

# Quinary®

assists the body to balance the 5 major systems



According to Chinese belief, the flow of nature is divided into five parts, referred to as the Five Elements of the Quinary (water, wood, fire, earth and metal). They represent balance within the universe. Every living thing is made up of these Five Elements, whether it be animal, vegetable or human. Because the body is made up of the Five Elements, it is believed the most effective nourishment is made up of whole foods also containing the Five Elements. This whole food has its energy intact and can easily be used and assimilated by the body for nourishment.

The ancient Chinese understood the body's need for whole food and made sure their formulas for health and longevity never destroyed this balance among the Five Elements with Yin and Yang, the positive and negative energies, in balance.

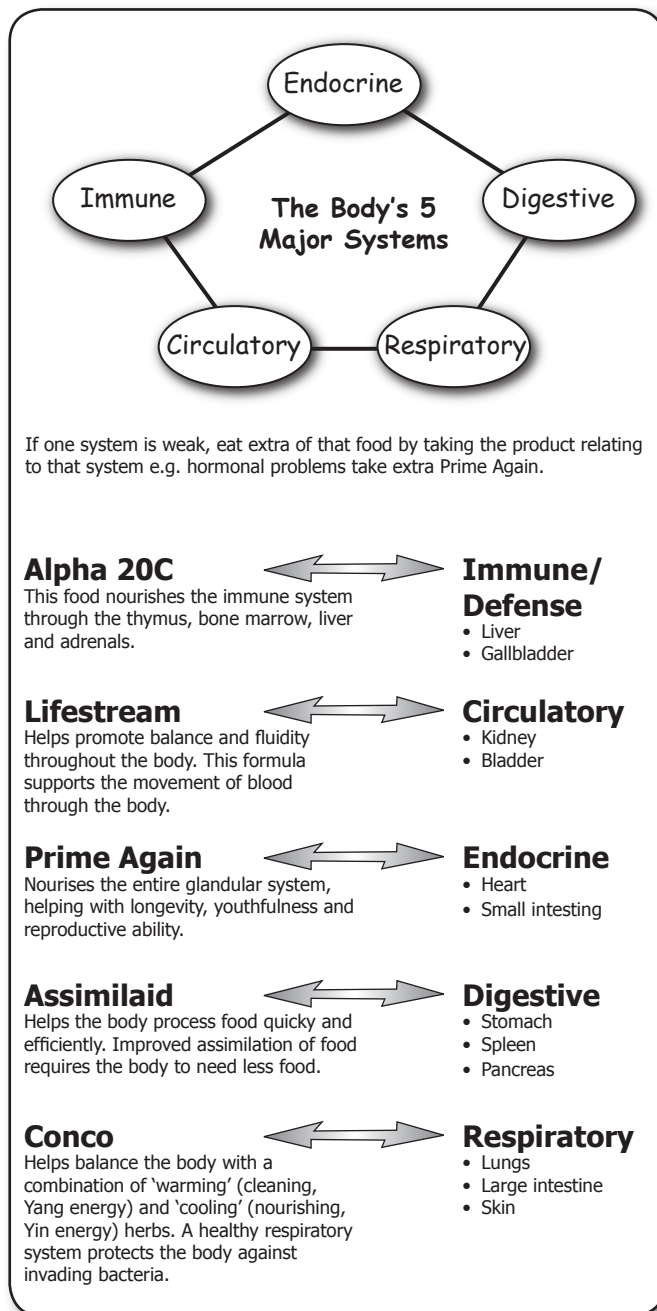
A body in balance is self-adjusting and self-regulating. This is a result of the five systems working in harmony, balance and in good communication with one another. This is likened to a cart pulled by a team of five horses. It operates at maximum speed only when the horses are pulling in concert.

