

# Top Ten Sunrider Foods for Immune System

Eat the Basic Regeneration Foods Daily As a Foundation for Health  
Sunrider Products Nourish the body to optimum health

**NuPlus** Nourish and strengthens the whole body.

**Calli** Enhances the removal of wastes from the body

**Quinary** Strengthens all 5 major body systems

**Fortune Delight** Flushes fats and impurities

**SunnyDew and Sunectar** (Suncare and Suncare Plus) Balance blood sugar levels  
Add these foods as needed to help and support your body through the cold, flu and virus season:

**Chinese Goldenseal Root** (not available in Canada) Chinese Golden Seal Root.  
Sunrider's Goldenseal is balanced and safe for extended use with no side effects. It is used successfully for most infections: sinus, bladder, respiratory and supports the immune and circulatory systems. In addition, Chinese Golden Seal is soothing to the mucous membranes.

**VitaFruit** – This is a highly concentrated, delicious herb fruit juice. Vitafruit is rich in vitamin C, antioxidants, amino-acids and beta carotene - the best! Vitafruit helps the healing of tissue and slows aging. It has helped reduce fever in children. It will improve anyone's mood! The "happy fruit" - a wonderful drink for a feeling of well-being!! Stir one table spoon or 1 vial into cold water or NuPlus & enjoy. Do not put in hot water.

**Vitaspray** (also not available in Canada) - Our vitamin and mineral mouth-spray, featuring B-12 and other B vitamins, as well as Vitafruit antioxidants, in food form. Essential for hemoglobin production, helps morning sickness and is beneficial for small children whose growth is slow. Vitaspray helps the nerves and dealing with stress.

**Sunbreeze Essential Oil and Balm** – Sunbreeze is a soothing, penetrating oil or balm that eases pain, and helps the body heal external injuries. It naturally promotes more blood circulation in the areas where it is applied and the body does its own healing. A formula that's wonderful for sinus headache and pressure, sore throats, chest congestion, sore and achy muscles, arthritis, and much more.

**Alpha 20 C** - Alpha 20 C nourishes the immune system, fights infection, and helps the liver. It is a wonderful herb food that strengthens the body's ability to defend itself from major problems.

**Conco** – Conco nourishes the auto-immune system which is respiratory, lymphatic system and sinus. It helps decrease mucous and prevents colds and the flu. The above two formulas, Alpha 20 C and Conco, work synergistically together. We use them together if we want to avoid a cold or flu.

**Evergreen** - This unique liquid chlorophyll nourishes the circulatory and digestive systems. It purifies and oxygenates blood and counteracts body odours. Evergreen is an excellent source of iron that the body can easily assimilate. It is favoured for pre-

natal use. A grandmother shared that it helped reduce a fever in her grandkids...she opened a vial into about 4 cups of water, added a few drops of Sunrider Stevia and put in a straw and let them sip.

**SunnyFresh** - A liquid syrup that contains loquat, honey, and other herb foods. It is soothing for the respiratory, throat, and voice.

**Fortune Delight** - This low calorie herbal beverage, cools the body, and supplies it with needed minerals (electrolytes) and water. Often it is the only thing that tastes good, stays down, and keeps the body from dehydrating when burning up with fever. It can be sweetened with Sunny Dew or Sunectar.

**Citric C Tab** - A Chewable C tab that taste like oranges. Each tablet contains 200% of the recommended daily requirement of Vitamin C from ascorbic acid, sodium ascorbate and rosehip powder. In addition, Citric C Tab contains an exclusive blend of citrus bioflavenoids and green tea leaf extracts. Citric C Tab is chewable, which makes it absorbed immediately through the mucous membranes of the mouth! Kids love them and so do adults! Vitamin C does so many things!

Also Remember:

**SunSmile Fruit & Vegetable Rinse** - This cleans your fruits and veggies of herbicides, pesticides, and oily substances, and to keep your home and body free of contaminants, bacteria, fungus and other unwelcome critters! Use for cleaner produce and a healthier life!

**Hand & Body Lotion** - Our hand & body lotions exceed all others in quality. They contain no mineral oil or petroleum products that age skin and clog pores. Dr. Chen's Hand & Body Lotion and Oi Lin Hand & Body Lotion are rich in concentrated herbal extracts and Vitamin E. These outstanding lotions will retain moisture in the skin up to 12 hours. You will absolutely notice a difference with these! Young adults find them far superior to the ones in the bath stores in the malls!

Remember, if you do not have or are not able to have these 10 products on hand, eat and drink more of the basics, which is where regeneration is.

NOURISH, BALANCE & CLEANSE.  
YOUR BODY WILL BE STRONGER.

Diana Walker, Sunrider Leader [sunridermom@gmail.com](mailto:sunridermom@gmail.com) <https://diana1.com>

