

2. *Prime Again*—Food for the Endocrine System...(fire—summer---red-bitter)...Coordinates All Systems...

Prime Again means to “put you in your prime again”! ***Prime Again*** nourishes the functions of the heart, endocrine, nervous, and the entire hormonal system. The endocrine system is especially important as it sends forth the body’s messengers of communication, promoting youthfulness and longevity! The thyroid and adrenals are keys to having energy. The more ***Prime Again*** you eat, the better you feel! This was Sunrider’s first single ***Quinary*** formula and affects all the others.

Major organs fed:

- Heart, small intestines, pituitary, hypothalamus, thyroid and the entire hormonal system.

Positive emotion: making things happen, manifesting joyfulness

In ancient China, a similar formula was used to:

- nourish the general processes by which body cells reproduce (regeneration)
- regenerate the endocrine glands including adrenals, thyroid and reproductive glands
- strengthen the nervous system and the body’s ability to handle stress
- regulate hormonal secretions, and enhance sexual response and reproductive processes
- build muscle strength; help regulate growth and development
- decrease allergic reactions
- strengthen the adrenals’ ability to handle stress
- relieve PMS and menopausal symptoms
- enhance the body’s ability to recover from illness or injury
- fortify the body as emotional food for **anxiety, lack of joy**

Ingredients: Chinese Yam, Forty Knot Root, Leek Seed, Poria, Cornel Fruit, Paper Mulberry, Eucommia Bark, Mongoliavine Fruit, Morinda Root, Broomrape, Senega Root, Fennel Seed, Lycii Fruit.

Prime Again is one of the 5 foods in Quinary!