In keeping with Chinese tradition and the Philosophy of Regeneration, daily maintenance of the body with proper nutrition is key to preventing physical malfunctions. Dr Chen created Quinary as a convenient way to keep the body's five major systems (endocrine, respiratory, circulatory, digestive and liver/immune systems) in balance. He made a special, complex formula by combining:

- Alpha 20C;
- Conco;
- Prime Again
- Assimilaid;
- Lifestream, and

For energy to flow through the body, the organs need to be nourished. Quinary contains 50 concentrated herbs and extracts which together promotes balance, synergy, harmony and communication among the 5 major systems of the body.

Sunrider's philosophy is to let the body's innate intelligence direct the use of the Quinary formulas



in balancing the systems and addresses the body's systems **collectively** as well as **individually**.

Quinary helps maintain health rather than waiting for the body to malfunction.

Remember, Quinary is a food, so eat as much as you desire.

Quinary contains 50 concentrated herbs and extracts



SUNRIDER®

## Below are the individual formulations that make up Quinary

They are based on the Philosophy of Regeneration and are designed to maintain optimum health through proper nutrition and keep the body in balance.

Exclusively formulated with a proprietary blend of concentrated herbs for effectiveness, these products are a unique combination of Eastern herbal tradition and Western science.



### Alpha 20C

Alpha 20C is designed to address the body's defense system with "wood element" herbs that contain naturally occurring antioxidants and calcium as well as those with fortifying properties.

Alpha 20C is available in powder form and is great to consume when traveling to help maintain optimum health.

This food is formulated with the following herbal plants:

- White Flower
- Scutellaria Herb
- Paris Herb
- Dandelion Root
- Imperiate Root

#### Signs of imbalance include:

Persistent infections, painful or swollen glands, drainage from eyes or ears, tendency toward autoimmunity and a tendency toward tumors or cysts.



### Prime Again

Prime Again is designed to address the body's endocrine system with "fire element" herbs that work in harmony with the body's hormone-producing glands.

This food is formulated with the following herbal plants:

- Chinese Yam
- Poria
- Eucommia Bark
- Broomrape
- Lycii Fruit
- Leek Seed
- Forty Knot Root
- Cornel Fruit
- Mongoliavine Fruit
- Senega Root
- Paper Mulberry
- Morinda Root

#### Signs of imbalance include:

Weak sexual response, tendency toward allergic reactions, muscle weakness, nervous weakness, emotional instability, inability to handle stress, tendency toward wrinkles, menstrual and premenstrual discomfort, weak drive and energy.



### Assimilaid

Assimilaid is designed to address the body's digestive system with "earth element" herbs that help the body process food quickly and efficiently.

This food is formulated with the following herbal plants:

- Ginseng root
- Licorice root
- Cinnamon Bark
- Mint Herb
- Bai Zhu Root
- Pinellia Root
- Fennel Seed
- Poria
- Orange Peel
- Amomum Seed

#### Signs of imbalance include:

Chronic stomach discomfort, vomiting, mausea, gas, indigestion, gastric ulcers, gastritis, colic and stomach distension.



### Conco

Conco is designed to address the body's respiratory system with "metal element" herbs that help balance the body with a combination of "warming" (cleansing, Yang energy) and "cooling" (nourishing, Yin energy) herbs.

This food is formulated with the following herbs:

- Mint Herb
- Golden Bell Fruit
- American Lovage Root
- Bamboo Leaf
- Honeysuckle Flower
- chinese Catni
- Angelicia Root
- Burdock Seed
- Chinese Lovage
- Bell Flower Root
- Licorice Root
- Reed Root

#### Signs of imbalance include:

Tendency toward flu or colds, tendency towards headaches, including migranes, and chronic congestion.



### Lifestream

Lifestream is designed to address the circulatory system with "water element" herbs that help promote balance and fluidity throughout the body.

The Lifestream formula enhances adequate movement of blood through the body, which is crucial to good health.

This food is formulated with the following herbs:

- Tora Seed
- Ginseng Root
- Dwarf Lilyturf Root
- Chrysanthemum Flower
- Gou Teng
- Orange Peel
- Poria
- Sophora Flower
- Pinellia Root
- Ginger Root

#### Signs of imbalance include:

Blood-pressure and circulatory complaints, weak heart tone, high cholesterol and weak eyesight.