



NEWSLETTER

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

SEPTEMBER • OCTOBER 2013



BEFORE



AFTER

"It has been almost three months that I am taking three SunTrim® Plus capsules three times a day. They have helped me with regular eating habits. I have a main meal three times a day and I eat SunBar® or drink VitaShake® in between. Without the capsules I would have put on weight again a long time ago. I have lost 7 cm off my waist going from 106 cm to 99 cm. SunTrim® Plus also lifts my spirits and I am a much happier person. With the invention of SunTrim® Plus Dr. Chen has surpassed everything."

René Stoffel, Switzerland



BEFORE



AFTER

"Since taking SunTrim® Plus I feel at home again in my body and also enjoy seeing my face in the mirror again. SunTrim® Plus helped me to feel freer and I now wear two dress sizes smaller. I think much less about eating and can manage my cravings for sweets. Overall, with SunTrim® Plus I developed a new outlook on life. Thanks to Sunrider® and the Chen Family."

Priscilla Zimmermann, Switzerland

SUNTRIM® PLUS

SUNRIDER'S REVOLUTIONARY WEIGHT-MANAGEMENT SUPPLEMENT

SunTrim® Plus helps you control portion size from day one! As you continue taking it, SunTrim® Plus can help you achieve and maintain an ideal weight by encouraging healthy eating habits.

Benefits

- Works within 30 minutes to immediately help you control portion size.
- Readjusts the capacity of the stomach; you will have a normal appetite but want to eat less, resulting in long-term weight loss.
- Encourages the body to return to its natural eating habits.
- Helps break down and flush fat already deposited in your body, such as the thighs, seat, and belly regions.



The Difference

- Does not starve your body or make you lose your appetite.
- Does not leave you feeling sluggish, moody, or jittery.
- Contains no added stimulants, hormones, laxatives, or fillers.
- Supports weight-management goals on a long-term basis.



SUNRIDER VITAFRUIT®

A Unique Herb-Juice Concentrate

Highly concentrated for superior potency, all-natural Sunrider VitaFruit® is a liquid supplement that conveniently provides vitamins derived from exotic herb fruits prized for their restorative effects. Sunrider VitaFruit® is specially formulated to preserve the natural nutrients in its whole food form.

- Provides essential daily nutrients, including 20% DRV of iron and 25% DRV of vitamin C, an antioxidant shown to inactivate free radicals.
- Supports skin health and youthful vitality.
- Helps hydrate and replenish lost vitamins and minerals.
- Sea buckthorn fruit, luo han guo (monk fruit), dates, lemon oil, and wintermelon are a good source of antioxidants.
- 100% fruit based with no added corn syrup or sweeteners.
- Whole-food-based nutrients are readily assimilated and efficiently used by the body.



“I love VitaFruit®, it tastes great and very pure. I drink it cold with water as a soda or mix it with water and VitaShake® or NuPlus® as a breakfast. It also makes a fantastic dessert if mixed into yogurt, ice cream or in combination with Fortune Delight® and SunnyDew®. VitaFruit® helps me to feel refreshed and energetic. It’s great knowing that I am giving my body exactly what it needs to replenish lost fluids.”

Marga Vlaar, Netherlands

Sunrider VitaFruit® Serving Suggestions

- Mix with Fortune Delight®, Calli®, or water
- Drizzle on fruit or serve over ice
- Add a nutritional boost to smoothies with a couple squirts
- Simply pop the top and “take a shot” (new mini packs)
- However you want!

Available soon in mini-pack bottles!

“The new thing is to get your herbs in a single shot...something quick, fast, and with a lot of nutrients in a small package...A lot of young people really like the take-and-go packaging... It’s cool, neat, and sexy to have this little container of herbal supplement. Some people are also pill averse and would prefer a small burst of nutrients in a single shot.”

Reuben Chen, MD

- Improved convenience—just grab and go.
- Glass bottles are better for the environment
- Portable and sharable. Fits easily into any gym bag, pocket, purse, or backpack.



Sea Buckthorn Fruit

A Sunrider VitaFruit® Ingredient Spotlight

Receiving a lot of attention lately is sea buckthorn, a nutrient-dense fruit that packs a super-healthy punch. It is known to nourish the skin, hair, and nails, help the intestines, aid in digestion, support weight loss, boost cognitive function, and provide overall health benefits.

Chock full of antioxidants, phytonutrients, fatty acids, amino acids, and much more, this hardy plant has a vitamin C content nearly 15 times greater than oranges!

