



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

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NEWSLETTER



STAY HEALTHY During the Cold and Flu Season with **SUNRIDER**



When cold and flu season hits, protect your family's health with a proactive approach. Because there's still no cure for cold and flu viruses, preventative action should be your focus. Here are simple measures to bolster your immune system and minimize the risk of getting sick.

Cold and flu viruses are easily spread. People cough or sneeze into their hands and then contaminate shared objects—and viruses can live here for hours! For on-the-go use, there's nothing better than **Kandesn® Hand Cleansing Gel**—slip it into your purse or pocket to enable effective, waterless cleansing wherever you go.

Alpha 20C® can help address your body's immune system.* The formula's "wood element" herbs contain naturally occurring antioxidants and fortifying properties, and can help keep your body's natural defense system in tip-top shape.*

Getting your daily allowance of vitamin C is a good way to support immune system health. **Citric C™ Tab** contains 125 mg of vitamin C—200% of the daily recommended value—and are formulated with a body-boosting blend of natural ingredients, including citrus bioflavonoids, green tea leaf extract, and concentrated rose hips, all known for their antioxidant properties.

And remember, the best prescription for staying healthy is practicing healthy habits, such as having a balanced diet, exercising regularly, and getting plenty of sleep.

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



SUNRIDER®

SUNRIDER HOSTS TRIBUTE TO FIRST RESPONDERS LUNCHEON

The Harbor City/Harbor Gateway Chamber of Commerce recently held the Tribute to First Responders Luncheon at Sunrider International in Torrance, CA. Some 150 policemen and women, firefighters, paramedics, and more from local police, fire, sheriff, and transportation departments, crises response teams, and other organizations attended in recognition of those who arrive first on the scene of emergencies.

Special guests included Los Angeles County Sheriff, **Lee Baca**; **Steve Napolitano**, from the Los Angeles County Supervisor's office; and **Chief Charlie Beck** of the Los Angeles Police Department, among others.

As a sponsor and host of the event, Mrs. Chen attended the luncheon and honored guests with a gift bag from Sunrider. John Teng, North American Sales Manager, welcomed the guests on behalf of Sunrider and thanked the first responders for providing the local community with safety and peace of mind. Guests also toured the Chen Art Gallery, which houses the largest private collection of Chinese artifacts in Southern California.

It was a terrific way to recognize those who provide crucial, often life-saving, services in times of crisis. From all of us at Sunrider International, thanks to all the "first responders"—we greatly appreciate everything you do!



TOUR SUCCESS

Drs. Chen Tour the USA, Provide Inspiration

On October 18, Drs. Chen began their four-city 2010 USA Tour with meetings in Orlando, Florida, Edina, Minnesota, Phoenix, Arizona, and Torrance, California.

The Tour presented a unique opportunity for attendees to get up close to Drs. Chen and learn directly from them the Sunrider difference and what makes our products and business incomparable in the market. Dr. Chen shared new projects he's working on, and Mrs. Chen discussed upcoming new product launches and gave samples to each event's excited audience.

With both Dr. and Mrs. Chen providing insight and inspiration, attendees left each meeting with renewed satisfaction and motivation.



Philanthropy at Work

Sunrider Sponsors AIDS Walk LA

For the fourth consecutive year, Sunrider International was a proud sponsor of **AIDS Walk Los Angeles**, held October 16 in West Hollywood, California. Besides Sunrider's sponsorship, IBOs and corporate staff participated and raised money for this annual event, which supports **AIDS Project Los Angeles** and other AIDS service organizations across Los Angeles County, and is one of the largest AIDS fundraising events in the country. Sunrider also donated **Oi-Lin® Deep Moisture Lotion Tinted SPF 25** and **SR Sports Bottles**.

Despite damp and drizzly weather, the walk drew 30,000 people who've raised \$2,878,711 to date (official deadline is not until Nov. 12), and walked 6.2 miles to further AIDS awareness.

AIDS Walk LA is just one of many and varied causes Sunrider supports throughout the year not only in the U.S., but around the globe.

Check out the Good Works tab at Sunrider.com to learn more about our charitable contributions.

Happy **60th** Birthday, Mrs. Chen!

VITALITE®

Weight Loss at any Age!

Sunrider Helps Couple Beat the Bulge

With food vices like candy, homemade cookies and breads, and ice cream, it's not surprising that **George and Carol Blowars**, 66 and 70 respectively, needed to drop a few pounds. However, the couple had accepted their weight, believing it was simply part of growing older. Carol said, "Neither of us liked it as it did hinder our active lifestyle somewhat, but our doctors didn't seem too upset about our weight, and it was easy to ignore or make excuses for the bulging body parts! After all, we are senior citizens!"

