



NEWSLETTER

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

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BELLA® & BEAUTY PEARL®

For Beauty and Balance Inside and Out

This powerful pair nourishes and restores from the inside out, helping your inner and outer beauty shine. Working together, the natural, pure ingredients of these products energize and revive the skin, while helping you feel younger, emotionally balanced, and energetic.



Bella®

Promotes feelings of serenity and calm focus for women of all ages

BENEFITS:

- Helps the healthy maintenance of female organs.
- Can help ease women through the physical and mental changes of menopause.

Key ingredients: Pueraria root, barrenwort, white cornel leaf, and dong quai.

"I have been consuming Bella® for 11 years to help with post-menopausal symptoms such as sweating, hot and cold flashes, an inability to sleep, and anxiety. If I do not take my Bella® by 10 a.m., I'll start sweating and just do not feel good."

Lili L., Business Leader, USA

Beauty Pearl®

For age-defying effects and immune system maintenance

BENEFITS:

- Softens the appearance of skin's texture and brings out a youthful glow.
- Works with the skin's natural cycle of renewal.
- Can promote sleep with its calming properties.

Key ingredients: Ginseng root, chrysanthemum flower, and royal jelly extract.

"I have been eating Beauty Pearl® for about nine years...I believe it offers cell nourishment for our skin and improves the appearance of its texture and condition. It also has a calming effect and helps me sleep—particularly when it is eaten before bedtime."

Lila B., Business Leader, USA



SUNRIDER®

ARE YOU CALCIUM COMPETENT?

It's for More than Just Bones

Adequate calcium intake throughout life, as part of a well-balanced diet and physical activity, may help women maintain good bone health and reduce their risk of osteoporosis. Although it typically affects men later in life than women, this progressive bone condition is a health concern (a growing one at that) for men as well.

“About one in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis. By 2020, half of all Americans over age 50 are expected to have low bone density or osteoporosis.”

National Osteoporosis Foundation

But that's not all. Calcium is essential for many important functions within the body:

Muscle contractions. Working in conjunction with other minerals, calcium is vital in muscle function. Without it, you wouldn't even be able to raise your hand!

Clotting. Calcium deficiency can result in poor blood-clotting. This is important even for the simplest of cuts and nicks.

Nerve function. The transmission of information between nerve cells, called nerve impulses, depends upon the right amount of calcium. Without it, communication between nerve cells would be lost.

Strong teeth. Without adequate calcium, teeth are more prone to cavities and fractures, and gum disease is more likely.

Strong bones. Especially crucial as we age and bone density decreases. Bones continually grow and replace cells, so calcium is essential for bone health.

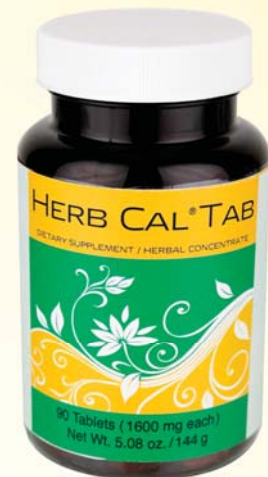
Because the body does not make its own calcium, it's necessary for us to get this mineral from our diet or other supplements. The body will actually leach calcium from the bones and teeth if it's not adequately found in your diet.

HERB CAL® TAB

A Pure & Natural Calcium Source

Each Herb Cal® tab contains 250 mg of calcium, or 25% of the recommended daily value (RDV), and is comprised of three different calcium compounds to help the body get its proper fill. It's also replete with concentrated herbal extracts, enzymes, and vitamin D2 to enhance the absorption of calcium.

- 1. Calcium carbonate:** Sunrider's calcium carbonate is mined from fossilized coral for purity. Many other brands contain calcium from oyster shell which may contain heavy metals. Calcium carbonate also contains the highest levels of elemental calcium, otherwise known as pure calcium.
- 2. Calcium citrate:** Produced from the calcium salt (salts are ionic compounds that result from the neutralization reaction of an acid and a base) of citric acid which is found naturally in fruits and vegetables, calcium citrate provides the next highest levels of elemental calcium and is easily absorbed and digested by the body. Calcium citrate enables Herb Cal® to be consumed without food.
- 3. Calcium gluconate:** Calcium gluconate is a salt of calcium and gluconic acid (which occurs naturally in fruit, honey, and tea). Although it provides less elemental calcium than the two compounds above, it is used most for treating problems that can arise from calcium deficiencies.



