## Quinary and Liqui-Five— To keep entire life support systems in balance



Based on ancient formulas 5000 years old, *Quinary* and *Liqui-Five* (slightly-different "nectar" formula) nourish the 5 life support systems of the body:

- 1. Immune
- 2. Digestive
- 3. Respiratory
- 4. Circulatory
- 5. Glandular

In keeping with Chinese tradition and the Philosophy of Regeneration, daily maintenance with proper nutrition is key to preventing physical malfunction. Dr. Chen created Quinary as a convenient way to keep the body's five major systems in

**balance.** Quinary helps maintain health rather than waiting for the body to malfunction. Symptoms are simply systems that are out of balance – overactive or underactive. Quinary addresses the body's systems collectively as well as individually nourishing to restore that balance. As the balance is restored in the body (systems) the symptoms can quietly go away. Although it is very difficult to achieve with a formula as complex as this one, our 50 blended herbs are maintained without preservatives or synthetic chemicals.

To speed up regeneration, first feed all five systems with *Quinary*, and then after 90 days, you can nourish any system that is still by extra nourishing specifically with one or more of the individual formulas. You can eat 1-50 capsules per day from any of the formulas without concern of overdoing it. (10 *Quinary* capsules = 1 *Quinary* powder packet = 1 *Liqui-Five* vial) This is terrific whole-food nourishment! \**Quinary* contains all natural, concentrated herbs, no preservatives or chemicals.

## A Balanced Body is a Healthy Body!

**How to Enjoy: Quinary** powder is the most popular form of **Quinary**. A good way to eat your **Quinary** is in warm water, in your smoothies with **Sunnydew** or between meals for sustained nourishment and at bedtime, for deeper, longer sleep. It dissolves instantly in liquid, or can be eaten straight from the packet.

**Liqui-Five** is a liquid form of Quinary. This is Dr. Chen's personal favorite, and he regularly drinks a vial and follows it with a **Sunrise** vial for an extra special energy boost!

## Five individual herbal formulas that make up Quinary & Liqui-Five

Alpha 20-C – Immune System
Lifestream – Circulatory System
Conco - Respiratory System

**Prime Again** – Glandular System **Assimilaid** – Digestive System