

Quinary is a most amazing and important formula. Perfect food for young and old alike. I have often heard Dr. Chen tell us that he eats 3 to 4 QUINARY packages daily (the equivalent of 30 to 40 capsules)

QUINARY (and Liqui-Five) - BALANCING FOOD for all 5 systems of the body.

Nourish the systems of the body, and create Balance

1. Ingredients

Please refer to individual Formulas (BELOW) - Alpha 20C, Assimilaid, Conco, Lifestream, Prime Again

2. Description

The root word "Quin" means five and Quinary is a combination of 5 different formulas. The names of the food formulas Dr. Chen created to help nourish the systems of the body are as follows:

QUINARY

Many of us use the acronym ALPAC to remember the 5 formulas that make up the Quinary.

A Alpha 20C -----IMMUNE (Defence) SYSTEM
L Lifestream (L.S. in Canada)-----CIRCULATORY SYSTEM
P Prime Again (P.A. in Canada)-----ENDOCRINE SYSTEM
A Assimilaid (A.D. in Canada) -----DIGESTIVE SYSTEM
C Conco -----RESPIRATORY SYSTEM

Quinary nourishes the 5 systems of the body. It nourishes and keeps the energy flow and the balance of "IN" and "OUT" for all systems in harmony. This flow between the systems is where quality of life and longevity are centered. If you could remember only one thing about Quinary, it would be the word **BALANCE**.

Quinary nourishes the systems of the body to create Balance, or Harmony, in the body.

Based on thousands of years of research and centuries-old formulas, Quinary and Liqui-Five (liquid "nectar" form) are designed to nourish and to strengthen the function of the five major "life-support" systems and keep them functioning in harmony with each other. Quinary and Liqui-Five also feed the organs, **promoting energy flow** throughout the body. Quinary/Liqui-Five are made up of over 50 food-grade herbs, from five individual formulas, and are designed to be eaten every day to keep the body's five major "**life-support**" systems strong.

3. Suggested Amounts:

To use a packet of Quinary powder with every meal is ideal. For convenience you might take the number of capsules you want and can afford, but take the same number with each meal.

4. How to Eat Quinary

1-3 powder packets per day is highly recommended to keep organs and systems strong! Eat more at the first sign of body weakness, **even during the night**. Quinary powder is the most popular form of Quinary. It dissolves instantly in liquid, or can be eaten straight from the packet. Many prefer to mix their Quinary together with their Nuplus and Calli, a nutritious combination called a "**SUNPACK IN A MUG**". Or, Quinary may be added to smoothies or other foods for a great taste. Also available in capsules.

How to Eat Liqui-Five

Liqui-Five (liquid form in vials) is even more effective because of its quicker assimilation and it **contains more immune-system food**. **Liqui-Five is highly recommended for the very young and the elderly**. Vials may be re-capped and sipped on as desired throughout the day. Each vial should be used within 24 hours. Liqui-Five is Dr. Chen's personal favorite, and he regularly drinks a vial and follows it with a Sunrise vial for an energy boost!

To speed up regeneration, eat lots of Quinary.

Later on, you can further nourish your weakened system(s) by eating extra of one or more of the individual formulas.

You can eat unlimited capsules daily from any of the formulas without concern of overdoing it. Your body will tell you its needs. (10 Quinary capsules = 1 Quinary powder packet = 1 Liqui-Five vial). This is terrific whole-food nourishment!

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IT IS SUGGESTED THAT YOU START OUT WITH THE QUINARY.

INDIVIDUAL FORMULAS THAT NOURISH THE INDIVIDUAL SYSTEMS MAY BE ADDED AND EATEN SEPARATELY LATER.

*******ALPHA 20C - Food for the Immune (Defense) System**

1. Ingredients (Note that ALPHA 20C is one of the 5 formulas making up Quinary) Chinese White Flower, Paris Herb, Scutellaria Herb, Dandelion, Imperate Root.

2. Description

The herbs contain naturally occurring antioxidants and calcium. Alpha 20C gets its name from what it promotes: T Cells (the 20th letter of the alphabet being "T" and "C" standing for cells). This food nourishes the immune system through the **bone marrow, liver and adrenals**. Alpha 20C has a **delicious "mocha" taste**, and can be eaten as is, or added to any Sunrider food.

Available in capsules, powder packets (1 powder packet = 10 capsules) or powder in bulk canisters (1 canister = approx. 600 capsules).

3. Major Organs Fed:

- **Liver, Gallbladder and Thymus**

4. Some Signs of Imbalance:

Tumors and cysts; frequent, persistent infections; painful, swollen glands; drainage from eyes and ears.

5. Suggested Amounts:

For a weak system, eat extra Alpha 20C: 10 capsules a day, for 10 days or longer, for dramatic results; then 2-4 capsules/day for ongoing maintenance.