GET THE BODY YOU WANT WITH FITNESS BRIGADE

Sunrider's New Workout Program

This breakthrough 90-day fitness program will help you burn fat, build muscle, and transform your body. Program workouts increase flexibility, cardiovascular fitness, and muscle endurance.

Created & Overseen by Experts

The program is based on the workout regimen of an elite special operations force renowned for battle-tested strength, stamina, and endurance. A former member of this military unit, who is now a fitness expert and personal trainer, developed the program to provide anyone the means to achieve peak physical condition.

Fitness Brigade is overseen and approved by Dr. Reuben Chen, a board-certified medical doctor specializing in sports training & medicine and rehabilitation & physical therapy. Dr. Chen provides advice on ways to avoid injury and achieve optimal results.

Athleticism & Youth Not Required

This program is safe and effective for people of all ages and fitness levels. Workouts can be easily modified to fit the profile and goals of the individual.

What's Included

Everything needed to create a home gym and take you through the 90-day program and beyond:

- ★ DVD set with 12 progressive workouts
- ★ Fitness guide
- ★ Nutrition guide
- ★ Resistance band (free-weights can also be used)
- ★ Workout plan and tape measure to track progress
- ★ Proper form and injury-prevention instruction

A Customizable & Sustainable Program

Each workout in the Fitness Brigade is scalable to suit your current fitness level. After completing the 90-day program, you can "cycle" the workouts, transitioning from modified exercises to more challenging variations and intensity levels to continue your fitness progression.



COMING SOON!

The Future of Skin Care

Powerful Innovations Coming Soon!

Dr. Chen® Youth Emulsion

A Beautiful Breakthrough in Skin Care

Daily use of this DNA-research inspired product helps continuously repair the appearance of environmental damage and support the skin's natural ability to renew itself, promoting younger, smoother, more vibrant-looking skin.

- *Helps support skin's ability to repair environmental damage and softens and smoothes the appearance of wrinkles.*
- *Promotes younger-looking skin with stem cells derived from a rare Swiss apple and French grape.*
- *Combats the appearance of photoaging and skin damage.*
- *Key ingredients include hyaluronic acid, olive oil-derived squalane, and resveratrol.*



Dr. Chen® Youth Masque

Instant Hydration for Youthful-Looking Skin

Dramatically reducing the appearance of fine lines and wrinkles with potent herbal-derived hydrators and "hero ingredients," this intensive cream-gel masque leaves skin looking hydrated, firm, and lifted. Great for women and men!

- *Delivers immediate and continuous hydration to leave skin looking more firm, luminous, and youthful.*
- *Helps skin retain moisture while also appearing to soothe and calm the skin.*
- *Vitamins A, E, and B5 protect against free-radical damage.*
- *Key ingredients Imperata cylindrica root extract, and sandalwood extract provide protection from the elements.*



Autumn Skin-Care Secrets

From Kandesn Marketing Manager Julie McLewee

Skin's needs differ based on changing temperatures and seasons. Going into autumn, your skin may appear dull and dry after a summer in the sun. Update your autumn routine with these smart skin-care moves and keep your skin looking its best.



EXFOLIATE: Gentle enough for daily use, new and improved *Oi-Lin® Warm Facial Scrub* removes skin's dull outer layer and unclogs pores. Formulated with superior natural ingredients such as jasmine and jojoba beads, its specially formulated warming action opens pores for a cleaner, brighter complexion.

MOISTURIZE: Return skin to its youthful glow with *Dr. Chen® Youth Masque*. This intensive, moisturizing masque dramatically reduces the appearance of fine lines and wrinkles. Ingredients such as sandalwood, shea butter, and antioxidants deliver immediate and continuous hydration.

TIGHTEN & FIRM: *Dr. Chen® Youth Emulsion* promotes softer, firmer-looking skin. Stem cells from rare Swiss apples and French grapes make this product innovative and improve the appearance of skin's elasticity, luminosity, and beauty. It also contains vitamins A, C, and E, plus super-antioxidant resveratrol, an ingredient that may neutralize damaging sun toxins.

Autumn is the time to fortify your skin for the coming of winter. Add these products to your skin-care regimen and your skin will glow like never before!

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.

Sunrider Europe Inc. • 38 Soho Square
London • W1D 3HB • United Kingdom
E-mail: info@sunrider.co.uk
Tel: +44 (0)20 7121 9388



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Contact Information:

www.sunrider.com

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