



Sunrider Foundation Foods

NBC Meal-in-a-Mug

NOURISH Build Cells /Yin-In VITASHAKE - Nuplus / Sunbar

Proteins & "Good" Complex Carbs

***Benefit – Energy & Stamina**

5 Color Nourishment - *Liver*, Kidney, *Heart*, *Spleen* & Lungs.

BALANCE Build Systems QUINARY (Big Green Drink)

Variety, Phytonutrients, Anti-oxidants

***Benefit – Balanced Systems**

5 MAJOR SYSTEMS

IMMUNE
CIRCULATORY
ENDOCRINE
DIGESTIVE
RESPIRATORY

QUINARY
5 Sunrider System Specific Foods

ALPHA20c
LIFESTREAM
PRIMEAGAIN
ASSIMILAD
CONCO

5 Emotions

Kindness vs Anger
Calmness vs Fear
Love/Joy vs Hate
Trust vs Worry
Hopefulness vs Depression/Grief

5 Elements

Wood
Water
Fire
Earth
Metal

3 FORMS OF QUINARY - **Capsules** * **1 Powder Package** = 10 Capsules * **1 LIQUI 5** = 10 Capsules

CLEANSE Cells Out /Yang / FORTUNE DELIGHT / Calli

***Benefit - Energy & Clarity**

Supports cleansing of the body, removes toxins & unhealthy fats.



Flavor Enhancer SUNECTAR / SUNNYDEW

***Benefit – Nourished Pancreas**