MORE HERB CAL® FACTS:

- Contains vitamin D2 to enhance absorption.
- Tabs are chewable which aids in absorption.
- Can be taken with or without food—not all supplements can.

Did You Know?

Daily calcium intakes above 2,000 mg are not likely to provide additional benefits and may cause harm. That's why Dr. Chen formulated Herb Cal® with 25% of the RDV for calcium—to help us reach our calcium goals safely and effectively.

RESISTANCE TRAINING AND OSTEOPENIA

By Reuben Chen, MD

Osteopenia is a diagnosis of poor bone density and osteoporosis is a diagnosis of severe loss of bone density that can result in bone fractures. These are risks many people face, especially women as they age. Men are also susceptible to poor bone density as they age.

There are several ways to combat thinning bones:

Diet: There are many foods, such as milk products, that are high in calcium. These foods can help prevent bone loss, but are not especially helpful in reversing the effects of severe bone loss because the vitamin D and calcium levels in food products are too low.

Supplements: Many people take additional calcium and vitamin D supplements to treat thinning bones. All women over the age of 30 should take additional calcium and vitamin D supplements like Herb Cal® Tab. This will help prevent later loss of bone. As people age, calcium stores in their bones may start to decrease, leading to thin bones and increased risk of fractures.

Resistance training: Resistance training means any type of exercise where some resistance is placed on the body or joint to increase muscle growth. When stress is placed on the muscles and bones, the bones are stimulated to become thicker to manage the increased stress. The more resistance training we participate in, the better and stronger our bones will be.

To increase bone growth, there needs to be stress placed on the bones or joints. If there is pain with certain exercises because of arthritis, use lighter weights or just use body weight. But it's important to put stress on the bones and muscles to help reverse the signs of bone thinning.

Simple at-home exercises to help with bone growth:

- Pushups
- Squats
- Situps
- Lunges

Exercises that may not help with bone growth:

- Light swimming
- Elliptical training



“The more resistance training we participate in, the better and stronger our bones will be.”

Resistance exercises that help increase bone growth:

- Weightlifting with weights or resistance bands
- Running, walking, hiking, mountain biking

OTHER SUNRIDER® PRODUCTS WITH CALCIUM:



- **VitaShake®:**
20% RDV, plus vitamin D
- **SunBar® Chocolate:**
2% RDV

WEIGHTLIFTING & BONE DENSITY

Studies show that lifting weights or performing other strength training exercises two or three times a week increases bone density and is safe and effective for both women and men of all ages.

How it works: Bone forms under the stress of muscles pulling during weightlifting or other strength exercises thereby increasing its density.

How often: At least two–three times a week for maximum effectiveness, long term.

How much: A general goal is to lift as much weight as you safely can while maintaining proper form; typically 2–3 sets of 8–12 repetitions.

Please consult with your doctor before beginning a strength-training regimen.



SIMPLE SKIN CARE FOR MEN

Men's skin is different than women's—it differs structurally, is 25% thicker, and is generally oilier. That's why specialized care is needed for men's skin to look its best. Here's a look at some of our top men's skin care products. Add these to your skin care regimen and you're sure to see results!



Kandesn® Smooth Shave

Men's skin can break out because of harsh chemicals found in many shaving creams. Kandesn® Smooth Shave prevents this with soothing herbal extracts and natural emollients that nourish, balance, and soothe the skin.



Kandesn® After Shave

A natural alternative to the many harsh and abrasive after shaves on the market, this unique formula contains amino acids as well as emollients such as royal jelly to freshen and hydrate the skin. Extremely calming and soothing, it appears to tighten and firm the skin.



Dr. Chen® Hand & Body Lotion

Perfect for men's skin, this advanced formula contains high concentrations of antioxidant vitamin E, herbal extracts, natural oils, and seaweed extracts to leave skin feeling soft and smooth.

If you'd like to share a recipe using Sunrider® products, please email us at: 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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