



HELPING TO IMPROVE THE LIFESTYLE AND WELL-BEING OF PEOPLE AROUND THE WORLD.

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# NEWSLETTER

## BREAKTHROUGH PRODUCTS IN HAIR & SCALP CARE

Expertly synergizing ancient Eastern herbal traditions with modern Western innovations, our proprietary formulation represents a breakthrough in hair and scalp treatment.

### Dr. Chen® Hair Serum

#### *Pump Up Your Volume!*

- Stimulates hair follicles for fuller, thicker, healthier-looking hair.
- Helps balance scalp's natural oils while preventing flaking and dryness.
- Peptides, vitamins E and B5, and amino acids promote strong, healthy hair; apigenin supports a healthy scalp.
- Prized botanical ingredients such as hops, ginger, and *Swertia japonica* revitalize hair.
- Easy-to-use natural formula is safe, gentle, and effective, and contains no chemicals or harsh ingredients.

### Dr. Chen® Herbal Hair & Scalp Treatment

#### *The Natural Hair Care Solution*

- Safely enhances hair color without harsh chemical additives.
- Softens, smoothes, and nourishes the scalp and hair follicles.
- Ingredients from flowers, root bark, plants, and other natural sources provide antioxidant, conditioning, and skin-soothing benefits.
- Improves body, shine, and manageability of hair.
- Made without PPD (p-phenylenediamine), hydrogen peroxide, and ammonia.



**SUNRIDER®**

# SUNRIDER VITAFRUIT®

## A Unique Herb-Juice Concentrate

Highly concentrated for superior potency, all-natural Sunrider VitaFruit® is a liquid supplement that conveniently provides vitamins derived from exotic herb fruits prized for their restorative effects. Sunrider VitaFruit® is specially formulated to preserve the natural nutrients in its whole food form.

- Provides essential daily nutrients, including 20% DRV of iron and 25% DRV of vitamin C, an antioxidant shown to inactivate free radicals.\*
- Supports skin health and youthful vitality.
- Helps hydrate and replenish lost vitamins and minerals.
- Sea buckthorn fruit, luo han guo (monk fruit), dates, lemon oil, and wintermelon are a good source of antioxidants.
- No corn syrup or artificial sweeteners.
- Whole-food-based nutrients are readily assimilated and efficiently used by the body.



“On rare occasions I still get a sweet tooth and I find that a teaspoon of Sunrider VitaFruit® satisfies that craving completely. I also love adding it to my Fortune Delight® to keep me hydrated during my morning CrossFit workout. I never have a problem with the heat that so many people complain about. In fact, I love the heat. It’s great knowing that I am giving my body exactly what it needs to replenish lost fluids.”

*Margaret C., California*

### Sunrider VitaFruit® Serving Suggestions

- Mix with Fortune Delight®, Calli®, or water
- Drizzle on fruit or serve over ice
- Add a nutritional boost to smoothies with a squirt
- Simply pop the top and “take a shot” (new mini packs)
- However you want!

## Now available in mini-pack bottles!

“The new thing is to get your herbs in a single shot...something quick, fast, and with a lot of nutrients in a small package...A lot of young people really like the take-and-go packaging...It’s cool, neat, and sexy to have this little container of herbal supplement. Some people are also pill averse and would prefer a small burst of nutrients in a single shot.”

*Reuben Chen, MD*

- Improved convenience—just grab and go.
- Glass bottles are better for the environment
- Portable and sharable. Fits easily into any gym bag, pocket, purse, or backpack.



## Sea Buckthorn Fruit

### A Sunrider VitaFruit® Ingredient Spotlight

Receiving a lot of attention lately is sea buckthorn, a nutrient-dense fruit that packs a super-healthy punch. It is known to nourish the skin, hair, and nails, help the intestines, aid in digestion, support weight loss, boost cognitive function, and provide overall health benefits.

Chock full of antioxidants, phytonutrients, fatty acids, amino acids, and much more, this hardy plant has a vitamin C content nearly 15 times greater than oranges!

# GET THE BODY YOU WANT WITH FITNESS BRIGADE

## Sunrider's New Workout Program

This breakthrough 90-day fitness program will help you burn fat, build muscle, and transform your body. Program workouts increase flexibility, cardiovascular fitness, and muscle endurance.

### Created & Overseen by Experts

Developed by Reuben Chen, MD, along with other fitness experts, Fitness Brigade provides anyone the means to achieve peak physical condition. The program is based on the workout regimen of an elite special operations force renowned for battle-tested strength, stamina, and endurance.

Board certified with specializations in sports training & medicine and rehabilitation & physical therapy, Reuben Chen, MD, also oversees the program and provides advice on ways to avoid injury and achieve optimal results.

### Athleticism & Youth Not Required

This program is safe and effective for people of all ages and fitness levels. Workouts can be easily modified to fit the profile and goals of the individual.

### A Customizable & Sustainable Program

Each workout in the Fitness Brigade is scalable to suit your current fitness level. After completing the 90-day program, you can "cycle" the workouts, transitioning from modified exercises to more challenging variations and intensity levels to continue your fitness progression.

### What's Included

Everything needed to create a home gym and take you through the 90-day program and beyond:

- ★ DVD set with 12 progressive workouts
- ★ Fitness guide
- ★ Nutrition guide
- ★ Resistance band (free-weights can also be used)
- ★ Workout plan and tape measure to track progress
- ★ Proper form and injury-prevention instruction



### SUNFIT® PACK

Use the new SunFit® Pack in conjunction with the Fitness Brigade Program to achieve the best results and reach your goals faster!

It features five foundational Sunrider® products specifically designed to support weight loss and fitness: SunTrim® Plus, Fortune Delight®, VitaShake®, SunBar®, and SunnyDew®.

# Fall Skin-Care Secrets

From Kandesn Marketing Manager Julie McLewee

Skin's needs differ based on changing temperatures and seasons. Going into fall, your skin may appear dull and dry after a summer in the sun. Update your fall routine with these smart skin-care moves and keep your skin looking its best.



**EXFOLIATE:** Gentle enough for daily use, new and improved *Oi-Lin® Warm Facial Scrub* removes skin's dull outer layer and unclogs pores. Formulated with superior natural ingredients such as jasmine and jojoba beads, its specially formulated warming action opens pores for a cleaner, brighter complexion.

**MOISTURIZE:** Return skin to its youthful glow with *Dr. Chen® Youth Masque*. This intensive, moisturizing masque dramatically reduces the appearance of fine lines and wrinkles. Ingredients such as sandalwood, shea butter, and antioxidants deliver immediate and continuous hydration.

**TIGHTEN & FIRM:** *Dr. Chen® Youth Emulsion* promotes softer, firmer-looking skin. Stem cells from rare Swiss apples and French grapes make this product innovative and improve the appearance of skin's elasticity, luminosity, and beauty. It also contains vitamins A, C, and E, plus super-antioxidant resveratrol, an ingredient that may neutralize damaging sun toxins.

*Fall is the time to fortify your skin for the coming of winter. Add these products to your skin-care regimen and your skin will glow like never before!*

We want to hear from you! Send your favorite Sunrider recipes, success stories, questions, or comments to [info@sunrider.com](mailto:info@sunrider.com).

FROM:

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## SunTrim® Plus Sunrider's Weight-Loss Superstar

This breakthrough formula helps you control portion sizes from day one and enhances fat-burning metabolism! Simply take three capsules 30-45 minutes before meals to help you feel fuller.

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