

NuPlus®

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Nourishes and strengthens all the body

NuPlus is Sunrider's main nourishing formula, providing a variety of balanced food grade whole plant nutrients we need daily in order to regenerate - NuPlus is 'Nutrition Plus!' Sunbars and Vitashake contain NuPlus and have the same whole food properties.

A balanced diet is vital for optimum health. Unfortunately, these days our food intake is typically unbalanced and laden with artificial additives that are destructive to long-term wellness. Sunrider's most basic herbal food is formulated with whole living plants that serve as the foundation to regenerate our bodies into health, strength and vitality...keeping us younger.

NuPlus concentrated herbal food joins together 'herbal tradition and nutritional science.' It's a 100% natural complex herbal formula based on the ancient Chinese tradition of health maintenance through synergized nutrition. Sunrider's 'owner expertise' integrates the Philosophy of Regeneration - to nourish (Yin) and cleanse (Yang) the body.

Because it is plant foods, NuPlus is naturally low in calories, fat and cholesterol. The all-natural, superior ingredients do not have any chemical isolates, preservatives, added sweeteners or fat.

NuPlus is a formula made from organic herbal plants, seeds, roots, nuts and fruits which nourish the entire body at a cellular level. It contains live enzymes, vitamins and minerals, not in isolated forms, but in a whole food form which your body understands and recognizes. This whole food aspect of NuPlus is why this food is so powerful and you will feel extremely nourished from it, even more than your other meals!

The NuPlus herbs are seven times more concentrated in food and nutrition value than vegetables, which is why they are so effective in helping the body to heal. The more you eat, the quicker your body regains or increases in health and strength.

NuPlus has a strong regenerating effect on the adrenals, reproductive glands, liver, pancreas, kidneys and nervous system. It helps build lean muscle tissue, improves fat metabolism and greatly increases stamina and energy. One NuPlus is more nutrition than most people get in a day.

NuPlus is readily assimilated by everyone, no matter their health condition or age. When we eat foods, we have to grind it, digest it, break it down and then hope the body assimilates it. Just because we eat something doesn't mean our body assimilates it! It's true that it's not what we eat, but what we assimilate that counts.

Complex carbohydrates burn more slowly and are utilized more effectively by the body to create energy than simple carbohydrates. This is why NuPlus provides you with an even level of energy throughout the day. The complex carbohydrates are turned into glucose by the body and stored in the liver and the muscles for later use. Simple carbohydrates end up being stored in the fatty tissue.

NuPlus provides necessary concentrated and balanced nutrition the cells use to maintain themselves. Food cravings develop when the body lacks nutrition and frantically seeks to get it. Unfortunately, many people quell hunger cravings with quantities of food that lack the quality needed.

Eat NuPlus in place of meals (two NuPlus), or one before a meal and you'll find you feel more nourished so that you do not require as much of your regular food intake. It also helps the body's natural system of weight control.

NuPlus Supports the Body in ...

- Having a regenerating effect on:
 - adrenals
 - nervous system
 - reproductive glands
 - liver
 - kidneys
 - pancreas
- Helping to build up lean muscle tissue
- Converting stored fat to energy
- Increases stamina and energy
- Aiding in convalescence and speeds recovery
- Quicker recuperation time for athletes and surgery patients
- Easier absorption and digestion
- Quick, natural energy
- Promoting general feeling of well-being
- Promoting better use of all other nutrients
- Reducing cholesterol
- Promoting clearer thinking
- Promoting body-led healing of addictions and cravings from alcohol, cigarettes and recreational drugs
- Reducing craving for unwholesome food
- Reducing the occurrence of mood swings
- Enhanced concentration
- Quicker recuperation from stress
- Better sleep
- Relief from arthritis, asthma, PMS and high blood pressure

NuPlus contains ...
23% protein, 12% fat, 65% complex carbohydrates, vitamins & minerals



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SUNRIDER

NuPlus is for everyone. No matter age, health or activity level...everyone will benefit from Sunrider's whole food formulas. Remember, NuPlus is pure whole food plant nutrition...nutrition is energy...and energy gives peak levels of stamina, vitality and longevity.