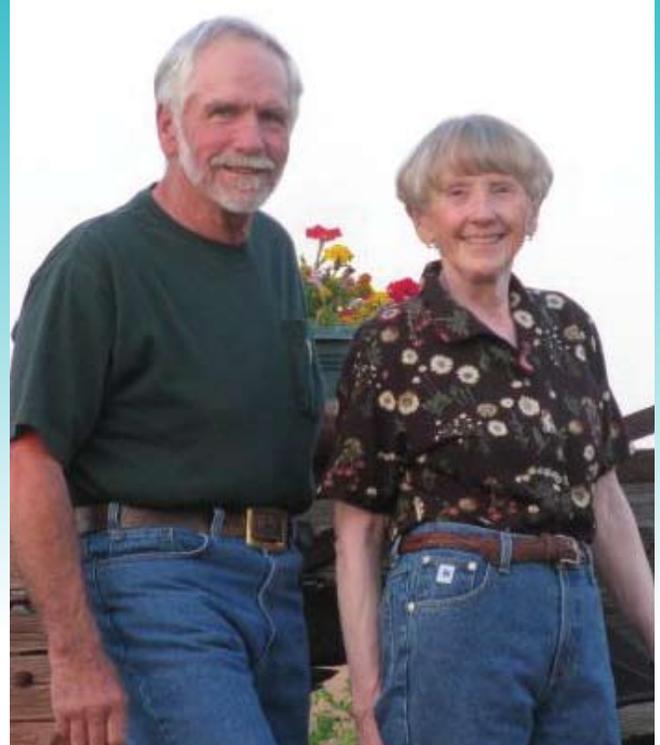
Like many, though, George and Carol didn't join Sunrider for weight loss. "Neither one of us had a conscious desire to lose weight when we started using Sunrider® products. Last spring, we made a stop to buy new sprinkler heads and the lady who waited on us, **Vista Hepburn**, asked us if we had ever drunk Calli® tea. We hadn't, so she gave us three tea bags! That was the beginning of our Sunrider journey."

By that fall, both noticed weight loss and shrinking inches, along with health benefits, too.* Carol said, "Both of our cholesterol numbers were better... Mine went down almost 20 points... We feel great. We have lots of energy. That 'middle age spread' is gone! I went from a size 12 to a size 8!* George wears a smaller jean size, and his shirts are L instead of XL." George, who has type 2 diabetes, had tried other diets in the past, but "as all diets go the weight came back, and until Sunrider it was a constant struggle to keep the glucose readings and weight under control," they said. For Carol, the best part is that while they were losing weight and inches, they received complete nutrition from Sunrider® products: "No starvation dieting. We are not gaining it back, either. What a deal!"*

The Blowars relied on Sunrider® products like NuPlus®, Quinary®, Calli®, Fortune Delight®, and SunnyDew®, along with VitaShake® and SunBar®, to put them on a path to better health and a healthier weight. From the beginning, they also added Sunrider VitaFruit® to daily morning smoothies. And they broke their bad eating habits, like cookies, ice cream, and candy. The Blowars are an active couple, hiking miles of steep Montana mountains during hunting season and riding ATVs, and spending time taking care of their four horses and a big yard. Plus, George is a roofing contractor and is active all day on the job. For this adventurous couple, Sunrider was a perfect addition to their lifestyle, helping them achieve better health and weight loss.

All told, George lost 35 lbs., and Carol lost 18 lbs., but while looking through pictures for this story, Carol realized her current size eight jeans are getting baggy: "Oh great," she said, "I'll have to budget for more smaller sizes, but what a good problem to have!"*

SUCCESS



AFTER*



BEFORE

Carol added, "There are a lot of folks who don't have mega-weight to lose, but sometimes losing even 20 lbs. can be difficult and discouraging, especially as we get older. Without finding Sunrider® products, I can assure you that George and I would not have lost the weight.* We are very happy to have lost the weight, but we are most thankful to be eating the great Sunrider® products that are bringing us into balance and good health."

* In conjunction with a healthy diet and regular exercise. Results not typical.

AGING AND ACTIVE

WITH SUNRIDER



80-YEARS OLD AND SPRINTING EASILY

J.W. Emerson, a 20-year Sunrider and Golden Group Business Leader, was recently inducted into the Pittsburg State University Athletic Hall of Fame for his coaching achievements, taking six losing football clubs and turning them into winners.

Before the induction, J.W. was invited to lead the PSU Gorillas onto the field, sprinting 80 yards to the sidelines. J.W. said, "I really believe they thought I would decline the invitation because of my age—80...the sprint was no problem. I kept up with them every step of the way! I had not sprinted in 35 years, nor am I a runner."

J.W. attributes this awesome feat to a healthy diet and daily exercise, but most of all he believes Sunrider's powerful nutrition is the key. "Every day," he said, "I eat the basic Sunrider® products—NuPlus®, Quinary®, and Calli®...I also consume many other Sunrider® products—they are my groceries! I find that as one ages... you do not have to be feeble or "shuffle" through life. At age 60, I decided to invest in my health and find that with a healthy lifestyle, the golden years are truly golden."

We want to hear from you! Send your favorite Sunrider recipes, success stories, questions, or comments to info@sunrider.com.

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IF YOU LOVE OUR PRODUCTS, YOU'LL LOVE OUR BUSINESS!

Contact your local Sunrider Independent Business Owner to learn how to own a Sunrider business and earn a fantastic income.



1625 Abalone Avenue • Torrance, CA 90501 • WWW.SUNRIDER.COM
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*Happy Thanksgiving
from your Sunrider family*

FROM:

TO:
