

NuPlus

NUPLUS Sunrider's most basic herbal nutrition is a unique, powerfully concentrated herbal formulation - an herbal nutritional foundation on which to build a solid and healthy diet. NuPlus strengthens the body's systems by nourishing tissue and cells. The NuPlus formula was originally developed by the Chinese sages of old to sustain the body at top performance level. They looked to the *natural* nourishment contained in the food *herbs* to improve the overall condition of their organs and their metabolism. According to the Philosophy of Regeneration, with the right "fuel" the body will naturally fortify itself against various diseases. Nutritional reinforcement gives the body the needed elements to enhance its ability to maintain elasticity and the right moisture balance in the joints and tissues. This leads to better equilibrium, stamina and flexibility. History tells us that these Chinese sages were so renowned for their strength and vigor, that the Chinese emperor removed their herbal formulas to his own library. From that library, Dr. Chen came into possession of the formulas through his great grandfather.

The aspect of "whole food" is the key to the NuPlus formula's power. The Chinese believed that plants contain the necessary ingredients that the body needs for extracting all the vitamins and minerals which the plant has to offer. In the West, since it is commonly thought that the intestines *randomly* absorbed food when it was broken down to the isolated *vitamin or mineral form*, the synthetic vitamin and mineral industry formed to supply this "nutrition" Recently a University of Pittsburgh School of Medicine study found that the intestines recognize and absorb food at the level of the complex peptide

chain (whole food) better than synthetically derived vitamins. Some research indicates that our body may absorb only 1 1/2 % of the nutrient supplied by some isolated vitamins and minerals.

Essentially the body recognizes and assimilates nutrients *best* from a *whole food source*. The synthetically derived materials are not as biologically available in the cell's Krebs Cycle and need further refinement, meaning that our body does not recognize isolate vitamins and minerals as a food *source*.



SECRET ENERGY SOURCE
The secret to the remarkable abundance of *energy* derived by the body from a relatively small amount of powdered NuPlus comes from its *quality* and its *quantity*. Eight to fourteen pounds of herbs are concentrated into one pound of NuPlus. That means the bulk is separated from the nutrients and only a little bit of bulk is carried on to the final product. This is like taking all the nutrients of 14 oranges (not just isolating the vitamin C) and concentrating them into 1 orange. That's one healthy orange!

WHAT'S IN NUPLUS?

NuPlus is a great source of Phytonutrients that can strengthen the defense system. It may also be helpful in balancing weight and blood sugar. Even though it was not designed as a meal replacement, it is uniquely combined and concentrated to give the body a very natural intake of 65% carbohydrates, 23% protein and 12% fat in just 60 calories.

NuPlus contains a high percentage of complex carbohydrates. What do the complex carbohydrates do for you? They burn more slowly in the body than simple carbohydrates - this is why NuPlus provides you with an even level of energy throughout the day. (If you are feeling tired, have an envelope of NuPlus for a quick pick-me-up). The complex carbohydrates are turned into glucose by the body and are stored in the liver and muscles for later use. Simple carbohydrates end up being stored in the fatty tissue. The simple carbohydrates give an immediate energy lift but the energy-burst rapidly wears off, leaving you feeling "not quite yourself." This is why a scoop of NuPlus, or a helping of NuPuffs, can give you the lift you need to take you through your day's activities. NuPlus also helps to reduce cravings for sugars, unhealthy foods and drinks, and is a great alternative to those empty calorie snacks we may be eating throughout the day.

Rabia Bakr, an independent Sunrider Distributor from New York, tells of a professor at Columbia University who gave some Sunrider products to several respected chemists for evaluation. After a complete assessment, they reported that they know of *no one* this *advanced* in dealing with herbal food. They said it was a multimillion-dollar process to preserve the enzymatic action of the plants as Dr. Chen has done. When asked what they felt a pound of NuPlus should sell for, their guess was \$200 per pound!

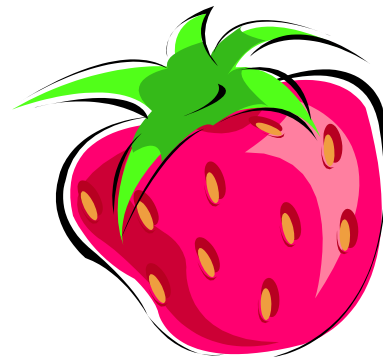
MAIN INGREDIENTS IN NUPLUS

NuPlus contains all important bioflavonoids naturally occurring plant chemicals which are extremely potent antioxidants. According to modern research, the superior ingredients in NuPlus provide important health benefits. What are the main ingredients in this incredible food?

Imperate Root - The Chinese found Imperate Root had anti-viral, anti-bacterial, anti-arthritis and anti-inflammatory properties that helped get rid of liver and kidney inflammations.

Water Lily Bulb And Fox Nut - Fox nut is the fruit of the Water Lily Plant. The Chinese found the Fox Nut to balance and energize the spleen and kidneys. The bulk also fortifies these organs and helps detoxify the body. It was found to enhance the cell's moisture barrier.

Coix Fruit - Coix Fruit is a grain in the barley family that contains B vitamins. The Chinese found it to be a very nourishing purgative that also strengthens the spleen. It was also found to help the body's process of flushing out excess salts, water and toxins and help maintain a healthy immune system, a healthy nervous system and healthy cholesterol levels. Coix also



contains *glucosamide* ingredients which research has recently found helpful in cancer therapy and joint problems.

Chinese Yam - Chinese Yams are rich in hormone producing substances, emollients and

enzymes. The early Chinese sages knew the yam to be an anti-inflammatory agent which was soothing to the kidneys, spleen, lungs, stomach, adrenal glands, the hormonal and reproductive system.