NuPlus is also excellent for pregnant ladies - it is wonderful nutrition for the uterus, which stores the complex carbohydrates.

A glass of NuPlus in the morning gives your children a greater ability to concentrate and stay focused on their school work.



NuPlus Choices:

Original- No Beans This formula is the concentration of the basic herbs of NuPlus without the beans. It is the easiest to digest and assimilate for babies, who thrive on it!

Naturally Plain (light apple flavor)

Mixed Berry

Pina Banana

Apple Cinnamon

Simply Herbs - This formula has additional bean concentrations (increasing the plant protein) and no flavoring.

Basic Ingredients of NuPlus:

- Imperate root
- Water lily bulb and fox nut
- Lotus Root and Lotus Seed
- Coix Fruit
- Chinese Yam
- Soy, and other beans

Quality Control

Sunrider's high standards of processing result in quality and purity. The water used is purified by reverse osmosis. The air in the factory is purified with several filters. Sunrider's concentration process uses different treatments for the oil soluble and the water soluble nutrients. It carefully controls the heat and oxygen in order to prevent destruction of nutrients or undesirable enzymatic activities. Sunrider also controls the sequences of mixing and treatments in order to avoid the loss of nutrients through precipitation. Just as in digestion, the non-nutritious bulk is separated out leaving the concentrated water and oil soluble nutrients. This concentration mimics the first stages of the body's digestive process, leaving the herb's nutrition in its original synergy and balance. This easy-to-digest attribute of NuPlus makes it so effective. You do not feel the load of a body struggling to digest and assimilate. Your body readily absorbs it.

Cells

Part of a cell's job is to turn the nutrition it has been fed into energy. No self respecting cell is going to shed its old safe patterns, such as holding onto fat, for a new healthy pattern until it is convinced it will continue receiving superior nutrition. Eating this **daily** establishes new criteria for cell regeneration.

Whole Foods, not Isolates

The Chinese believe that plants contain the necessary ingredients the body needs for extracting all the vitamins and minerals which the plant has to offer. In the West, since it was 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 a complex peptide chain better than synthetically derived vitamins. The cells then breakdown the peptide chain further. 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. This means that your body does not recognize isolated vitamins and minerals as a food source.

Soy Extraction Process

The soy in NuPlus obtains the protein from soy beans very differently than basic soy-based protein formulas. Manufacturers of typical protein powders, such as whey or other soy based products, focus on isolating the proteins through high heat processes. Also, pasteurization's high heat changes the protein structure. This alteration of protein makes it very hard on the digestive system and can create a toxic buildup. Also, the essential flavonoids that naturally occur in soy beans are discarded in that type of isolation method.

Sunrider uses a very different and extremely complicated natural process through advanced technology that retains the healthy flavonoids in a complete form without isolating them. The other repository of flavonoids in the soy and other bean's skins are also added to NuPlus. The body uses this high quality protein to build the cells, immune system antibodies and the building blocks of the body - amino acids. This is superior pure nutrition at its best! **All Sunrider plants are Non-GMO.**

PREPARING NUPLUS:

To open, tear straight across from the slit on the side of the package. Whisk or shake 1 -2 packets (or heaping scoops) of NuPlus in a glass or shaker bottle of unsweetened almond or rice milk, or water (healthiest methods). Unsweetened juice or non-fat milk can also be used. Add drops of SunnyDew or Sunectar to taste. The amount of NuPlus used per serving depends on individual needs (athletes may want more). Minimum recommended amount is three packets per day (or three scoops if using the bulk form). NuPlus can be blended with fresh fruits (add SunnyDew or Sunectar to that also!). NuPlus should not be mixed into hot foods or liquids due to its live enzymes. Drink immediately, or keep refrigerated after mixing and drink within 12 hours.

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