

Vitalite

The Light Alternative

The Simple **Vitalite®** Regimen has been improved with the addition of two new exciting products: **Vitalite Slim Caps** and the new **Vitalite® Sunbars®!** Just follow these simple steps for a weight management program for optimum health that adds vitality to your life!

1) At breakfast and lunch, eat one or two meal replacement **Vitalite® Sunbars®**. Drink at least 8 ounces of **Fortune Delight®** concentrated herbal beverage with each bar. Use a few drops of **SunnyDew®** or **Sunectar®** as desired for added nutrition and flavor. Take 6-8 **Slim Caps** with meals twice daily.

2) For maintenance, consume **Action Caps®**, **Vitataste®**, **SunTrim™ Caps** or **Tabs** and **Fibertone®** as part of your daily regimen.

3) When you feel hungry in between meals, eat **NuPlus®**, **NuPuffs™** and **Vitadophilus®** as all-natural, low-calorie snacks.

4) Remember to eat sensibly at dinner. We recommend high-fiber, low-fat foods such as vegetables, fruit and lean white meats or fish. For best results, exercise 30 minutes daily.

The **Slim Caps** are an amazing combination of herbs that, not only cleanse, but also enable our bodies to come into balance particularly in the most important organs of the kidneys, spleen and liver. In so doing, the body benefits in many ways, only one of which is a slimming effect. As our spleen, kidneys and liver cleanse and regenerate, we should see healthier blood, lower cholesterol, increased circulation and, what could be better for a healthier heart!

Take care to *measure* yourself before you start eating **Vitalite® Slim Caps** because the benefits will be far greater in inches than in pounds!

Following are some of the more interesting facts about the ingredients, but take care... the synergy of the combination of all these herbs is extremely important

and I've learned to listen to Dr. Chen and only eat these in Sunrider's formulations.

Capillary Artemisia Stem (*Artemisia capillaris*) (*Yin chen hao*) is a powerful parasite exterminator. It is compatible with intestinal flora and cleanses the intestines eliminating parasites and worms. It is beneficial for soothing inflamed intestinal

tissues, aiding digestion, promoting the circulation of nutrients to the cells and alleviating abdominal cramping. Used to alleviate constipation, diarrhea and yeast infections, stimulate uterine circulation, and promote healthy menstruation. It is antimicrobial, diuretic, lowers both cholesterol and blood pressure. Used to treat imbalances in the liver and/or gall bladder.

Gardenia Flower (*gardenia augusta*) has been used in traditional Chinese medicine (TCM) to treat urinary tract infections and is anti-inflammatory. It is effective for any bleeding in the mucous membranes, such as the bowels or the urinary tract. It is also considered a "yellow" herb and thus is invigorating to the spleen according to the ancient Chinese color theory.

Chinese Rhubarb Root (*Da Huang*) is an herb that supports and strengthens the lower bowel. It stimulates the production of bile and digestive fluids, improves liver function and

helps improve colonic action. Beneficial for decreasing abdominal cramping and eliminating waste and toxins from the body. It is also antibacterial and antiviral, found to inhibit *Bacillus subtilis* and *Staphylococcus aureus* and *Candida albicans*. In a clinical test in Long Hua Hospital, Shanghai, 76 women with endometriosis (blood stasis with lower abdominal masses) were given a formula with Chinese Rhubarb as the chief ingredient and the overall effectiveness rate for reduction of



symptoms was 80.26%. In TCM applications, it is purgative, antibacterial, antitumor, antifungal, diuretic, hemostatic, lowers serum cholesterol and anti-inflammatory. Although it is purgative, it also has an astringent effect following this. It therefore has a truly cleansing action upon the gut, removing debris and then astringing with antiseptic properties as well.

In traditional Chinese medicine (TCM), **White Peony Root** (*Bai shao yao*) is used in general gynecological health remedies including heavy bleeding, menstrual pain and premenstrual syndrome (PMS). It helps build and nourish blood, increase vitality, strengthens the spleen and spreads liver Qi (life force).

Rehmannia Root (*Sheng Di Huang*) is often found in herbal formulas to tonify the kidneys. It is sometimes found in formulas to treat anemia and fatigue. In TCM it is used to promote kidney functions, tonify the small and large intestines and stimulate metabolism. Has purgative and diuretic actions.

Chinese Goldenseal Root (*Coptis Chinensis*) (*Huang Lian*) has strong anti-inflammatory properties. It stimulates the flow of bile and is also very effective for infections, fevers, abscesses and hemorrhage.

Baikal Skullcap (*Scutellaria baicalensis*) — This contains a flavonoid substance called baicalin that is known to have an anti-inflammatory effect. Test data suggests that baicalin may serve as a useful flavone for the treatment and prevention of HIV infections. Baicalin also inhibits human T cell leukemia virus type I. Another closely related flavone (baicalein) has been shown to be a significant antifungal substance and is particularly effective against candida albicans, cryptococcus neoformans and pityrosporum ovale. Overall, baikal skullcap has protective effects on the liver and has been used in Chinese herbal combinations to treat inflammatory skin conditions, allergic diseases, high cholesterol and triglycerides and high blood pressure.

Phellodendron Amurense Bark (*Huang Bai*), when formulated properly with other herbs such as *Coptis Chinensis*, inhibits gastric hemorrhagic lesions. This essentially means that this herb has an anti-ulcer effect. It also aids in the detoxification process.

Aloe Vera Leaf (*Lu hui*) has been shown to have strong antibacterial and antifungal properties against a broad range of microbes. Carrisyn, an extract of aloe, appears to stimulate the immune system to trigger the production of T cells thereby increasing immune function. The salicylates control inflammation and pain. Aloe latex, a derivative of the leaf, is a strong laxative.

The combination of **Saigon Cinnamon Bark, Tree Peony Root, Mushroom Powder** (*poria cocos*), **White Peony Root and Chinese Rhubarb Root** has an effect of invigorating the blood, transforming blood stagnation and helps the body reduce fixed abdominal masses.

The **Saigon Cinnamon Bark** contains various terpenoids among which are eugenol and cinnamaldehyde. These are potent antifungal compounds and also have demonstrated antibacterial action. It is often found in formulas to alleviate heavy menstruation and yeast infections (*Candida albicans*).

Chinese Thoroughwax Fruit (*Bupleurum falcatum*) helps regulate liver Qi. It is effective for women with menstrual problems associated with premenstrual syndrome (PMS). It is also antibacterial, antifungal, lowers cholesterol, anti-inflammatory, antioxidant, antiseptic, antitumor, antiviral, diuretic and increases metabolism.

— References: *The Complete Book of Chinese Health & Healing* by Daniel Reid; *Chinese Herbs* by Dean-Sorensen; "Vitalite" brochure, 8/99; *Am J Chin Med* (1996) 24(1):31-6, ISSN: 0192-415X; *Jpn J Pharmacol* (1989 Mar) 49(3):301-8, ISSN: 0021-5198; *Ann Pharm Fr* (1995) 53(3):138-41, ISSN: 0003-4509; *Cell Mol Biol Res* (1993) 39(2):119-24, ISSN: 0968-8773; *J Infect Dis* (1992 Mar) 165(3):433-7, ISSN: 0022-1899; Spanda articles as published on the internet 8/1999; Acupuncture.com articles as published on the internet 8/1999; Viable-herbal articles as published on the internet 8/1999; holisticonline articles as published on the internet 8/1999.

