You too, Can Stay Young and Well!

Life Full, Stressful?
We’d love to help you
SIMPLIFY YOUR LIFE

Got Health Challenges
When you
RESTORE THE BALANCE
in the body...the body heals itself...symptoms go away.
We’d love to help you
Restore that Balance

Feeling Good
And want to STAY YOUNG AND WELL
And Feel EVEN BETTER
This Vitality Challenge is for you if you:

- Feel great and want to stay that way, or
- Are looking for more energy
- Are ready for that mental fog to lift

- Want to sail thru the allergy season without symptoms
- Tired of the family catching every little bug going around
- Having trouble getting enough vegetables down the kids
- Don’t have time to sit in the Dr. Offices
- Tried everything and still can’t get those pounds off and keep them off
- Want to kick the sugar habit
- Just really want to stay young and well, and need a little help doing it

Or, Did I miss yours?

Yes, I’ve been there too, We’ve Got Good News! We’ve

- Stopped feeling so tired and lousy
- Started losing inches & those cravings
- Overcoming challenges & serious illnesses are disappearing
- Getting off meds and bottles of pills
- We’re finding it’s much easier to prevent than to reverse challenges, so we’re big into prevention.
- People misjudge our age
- We’re loving life to the full. We’re doing all we can to stay young and well.

Join us for 30 days as we start to reclaim our health & vitality, you too, will see a difference, GUARANTEED!

NOTE: This invitation is for wise women and very smart men who want to Stay Young & Well
3 Goals for Transformation

Our 1st Goal:
Help You Stay Young and Well:
Every year 98% of your body is brand new, every minute millions of cells are replaced with new cells. The question is, will my next cell be stronger or weaker. You can regenerate (next cell is stronger) or you can continue to degenerate (next cell is weaker). Your Food, Your Exercise, Your Thoughts determine your destiny. Our Goal is to Help You Stay Young and Well.

Our 2nd Goal:
Help You Bring Your Body into Balance: We don’t treat illness, weakness, symptom or disease. We powerfully nourish so that your body can solve the problems itself with a) wide variety; b) of nutrient-dense; c) powerfully concentrated; d) properly combined; e) system specific; f) food-grade herbs; g) that are whole foods. Sounds like a lot! Yes, it is! Sunrider takes the guesswork out of Nutrition.

Our 3rd Goal:
Help You Simplify your Life. We use 2 kitchen tools: a blender & a coffee maker. We simply combine 72 of these wonderful Sunrider foods all conveniently prepared, combined & packaged, while preserving the life-force, for a delicious breakfast shake and a refreshing detox beverage to enjoy all day long. Takes 5 min, and results in feeling satisfied, calm energy, mental clarity, sleeping better and increased vitality & health.

Blueprint of all Sunrider International’s Products is

“Philosophy of Regeneration”

"We believe our bodies were created with the ability to gain and maintain excellent health when given ENOUGH of the RIGHT KINDS of WHOLE FOODS"

You're Invited to begin transforming your Life

30-Day Vitality Challenge
MONEY BACK GUARANTEE!
By taking your Nourishment To the Next Level!
That you will see a difference within the 30 days
You can Transform your Life Starting Today!
SUNRIDER is UNIQUE to the MARKETPLACE

Ancient wisdom combined with Modern Technology
Millions enjoying for 33 years in 50 countries

Sunrider® herbal foods are WHOLE LIVE Foods – Like eating Raw! All 5 parts that make a “food”: Carbohydrates, Proteins, Fats, Vitamins & Minerals are left intact with only the indigestible cellulose and water removed making them highly digestible. The live force is re-activated when liquid is added. The Life Force and integrity of these whole foods are like that of eating a whole orange versus taking a Vitamin C.

Sunrider® foods are FOOD GRADE HERBS - Never Medicinal Herbs (that substitute for a weakness, further weakening the body or forcing the body to perform). Food grade herbs, called Kingly Herbs, leave the body in control and actually help repel disease. Think Food Herbs - a much higher nutritional value than regular table food.

Sunrider® foods are carefully selected WIDE VARIETY of SYSTEM SPECIFIC foods with a very specific purpose: Nourish and Cleanse the body to restore the Balance; when in Balance, symptoms disappear. They simply take the guesswork out of Nutrition.

Sunrider foods are PROPERLY COMBINED food herbs based on ancient herbal formulas, passed from generation to generation, recorded in detail in ancient Chinese Emperor’s manuscripts, among China’s most carefully guarded treasures. These are the property of Sunrider’s owners, The Chen Family, and form the basis of these foods. The formulas have time-proven benefits designed to nourish peoples’ bodies to “live long and die young.”

