

## THE FIVE ELEMENTS OF FITNESS

The Five Elements of Fitness are similar to the Philosophy of Regeneration® in that balance is essential. Each of the five elements is vital in supporting the integrity of total fitness. If we neglect or overemphasize any one of them, we become out of balance and prone to suboptimal health and performance.



### NUTRITION

The choices we make in the foods we eat directly correlate with the success or failure of our fitness goals. Simply put, we must make our calories count. Sunrider's supplements such as SunTrim® Plus help you gain better control of your appetite so you can stay on track of a healthy diet.



### RESISTANCE & STRETCHING

The benefits of resistance training include decreased fat mass, increased lean body mass, increased resting metabolic rate, increased endurance, and enhanced bone density. The benefits of stretching include improved flexibility, increased range of motion, and improved performance and posture.



### CARDIOVASCULAR TRAINING

A strong cardiovascular system promotes endurance and strong blood flow, increasing the delivery of oxygen and nutrients to all cells in the body. Exercises should be done a minimum of 4 times per week for 30–60 minutes to promote optimal cardiovascular health.



### SUPPLEMENTATION

The body requires essential nutrients to help build lean muscle and remove fat. Sunrider® products provide highly concentrated whole-food based nutrients and antioxidants with superior bioavailability to nourish and cleanse the body and support a healthy metabolism.



### REST & RECOVERY

Sleep plays a vital role in reducing stress and creating balance in our lives. Sleep is the time for the mind to refresh and for the body to recover, heal, and rebuild. Aim to get at least 7–8 hours of sleep each night.

# SunFit®

Contact Diana Walker  
Sunrider Leader  
[diana@dianawalker.com](mailto:diana@dianawalker.com)  
[www.diana2.com](http://www.diana2.com)  
[www.diana1.com/sunrider](http://www.diana1.com/sunrider)

FEEL *the*  
**DIFFERENCE**  
*in just 30 minutes!*



# SUNRIDER®

## THE BEST INGREDIENTS

We use the finest herbs from around the world and then carefully clean them by hand and machine. We never add hormones, laxatives, stimulants, fillers, or other harmful ingredients to our products.

SunTrim® Plus uses highly concentrated ingredients that are specially formulated to induce a feeling of satiety.



**Cocoa bean** contains antioxidants, including polyphenols, catechins, and epicatechins. Cacao, the source of cocoa beans, is a natural appetite suppressant and may help reduce food cravings.\*



**Green coffee bean** contains high levels of chlorogenic acid, a polyphenol antioxidant that researchers speculate may promote weight loss by reducing the absorption of fat and glucose in the gut.\*



**Polygonum** contains resveratrol, a powerful antioxidant that has been shown in studies to provide a multitude of health benefits such as weight loss, free-radical protection, anti-aging support, and cardiovascular support.\*



**Green tea** contains tea catechins, naturally occurring polyphenols (powerful antioxidants). Tea catechins may support both lipid and carbohydrate metabolism and on triglycerides and cholesterol within the normal levels.\*



**Garcinia mangosteen** is a source of hydroxycitric acid (HCA), which may suppress appetite and support a healthy metabolism. Garcinia has been used safely for centuries in Southeast Asia to make meals more filling.\*

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

## THE SUNRIDER DIFFERENCE

Many weight-loss shakes and powders contain ingredients that are hard to digest such as silicone fillers and protein isolates. You may lose weight initially because you are starving your body of “real” food. This disrupts your metabolism causing you to gain even more weight when you are on a normal diet.

Other diet pills either 1) overly stimulate your system with caffeine or other stimulants so you feel jittery and edgy, or 2) overly depress your system to make you lose your appetite, making you feel lethargic and have low energy. These supplements can have negative consequences on your health and well-being, and may even cause you to gain weight!

Sunrider uses a balanced approach to your weight-management goals. Instead of fillers and chemicals, we provide the body with plant-based foods. Our herbal supplements are made with concentrated antioxidants that support your healthy weight-management goals on a long-term basis. Guided by our owners, who are experts in herbal science and medicine, we research, develop, and manufacture all of our herbal foods, beverages, and supplements in our state-of-the-art facilities, located in Southern California.



The Los Angeles Manufacturing Plant is larger than the Los Angeles Coliseum.



## SUNTRIM® PLUS

SunTrim® Plus is a fast-acting formula that works from the first time you take it! After just 30 minutes, this ground-breaking supplement helps you feel fuller so you don't overeat. As you continue to take it, SunTrim® Plus can help you achieve and maintain a healthy weight by encouraging healthy eating habits.

Sunrider founder and herbal expert Dr. Tei-Fu Chen, designed SunTrim® Plus to be a safe, effective, natural solution to your weight-loss goals. Unlike other weight-loss pills, SunTrim® Plus does not starve your body, make you lose your appetite, or leave you feeling sluggish, moody, or jittery. Instead, our concentrated herbal formula “pre-satisfies” your appetite with cocoa bean, green coffee bean, resveratrol, green tea, and mangosteen. You naturally feel like eating less so you can achieve the results you are looking for!

### BENEFITS

- Works immediately to pre-satisfy your appetite
- Supports healthy eating habits
- Helps you achieve your weight-management goals
- Concentrated herbal formula
- No fillers, stimulants, or depressants
- Owner expertise for safe, effective formulations
- Researched, developed, and manufactured in Los Angeles, California

### RECOMMENDATION

Take 1-3 capsules, 30–45 minutes before meals.