

Golden Seal Root—Safe, Natural, Effective Antibiotic...Anti-Inflammatory Properties

Sunrider's Chinese Golden Seal Root is our best weapon against any bacterial invasion, helping circulation and supporting the immune system. Helps those who wish to avoid the use of antibiotics when infections threaten. Safe for children and pregnant women. Complements **Sunrider's Alpha 20C, Conco, and Sunrider's Spirulina for total body fortification**. **Sunrider** uses only Chinese Golden Seal, which does not have the side effects of the Canadian (American) variety. Only the root of the plant is used, which is the most potent part of the herb. It is also 4x stronger than other brands, so it is extremely powerful and effective. **Chinese Goldenseal Root** contains Berberin and Coptisin, which are believed to soothe the mucous membranes and respiratory tract. **Chinese Golden Seal Root** has anti-inflammatory properties. Even though **Golden Seal** acts like a medicinal herb, **Sunrider's** enhancement process makes it a balanced food, safe to take whenever the first signs of infection, abscesses or fever appear. Suggested: 1-2 capsules at a time – repeated every 4 hours. Should be part of your winter “medicine chest!”

Dong Quai —“Compelled to return”...return women to normalcy

Scientific name is *Angelica Sinensis*; some say it helps females act like angels! **Dong Quai** is referred to as the “queen of female herbs”. It has been cultivated in China for thousands of years as a treatment for women's health and is considered nutrition for girls from childhood on up. Modern research affirms its muscle-relaxing, pain-relieving, immuno-modulating and antibacterial activity.

Dong Quai contains Vitamins A, E, and B₁₂, nutrients that stimulate glands, which produce female hormones. Its primary benefits are hormonal: helping to maintain the proper balance of female hormones; regulating the monthly periods; relieving monthly pain; relieving PMS; smoothing menopause; and preparing the uterus for delivery (during pregnancy, eat only the last 2 weeks). A Japanese study showed that **Dong Quai** increased both estrogen and progesterone levels in women with insufficient ovarian function. However, if women don't need more estrogen, the body does not use it as such. In menopause, for assistance with hot flashes, many women eat 4-5 capsules a day. **Dong Quai** is now part of the revolutionary new Sunrider formula, **Bella**, for women over 40. Best known as an herb for female problems, **Dong Quai** also aids in healing for both men and women by improving blood circulation. Research conducted by Dr. C. P. Li, M.D., for the U.S. Department of Health Education and Welfare, showed that this herb possessed qualities favorable to female problems, aided in overcoming symptoms induced by Vitamin E deficiency, and produced a tranquilizing effect upon the cerebral nerves.

Dandelion Root— Gentle, Mild, Natural Antibiotic...

Long believed by the Chinese to have a “cooling” effect on the body's circulation, **Dandelion Root** has also been attributed with properties that act as a tonic to the stomach. Exactly what does this cooling mean? It's simply a term indicating that something may be out of balance, is too warm or too hot, and requires cooling. In Chinese terminology, it's a condition where there is excessive “yang”. Symptoms of excess yang vary considerably but can include fever, sweating, constipation, chronic thirst, dry lips and mouth, rapid pulse and irritability. It is clogging up with fats and toxins! **Dandelion Root**, according to pharmacological research, clears toxins, cleans the liver, destroys acid in the blood, promotes urination, and inhibits bacteria and fungi. **Dandelion Root** is one of the most effective detoxifying herbs. **Dandelion Root** is a great food for the liver, which breaks down estrogen and progesterone before menopause and helps with healthy estrogen after menopause. **Dandelion Root** is rich in flavonoids, iron, potassium and calcium—excellent

for anemia, iron deficiencies and skin problems. **Dandelion Root** has been found beneficial for skin problems such as acne, eczema and psoriasis, as well as arthritic conditions. Unlike that of other companies, **SR Dandelion Root** is 3 to 4 times more concentrated than other brands! Dr. Chen extracts 4-7 pounds of Dandelion to make ½ lb. of Dandelion concentrate! Other companies just chop up the leaves!

Dandelion Root Recipe for Spring Cleaning or Housecleaning anytime: Open 2-3 capsules **Sunrider Dandelion Root** mix in 8 oz. warm or hot water. Drink 3-4 cups per day. Or, just swallow the capsules with water or **Fortune Delight**.¹

¹ Daniel Reid, [The Complete Book of Chinese Health and Healing](#).