Sunrider® foods are CONCENTRATED 8-30 Times. Imagine trying to eat that much table food. One cannot eat enough nutrition from our ordinary table food to bring about renewed regeneration, due to soil depletion, GMO, acid rain, chemical additives, and time from harvest to consumer. Concentration is vital!! Sunrider is our Nutrient Dense Whole Food Grocery Store!

PURITY, QUALITY CONTROL & EFFECTIVENESS are top priorities for their Foods, Beverages, Skin Care, Dental & Healthy Home Products. Grown without pesticides in controlled gardens and in the wilds of mountain tops, no GMO, no pesticides. Because they are so pure and clean, the FDA doesn’t require our herbs to be irradiated and fumigated like other herbs coming to the US. They are Safe, Pure, and they Work! Their methods have earned them a pharmaceutical level of manufacturing by the FDA, unheard of a for food company.

THE OWNERS ARE THE EXPERTS, leading a team of scientists to manufacture these ‘one of a kind foods’ all self-manufactured in Sunrider’s own pristine 1 million sq. feet manufacturing and headquarters in LA, along with 9 others plants around the world. Founders, Dr. Tei Fu Chen and Dr. Oi Lin Chen, along with their 5 professionally trained grown children, are taking the company to the next level.

Sunrider... Truly a Gift for our time!
30-Day Vitality Challenge
NOURISH...BALANCE...CLEANSE

The 5 “BASICS” FOODS = 72 Whole Foods
CLEANSE
WHOLE BODY
Daily Detox

“CALLI”
GOURMET BEVERAGE
NOT AN ORDINARY TEA!

What is it?
• Green Tea Herbs + 4 whole food herbs
• Maximized benefits without tannic acid and caffeine effects

Specifically nourishes up the 5 cleansing organs
• liver, colon, kidneys, lungs and skin...
• so that they cleanse the body better, naturally...now stressful cleanse
• makes your water more effective.

There are so many benefits:
• More Calm Energy - No Stimulants, More Mental Clarity, Greater Emotional Stability
• Removing toxic fluid in cells, tissues & blood, uric acid, unwanted joint deposits
• Removing nicotine and caffeine, fermentation and putrefaction from negative diet
• Effective in removing radiation & toxic chemicals, pesticides, chemotherapy residue
• Lower cholesterol and triglycerides, blood and arterial plaque cleansing
• More natural slenderness, fat digestion
• Better circulation, cell-regeneration, increased alkaline pH
• Pull out heavy metals: 1/bag/1 c water is stronger than chelation for pulling out heavy metals

So Cost Effective: $.12 cents/cup
1 Bag makes 8-10 cups (1/2 gallon) Retail: $1.25/bag  IBO: $.99/bag)

Simplify Your Life: Turn your coffee maker into a Calli Maker-So simple! OR Steep in
8 c. water for 10 min. Do not boil or microwave. Best to drink at least 8 cups thru the
day to keep the energy flowing to the cleansing organs. May gradually increase to 2-3
bags per day for even greater cleansing. Don’t reuse tea bags (you picks up the
negatives) open & feed to your animals & plants. Great for poultices-very effective and
cleaner than charcoal.

You can Detox Everyday…Without stressing your body!
BOURISH!
POWERFUL NOURISHMENT AT THE CELLULAR LEVEL
“NuPlus/VitaShake”

**Instant Complete Nourishment:**
- YOU COULD TOTALLY LIVE ON THIS!
- VitaShake - 8 Whole Herbal Foods, plus
  Pre-biotic FOS soluble fiber for gut health plus
  44 vitamins & minerals bonded to the herbs
- NuPlus - 12 whole foods (includes 5 beans)
- All Highly Concentrated, Convenient & Ready

**Perfect Balance:**
- 65% Complex Carbs
- 20% Assimilable Protein
- 15% Fatty Acids
- Loaded with Vitamins & Minerals, Loaded with
  antioxidants, phytonutrients, and bioflavonoids
- Includes all 21 amino acids, no isolated proteins (they’re very hard to digest)

**Transform your cells: Stronger! Younger!**

**Regeneration:** The body needs enough internal energy so that the next new cell can be
stronger than the one just replaced.

**Degeneration:** Not enough internal energy, next cell is weaker.

98% of the body is replaced every year, millions of cells replaced daily.

The question is... Will my new body be stronger or weaker?

We may grow older but we don’t have to grow weaker! Maximize your Regeneration!

