

Getting Started with Sunrider

Congratulations on your first Sunrider purchase! We hope you will come to value and appreciate their biochemically unique products as much we do.

Sunrider re-located their production from California to Texas in 2022, resulting in many product shortages as they managed the (very rocky) transition. If an item you need is back-ordered, please wait for it. Sunrider's products are specially formulated – each has its own biochemical twist – so they are completely unique from anything else available. *There are no substitutions for their products.*

Quinary and **Alpha 20 C** should be ordered in packets. Each powder packet contains the equivalent of approximately ten pills. You will likely tire quickly of taking so many pills, so it is preferable to wait for the packets to come back in stock.

Fortune Delight (Original, Lemon, Peach, Raspberry, Cinnamon) is a powdered tea that can be added to liquid and immediately consumed. It will dissolve better in tepid or warm beverages, and tends to clump in cold ones. **Calli** (Original, Mint, Cinnamon, Night) is a bagged tea that must be steeped in hot water for no more than 5-7 minutes. Set a timer! After this time, the caffeine is released from the leaves. An easy way to remember their preparations: for **Fortune Delight**, use warm, but not hot liquid; for **Calli** – hot, but not boiling. You should start with one bag in a half a gallon of water to avoid a rapid detox. You can eventually work up to a more concentrated beverage. Remember to *never drink plain water* – make it biochemically better with organic tea.

NuPlus comes in five flavors: Original, Simply Herbs, Piña Banana, Apple Cinnamon, and Mixed Berry. It can be eaten straight out of the package, added to apple sauce or hummus, or mixed in your smoothie or another beverage.

SunnyDew is a pancreatic healer that happens to be sweet. *Even if you don't want to 'sweeten' your tea, you still need to use a couple of drops to reap its rejuvenating properties.*

Remember that all Sunrider products are *highly concentrated*. You will not need to use as much as you do with traditional products. A little bit goes a long way!

These five basics will always be on your program: Fortune Delight/Calli, NuPlus, Quinary, Alpha20C, SunnyDew. Make sure you don't run out! Your family can eat these foods as well.

We also recommend having the following products on hand:

Chinese Goldenseal Root

Citric C

Evergreen

Sunbreeze

Vitadophilus

White Willow Bark

We also recommend using Sunrider's beauty/skin care and domiciliary products. In particular, we like Kandesn shampoo and conditioner, foaming face wash, toner, beauty bar and deodorant. The Oi-Lin Exceptional Cream (facial moisturizer) is truly exceptional. We use their laundry detergent for our clothing and the Fruit and Vegetable rinse for our produce.

Sunrider is a Multi-Level Marketing (MLM) Company, and we will never pressure you to become a distributor. You may want to consider it, as any clients you refer to the office can be signed up under you. You would be their primary mentor on the basics of the products and ordering, while Dr. Van will still be responsible for recommending foods and explaining the finer nuances of the foods in relation to their biochemistry.

Please do not hesitate to contact us with questions.

Warmly,

Drs. Van Beveren

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