Non-GMO Soy Bean - Soy bean reduces harmful cholesterol (LDL, low-density lipoprotein) without affecting beneficial cholesterol (HDL, high-density lipoprotein). It is also beneficial in weight management, fighting fatigue and regulating blood sugar.

WHAT IS NOT IN NUPLUS

Let's take a closer look at what is NOT in Sunrider NuPlus.

Isolated Soy - We all know that *non-isolated soy* is a good source of assimilable protein. On the other hand, isolated soy, which is made from the hull of the soybean, is a waste product of the soy industry that some companies use to make their isolated soy protein powder. This form of soy protein cannot be assimilated. Even a cow with four stomachs cannot utilize or digest this form of soy. Dr. Chen does not use isolated soy in our NuPlus. It is important that if you buy any soy products, that it not have the work "isolate" on the label. Isolated soy protein powders may clog the lymphatic system.

Dr. Chen does not use isolated soy, but rather the *whole soybean* itself in our NuPlus food. The soybean itself is a great source of assimilable protein. He even soaks the beans to start the sprouting enzymes so all of the beans in NuPlus are much easier to digest; even a baby can receive the nourishment in the beans.

Protein Powders - There is one isolate Sunrider will *never* use in any product, and that is *protein powders*. The body simply *cannot digest protein powders*. The body expends vast amounts of energy trying to move the protein powders through the system. This is why people who insist on taking protein powders eventually have

eliminative system problems. NuPlus is *not* a protein powder, but rather is made *solely* of nutrient-rich whole herbal foods.

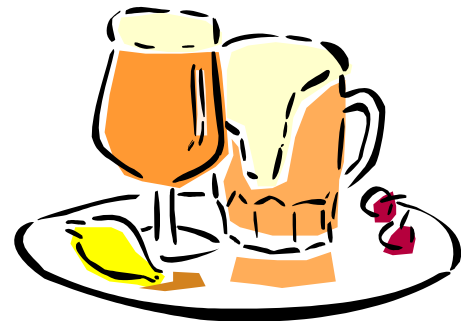
WHY ALL THE DIFFERENT FLAVORS?

The delicious different flavors in NuPlus please the palate and give variety to the ways NuPlus can be consumed. But the flavorful ingredients also have their own nutritive addition to the NuPlus formula

Mixed Berry - The strawberries and blue berries contain high amounts of useable B 12 and folic acid, which are helpful during menstruation, ovulation and post-partum recovery.

Original - Like Simply Herbs, but contains no Soy or any other beans like in the other flavors.

Simply Herbs - This formula is the easiest to digest and assimilate. Since it does not have the



berries or fruit in it, it can be bottle-fed to an infant (mixed in with weak Calli Regular Tea). It is also recommended for anyone on a Candida diet

Naturally Plain - The apple pectin combines with the other herbs to help strengthen the heart and cardiovascular systems. It also helps elimination.



Sunrider Leader
Diana Walker
www.diana1.com
sunridermom
@gmail.com

Pina Banana - This formula is loaded with biologically available potassium and pantothenic acid. This aids in getting rid of headaches that are caused by a sodium potassium imbalance. The vitamin B in it helps the body when you are under stress.

Apple Cinnamon - This formula can aid the digestion and circulation and is great for warming cold hands and feet on a wintry day.

NUPLUS FORMULATION

The unique NuPlus formula incorporates the best of Chinese nutritional tradition including the *FIVE TASTES*: Sour - astringent; Bitter - cleansing; Sweet - tonic; Spicy - perspiration; and Salty - softening. The "*FIVE COLOR PHILOSOPHY*" is represented by the five beans in the NuPlus formula which nourishes the entire body as well as the five key organs as follows: Red beans - heart; White beans - lungs; Yellow beans - spleen; Black beans - kidneys; and Green beans - liver.

TIPS FOR TASTY NUPPLUS PREPARATION

- Mix NuPlus in water or Calli or Fortune Delight tea of your choice. Add several drops of Suncare or Suncare Plus (Stevia) if desired.
- Blend NuPlus with fruit juice of your choice, a banana and an ice cube or two in a blender to make a delicious NuPlus "Smoothie." Add a dash of cinnamon if desired, or any other fruit (fresh or frozen).
- Sprinkle over cereal.
- Add a scoop or two to your favorite pancake mix.
- On cold days, add a scoop of Mixed Berry or Apple Cinnamon to hot water or soymilk for a hot drink, or hot cereal.
- Add to lentil soup.
- Eat dry when hiking, travelling, or skiing for a quick energy boost.
- Use your imagination; the ideas are endless.

SUNRIDER NUPUFFS

NuPuffs are dry, crouton-like snacks based on Sunrider's superior NuPlus formula. NuPuffs are nutritious, convenient, and come in Cheese and Cocoa flavors in Canada. They are low in fat high in nutrition and taste great. Try them sprinkled on top of salads or for snacks any time of the day, on picnics, at the beach, camping, travelling or substitution for your kid's usual junk food. One package is equivalent to 1 1/2 packages of NuPlus. They are packaged in boxes of 12 or 24 and give snacking a good reputation! However you add it to your meals, NuPlus or NuPuffs are a foundation herb food on which to build a nutritious, healthy diet to start a great day.

This information was compiled by an Independent Sunrider Distributor from information supplied by Sharon Farnsworth, Sharon's Sunrise Enterprise, Inc. Sandy Utah, and Randy Fritz, Whole Health Consulting, Edmonton, Alberta, Independent Sunrider Distributors.

NOTE: This article is for nutritional information only and is separate from Sunrider International. It is not the intent to diagnose, prescribe, or imply medical advice or treatment. If you have a medical condition, consult a physician

To Learn More, Please Contact:

Diana Walker
Sunrider Group Director
Email: sunridermom@gmail.com
Web Site: www.diana2.com