**So Many Benefits with Less Cravings, Brain & Muscle Food:**
- Perfect nourishment for entire family, pregnancy, infants, growing children, elderly, acutely ill.
  Speeds up recovery from surgery or illness, so easy to digest, so complete
- Choice of athletes and bodybuilders, burns fat, builds lean muscle
- High powered fuel that’s ready to go, fights fatigue, sustains energy & blood sugar level
- Fuels the muscles with glycogen so they can burn fat, helps eliminate unhealthy food ravings
- Assists hormonal balancing-teenagers, mid-life, menopause, & men. NuPlus is called “Happy Food”
  What a meal...Foundation to build a solid, healthy diet! The key that unlocks the door to health!

**So Cost Effective:**

- **VitaShake:** Retail: $2.65  IBO: $2.10 / for a complete meal
- **NuPlus:** Retail: $2.10  IBO: $1.68 / for a complete meal
A BALANCED Body is a Healthy Body
SYMPTOMS are a body out of BALANCE
Restore the BALANCE with Quinary

Quinary = 50 Foods that Nourish the 5 Life Support Systems

5 Life Support Systems:

- Digestive - stomach, pancreas, thymus, spleen (digest & assimilate)
- Glandular - Hormonal, reproductive, heart, small intestines, pituitary, hypothalamus, Nerves, thyroid, adrenals (communication)
- Immune - bone marrow, liver, colon, gallbladder (defense processes)
- Respiratory - lungs, large intestine, skin (oxygen processes)
- Circulatory - kidneys, bladder (fluid processes)

Symptoms are a result of Systems out of Balance - either they are weakened or overactive groups of organs. Each system is affects the health of the other system. That is why we nourish all 5 systems at the same time. We can give extra nourishment to the most weakened system, but it is important to nourish all 5 systems, because all 5 are affected by each other's weaknesses or over activity.

Quinary is a combination of 5 formulas, one formula for each system.
(There are approx. 10 foods in each of the 5 systems) 50 System Specific Concentrated Herbal Foods, capable of restoring the balance. Quinary is often referred to as "Sunrider Gold" and is definitely unique to the marketplace.

So Cost Effective: Where can you get the right combination of 50 concentrated whole foods for only $3.29 that feed all your organs restoring balance to your systems - compared to the cost of medical expenses, loss of work, and emotional stress.

Retail: $4.15 pkg. IBO: $3.29 pkg or (10 capsules=1 pkg)

Got Symptoms? Restore the Balance with Quinary!
Prevent Symptoms with Quinary!
Prevention is Cost Effective Living!
CLEANSE
Digestive System Detox

“FORTUNE DELIGHT”

Add valuable Nourishment to your Water!

Great Alternative: Sport Drinks, Soda, Canned Juices, Tea, etc.

Cleanses with Powerful Antioxidants:

- Need to lose that extra fat? Removes toxic residue as you burn and flush fat
- Supports better elimination and countering fungus
- Anything negative going on in the stomach? Nourishes Digestive System - Food digests better, Cleanses with powerful antioxidants

Delightfully Invigorating:

- Very hydrating, shows up in more radiant, clearer skin
- Sore Muscles after exercise? Removes lactic acid build-up in muscles
- Best High energy, electrolyte-maintaining sports beverage
- Traveling and Eating Out? Instant! Nothing as refreshing and satisfying!
- Great energy without stimulants, sugar & preservatives

So Cost Effective: $.99 a quart
1 bag / quart of water or in your Calli. The more pkgs you drink, the more benefits
Retail: $1.24/quart IBO: $.99/quart

Super Hydrate & Gentle Detox All Day Long
Healthy Sweet!

“SUNNYDEW”
Sweetness by the Drop

Super Concentrated

• Stevia
• Chrysanthemum
• 300x Sweeter than Sugar
• Not a Dangerous Chemical Sweetener

Makes Everything Taste Great!

• Nourishes Pancreas, assist Blood Sugar balancing
• Helps burn glucose in muscle for greater fat loss
• More mental clarity, improving thinking capacity
• Faster healing of ulcers, lesions, digestion & gastrointestinal functions
• More consistent blood pressure
• Increases ability to fight fatigues, more restful sleep
• Topically healing, helps prevent scarring

Anti-Viral
Anti-Fungal
Anti-Inflammatory
Anti-Tooth Decay

SunnyDew - A must in every kitchen!
Best Tasting Stevia on the Market

Cost Effective - does so much for only drops!
Retail $19.60  IBO $15.68
How do we Eat these 5 Foods?
Simplify Life & Increase Your Health & Vitality

The BASICS – 30 Day Vitality Challenge

1. Need more Internal Energy?
   NUPLUS/VIKASHAKE: Complete Balanced Meal - 12 foods
   $1.68/$2.10 pkg.

2. Need More Health & Vitality?
   CALLI: Natural Daily Detox – Powerful but gentle - 5 foods
   $1.00 pkg. (makes 8 cups)

3. Got Challenges or Just want to Keep the 5 Life Support Systems Strong?
   QUINARY: Restore the Body’s Balance & Keep Strong
   50 whole foods - $3.30 pkg.

