal Caribbean's beautiful Vision of the Seas for the 2013 Sunrider IBO Convention. This exciting convention cruise is open to all IBOs, their families, and invited guests.

**The perfect mix of business and pleasure!** Along with experiencing the cultural and historical richness of breathtaking destinations, you'll gain invaluable training from Drs. Chen, share business tips and fellowship with top business leaders, participate in seminars, experience new products, and much more!

**Space is limited, so please register and pay your deposit ASAP.**

We've negotiated an incredible low price for the Sunrider event of the year, so don't miss out! For detailed information, pricing, and to register, visit [www.sunrider.com/2013IBOCruise.html](http://www.sunrider.com/2013IBOCruise.html)

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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