*******LIFESTREAM - Food for the Circulatory System**

1. Ingredients (Note that Lifestream is one of the 5 formulas making up Quinary) Tora Seed, Gou Teng, Sophora Flower, Chrysanthemum Flower, Orange Peel, Pinellia Root, Dwarf Lilyturf Root

2. Description

Lifestream denotes "the stream of life"! The circulatory system food nourishes functions associated with the fluid-related processes of the body (blood and water), affecting general circulation. **Lifestream appears to strengthen the heart and cleanse the vessels, allowing the capillaries to become strong and supple.**

Good circulation provides plentiful oxygen supply, free-flowing blood, and efficient removal of toxic impurities.

3. Major Organs Fed: - **Kidneys and bladder**

4. Some Signs of Imbalance:

Blood pressure and circulatory complaints (such as cold hands and feet); varicose veins; numbness; blood irregularities; **memory loss**; weak heart tone; high cholesterol; and **weak eyesight**.

5. Suggested Amounts:

For a weak system, eat extra Lifestream (L.S. in Canada): 10 capsules a day, for 10 days or longer, for dramatic results; then 2-4 capsules/day for ongoing maintenance.

*****PRIME AGAIN (P.A. in Canada) - Food for the Endocrine system

1. Ingredients

(Note that PRIME AGAIN is one of the 5 formulas making up Quinary) Chinese Yam, Forty Knot Root, Leek Seed, Poria, Cornel Fruit, Paper Mulberry, Eucommia Bark, Mongoliavine Fruit, Morinda Root, Broomrape, Senega Root, Fennel Seed, Lycii Fruit

2. Description

Prime Again means to "put you in your prime again"! Prime Again nourishes the **functions of the heart, endocrine, nervous, and the entire hormonal system**. The endocrine system is especially important as it sends forth the body's messengers of communication, promoting youthfulness and longevity! **The thyroid and adrenals are keys to having energy**. The more Prime Again you eat, the better you feel!

3. Major Organs Fed: **Heart, small intestines, thyroid, adrenals, pituitary, hypothalamus, parathyroid, pancreas, ovaries, testes, and the entire hormonal system.**

4. Some Signs of Imbalance:

Tendency toward allergic reactions; muscle weakness; weak sexual response; **emotional instability**; nervous weakness; blood sugar weakness; inability to handle stress; tendency toward wrinkles; menstrual and premenstrual discomfort; and weak drive and energy.

5. Suggested Amounts:

For a weak system, eat extra Prime Again (P.A.): 10 capsules a day, for 10 days or longer, for dramatic results; then 2-4 capsules/day for ongoing maintenance.

*****ASSIMILAIID (A.D. in Canada) - Food for the Digestive System

1. Ingredients

(Note that Assimilaid is one of the 5 formulas making up Quinary) Ginseng Root, Bai Zhu Root, Poria, Licorice Root, Pinellia Root, Orange Peel, Cinnamon Bark, Fennel Seed, Amomum Seed, Mint Herb

2. Description

The Digestive System Food nourishes functions associated with the digestion and assimilation of food. The ability to absorb nutrients is vital to health. Assimilaid (A.D.) makes a delicious hot beverage by itself - just open one capsule and add to a cup of hot water. Also works well when taken in capsule form, as desired.

3. Major Organs Fed: - Stomach, Spleen, Pancreas

4. Some Signs of Imbalance:

Constant stomach discomfort; heartburn; indigestion; nausea and vomiting; gastric ulcers; gastritis; colic; stomach distension; and constipation.

5. Suggested Amounts:

For a weak system, eat extra Assimilaid (A.D.): 10 capsules a day, for 10 days or longer, for dramatic results; then 2-4 capsules/day for ongoing maintenance.

*****CONCO - Food for the Respiratory System

Ingredients (Note that Conco is one of the 5 formulas making up Quinary) Mint Herb, Honeysuckle Flower, Chinese Lovage, Golden Bell Fruit, Chinese Catnip, Bell Flower Root, American Lovage Root, Angelica Root, Licorice Root, Bamboo Leaf, Burdock Seed, Reed Root

2. Description

Conco comes from "con" meaning "against" and "co" short for "colds". It is a phenomenal anti-viral formula that primarily nourishes the functions associated with respiration (breathing) and the lymphatic system. At the first sign of a cold or flu, eat Conco freely at timely intervals. Conquer colds with Conco! Eaten throughout the day, along with Alpha 20C, the combination promotes a strong immune response to environmental attacks.

3. Major Organs Fed:

* Lungs, large intestine, skin

4. Some Signs of Imbalance:

Tendency toward frequent colds and flus; constant congestion; shortness of breath.

5. Suggested Amounts:

For a weak system, eat extra Conco: 10 capsules a day, for 10 days or longer, for dramatic results; then 2-4 capsules/day for ongoing maintenance.

NOW --Sit back, relax and enjoy a cup of Calli or Fortune Delight herbal beverage --- MIX IN A PACKAGE OF QUINARY!...every cell in your body will thank you!

Many Thanks to fellow-distributor Diana Walker