   FORTUNE DELIGHT: Instant, Energy Drink! 5 whole foods - $1.00 pkg. (makes a quart)

5. Want Great Taste & It be Healthy?
   SUNNYDEW: Healthy Sweet by the Drop 2 whole foods Bottle $15.70

Open! Blend! Enjoy! Regenerate!

72 Food Power Drink

Morning: Instant Breakfast &/or Afternoon: Pick-Me Up
In your blender – add ...
- 1 cups of Calli
- 1 pkg. of VitaShake
- 1 pkg. of Fortune Delight
- 1 pkg. of Quinary powder
- A squirt of SunnyDew
Blend together. Wonderful!
Hot or Cold. Experiment!

How Much Can I Eat/Drink?
Once a Day – the body starts to wake up
Twice a Day – Exciting changes
Three a Day – Full Speed Regeneration

Simplify: Turn Your Coffee Maker into a Calli Maker:
Put 1 bag of Calli in the top (no filter), add 8-12 cups of water, push button = perfect Calli – drink all thru the day! Makes your water more effective. Keep the natural detox cleansing going during the day. Eventually add another Calli bag or two for deeper cleansing. Do not reuse the bag. (great for poultices, plants, or in animal’s food.) Make your tea in glass or ceramic, avoiding metal, soft plastic, or Styrofoam containers as it will pull toxins from these. Never microwave or boil.

Other ways to enjoy:
VitaShake: Add to fresh juice (although be careful how juice you consume due to high amounts of sugar), soy, rice, or almond milk. Smoothies - fresh fruit and/or greens. Sweeten with SunnyDew to taste.
SunBars: (NuPlus in a bar + more) Like a meal, great snack, open and eat!
Fortune Delight: Combine with Calli for stronger cleansing or enjoy separately in 1-4 cups hot or cold water. Instant! Great with Sunbar for afternoon pick-up.
Quinary: 1 Packet (equals 10 capsules). Add to Calli with Sunnydew a wonderful hot beverage.
Here’s the 30-Day Vitality Challenge

There’s 5 Criteria for Your Success of this Challenge!
Money Back Guarantee!

1. “Here’s Where I Start!” Mark on the Vitality Inventory (in the supplement material) what you would like to see change in your life. (Share what you marked with your sponsor so they can help you reach your goals).

2. “Breakfast is Ready!” Everyday, Simplify and Power-Up your day with our 72-food Breakfast Power Drink and 8 cups of delicious detox beverage to enjoy drinking thru the day. We consider these our “Basic” Nourish, Balance, & Cleanse Foods. You will be amazed at how good and satisfied you feel.

3. “Never Knew That Before!” Educate yourself. During the 3-5 days it takes to receive your products, watch the powerful Nutritional Seminar video by J.W. Emerson on the front page of your education website: stayyoungandwell.com. See more clearly how your body regenerates and value the regeneration these foods can create. Visit your education website often. It’s loaded with something there you want to know.

4. “Thanks for Calling, that was Helpful!” Touch bases each week with your Sponsor/Leader. This 30 days is a time to really grow. Each question can be a stepping stone to higher levels of vitality. I’m honored to walk beside you!

5. “It’s Exciting to See the Changes!” Regeneration is so subtle, you might miss something: After consuming the “Basic” Sunrider products for 30 days, review your Vitality Inventory. It is exciting to see the improvements. Experience the difference! Celebrate!
Others want what you have found!

After your 30 Day Vitality Challenge, or much sooner, you won’t be able to keep it to yourself.
Start sharing what it’s doing for you.
People want 2 things: Feel Good & Keep it Simple!

Simply start inviting your family and friends to join you in doing the 30-Day Challenge and repeat what your sponsor did with you, partnering with your sponsor/leaders... 3-way calls are great. You don’t have to do this alone. We’re a team of support! This is for people who love helping to create transformation in people’s lives. You are paid for giving people life again!

You can build your own income base, be your own boss, work from home... that can provide you with an impressive cash flow... pay for your foods and so much more. You are paid $40 for helping each new IBO get started, then as they purchase the Challenge and choose to continue building up their body, many become Sunriders for life. If you make inviting 4/month a reasonable goal, within 3-6 months you could be creating an income of $1,000 or more (that’s approx. 15-20 happy Sunriders purchasing in a month). Then, shoot to be a Group Leader, mastering your finances and creating a path to enjoy life now and through senior years. Give your family the life & health you & health you long for!

After you’ve enjoyed the 30-Day Vitality Challenge, we invite you to do a 90-Day Income Challenge: Go for the $1000 a month as a great beginning goal.

In 2014 the AVERAGE monthly income* for Sunrider Leaders was:
- $25,280 Golden Master Leader (16 Leader Lines each with $5000)
- $13,749 Silver Master Leader (10 Leader Lines each with $5000)
- $6,243 Group Leader (4 Business Leader Lines each with $5000)
- $1,673 Business Leader ($5000 Your Personal Group Volume)

My Dream by Nancy Donahue Dempsey In my dream I saw what Sunrider was really all about...FREEDOM! For 26 years now I have enjoyed

FREEDOM from:
- Health Concerns, pain and suffering
- Bottles of pills & always searching for health answers
- Numerous Dr. visits, hospitals and drug prescriptions

FREEDOM
- To have vitality now and thru my senior years
- To create cherished friendships who invest in themselves so they can truly help others
- To partner with a company who truly cares, sharing their vision of health and wealth with the world, a company we can trust.

FREEDOM
- To work when I choose, where I choose, and with whom I choose
- Freedom from financial worries, fear of financial lack in my senior years
  - Freedom To create our own home-based business with a lifestyle that everyone dreams about

SUNRIDER is really all about A LIFESTYLE OF FREEDOM!

Yes, I’m Ready to
**Open My Own SR Account:** 2 choices:
1) **Become a Member:** Free, shop at Retail
2) **Become an IBO (Independent Business Owner):** Purchase the one time $100 – Fortune Delight Business Pack (includes 50 pkgs of Fortune Delight) Benefits: a. Always shop at 20% discount. b. ability to earn checks with rebates on own orders and income on those I sponsor. c. opportunity to, but not a requirement, to sponsor and build a business & income. d. No monthly required purchases. e. $200 in purchases a year keeps my account & discounts active.

**Shop for:** 30 Days of a 72 Food Power Breakfast Shake + 30 days of 8 Cups a day of Daily Detox Beverage

This is 30 days of the **BASIC Foods – 72 Whole Live Foods @ 20% Discount Shipped to Your Door:**
- 30 VitaShake/NuPlus – 30 Complete Balanced Meals–12 foods
- 30 Calli – Natural Daily Detox Beverage – 5 foods
- 30 Quinary – Nourish all 5 Life Support Systems - 50 foods
- 1 bottle SunnyDew – Healthy Sweet – 2 foods
- 50 pkgs of Fortune Delight – Cleanse Digestive System with powerful antioxidants, flush fat, super hydrate... (in the Business Pack)

**Total $307** (Plus tax & Shipping)

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**VALUE ADDED**

| Your Inventory | **Your Personal Vitality Inventory:** These become your goals! (Found in the supplemental Materials) | Value Added |
| Nutritional Seminar DVD | “Nutritional Seminar” video: Educate yourself while waiting you’re your products to arrive with this powerful Nutritional Seminar video by J. W. Emerson – found on the front page of our education website: stayyoungandwell.com. Website is loaded for your education! | Value Added |
| 4 Calls | “4 Personal Consultations with your Sponsor/Leader to Help Ensure your Success: We’re always honored to walk beside you! | Value Added |
| Celebrate | “See Your Progress” Pre and Post Vitality Inventory check: Regeneration is subtle; you might miss noticing your progress. Celebrate by sharing your success! | Value Added |

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**MY NEXT BEST MOVE . . .**

___ Yes, I’m ready to see a difference, and **take the 30-Day Vitality Challenge!**
___ Yes, I already am a SR but would like to move my health to a higher level with a month of careful support and **consistent eating of the BASICS.**
___ Yes, I’m interested in **becoming a heart-centered entrepreneur**, making a difference in people’s lives. I want to start inviting my family and friends to the 30-Day Challenge. I may need some help. Help is as close as the phone!
When you make a
Commitment to Your Health

- The Money Shows Up
- The Way Shows Up
- The Support Shows Up

Are You Ready to Stay Young and Well?

If the answer is “yes”, then let’s go to

WWW.SUNRIDER.COM

Click on “JOIN”
The one who shared this with you would love to be your sponsor.

Then have fun shopping!

It’s your health – you future!
The beginning of a new you!

Would You like to do the 30-Day Vitality Challenge?