

SEASONAL



Sui Bian Guo Manual

(Candied Green Plum)

Eat and drink too much Have one Sui Bian Guo



It is not just an ordinary candied fruit.

It is a product made by sticking to the natural rules,

with the awakening and rebirth of traditional methods.

We believe that

good faith and sincerity

will always make ordinary things glow.

Therefore,

unexpected beauty

can always be found from the Sui Bian Guo.

In the name of health,

each and every Sui Bian Guo is completely delicious and affectionate, for the good life

and for the beloved you.

Knowledge about gut makes you more healthy

Defend for gut health and enjoy a light body

Hippocrates, the father of medicine, once said that “all disease begins in the gut”, so this means that your health also starts in the gut. In the book *Eat Dirt: Why Leaky Gut May Be the Root Cause Of Your Health Problems and 5 Surprising Steps to Cure it*, nutritionist Dr. Josh Axe believes most of our health problems can be solved by regulating the gut. Gut is the largest digestive organ and detoxification organ in human body. Therefore, the state of the gut determines the inner health and external appearance of people. Gut is related to many functions such as nutrition absorption, digestion of food, emotional control and immune and many so on. As a large number of immune cells are configured inside the gut, the gut is the forward position of protecting our health.

It is imperative for gut cleansing and detoxifying

The *National Gut Health White Paper*, released in 2012, shows that as many as 95% of the populations surveyed have a variety of intestinal problems. Regular cleaning of the toxins accumulated in the gut is one of the effective ways to ensure gut health. Large intestine, kidney, lung and skin are four major excretory organs of human body and have countless ties with the detoxification organ--liver. A large number of bacteria, catabolites and harmful substances exist in the feces. If they are not discharged in time, part of them will be absorbed by colon mucous, and part of them will go into the liver through the vein system, thereby increasing the burden on the liver, leading to the depletion of the hepatic detoxification enzyme system, and damaging the functions of the liver. When the harmful gases produced by the fermentation of intestinal residues go into the liver, the lung functions can be affected to cause ozostomia and the burden of kidneys and skin will be exacerbated in terms of excretions. Freckles, acne and other skin problems are just the appearance of gut toxins. In addition, liver, gallbladder and kidney will be damaged.



Sui Bian Guo have a role in protecting gut

Selling to more than
80 countries and
regions worldwide



Product type: preserved fruit

Net content: 150g (10g × 15)

Shelf life: 24 months

This product is underwritten by
China Pacific Insurance (Group) Co., Ltd.
Coverage **50 million** yuan

Sijiyoumei Sui Bian Guo is high-quality health food with green plums as the carrier, supplemented by a variety of natural herbal ingredients. It is made by integrating the traditional methods with modern technology and going through up to four months of natural fermentation. This product adheres to the concept of homology of medicine and food, with no preservatives and chemicals. It has successfully passed the food safety inspection by many domestic and international authoritative organizations and has been sold to more than 80 countries and regions in the world, leading the new tasty fashion of natural green food made from green plums.

Ingredient introduction



Green plums: the well-known longevity fruit in ancient and modern times

Rich in calcium, iron, sodium, manganese and other essential nutrients and a variety of organic acids. It is recorded on the *Compendium of Materia Medica*, “plum blossoms in winter and matures in summer, gaining all the essence of the tree”. Modern medical researches have found that plums have the efficacy of purifying the blood, astringing lung for relieving cough, regulating intestinal tract and invigorating stomach, detoxifying and resisting bacteria, and preventing cancer and beautifying the features.



Mulberry leaf powder: a fairy leaf falling into the Midgard

It contains a variety of vitamins, minerals, amino acids, carbohydrates and plant fibers. Medical researches have found that it contains 18 kinds of amino acids required by the human body, including neurotransmitters and antihypertensive substances - aminobutyric acid, which has the functions of resisting bacteria, removing toxicity, clearing heat, purifying the blood, relaxing the bowels, suppressing cough, whitening and brightening the skin, preventing and alleviating freckles, and maintaining elasticity of the skin.



Cassia seed: an elf with deep connotation

Cassia seed contains a variety of vitamins and rich amino acids, carbohydrates, etc. It is recorded on the *Compendium of Materia Medica* that cassia seed can “help the liver gain strength and enhance its essence; if mixed with water, it can disperse swelling and toxin by applying it on the affected area”. Modern medical researches have found that cassia seed has the functions of clearing heat, improving eyesight, relaxing the bowels, and protecting liver and kidney, and has a good adjuvant effect on lowering blood pressure and blood fat, and preventing and treating coronary heart disease and hepatitis.



Mate tea: a national treasure from Argentina to the world

It contains up to 196 kinds of active nutrients, including the unique chlorogenic acid, rutin and other nutrients. It is a single plant with the most comprehensive nutritional and healthy effects discovered so far by mankind. It is recorded on *The Mate* by Dr. N.A. Doublet that "the Mate tea is a regulator of the heart, nerves and muscles that can prevent the deterioration of body function, making it possible for the body to withstand severe fatigue". The modern medical science has confirmed that the mate tea has the effect of relaxing smooth muscle, improving respiration, protecting myocardium, relaxing the bowels with diuresis, scavenging cholesterol, and improving the blood circulation.



Dietary fiber: the seventh nutrient identified in the nutrionology field

The researches have shown that dietary fiber is as important as the traditional six types of nutrients - protein, fat, carbohydrates, vitamins, minerals and water in human body. Increased intake of dietary fiber can effectively prevent constipation and hemorrhoids, and greatly improve gut health. Dietary fiber can reduce fat and cholesterol absorption in the gut and promote the discharge of cholesterol and cholic acid, with an effect of reducing the body fat, blood fat and cholesterol.



Beta-Carotene: a little ginseng values more than its price

The researches have found that people who regularly take carotene in their meals are significantly less likely to have diseases like atherosclerosis, cancer, and degenerative eye diseases than those who ingest less carotene, as evidenced by many animal experiments. Modern medical researches have also confirmed that beta-carotene, playing an important role in preventing dry skin, improving nyctalopia, human immunity and memory, delaying senescence, and promoting the healthy growth of bones and teeth, is one of the indispensable elements of human body.

*The above content is only meant to introduce the knowledge about the ingredients of the Sui Bian Guo, which does not represent the efficacy of the product.

Production and R & D

45 national
invention patents

10 utility
model patents

Daily production
capacity of up to
1 million pills

The 1st automatic
green plum processing
production line in China



The largest green plum production
base created in China;

An integrated innovation research mechanism
of industry-university-research cooperation
is introduced with Jinan University, South China
University of Technology, and South China
Agricultural University;

the first automatic green plum processing production
line is established in China;

Daily production capacity of the green plum production
line has reached up to 1 million pills;

The only plum product manufacturer with the invention patent
certificates of green plum products in China,
which has applied for 45 national invention patents

and 10 utility model patents, etc.

Authorized certification

Food is the most important for people, and safety is the most important for food. We treat the production process of each candied plum with full of awe and veneration.

Sijiyoumei Sui Bian Guo has successfully passed the test not only by a number of domestic authorities, but also by various professional authorities abroad.

A Summary of Global Authoritative Quality Testing Reports on Sui Bian Guo (Candied Green Plum)

Huizhou Quality & Measuring
Supervision Testing Institute

The Hong Kong Standards
and Testing Centre Ltd. (STC)

PONY Testing

Shenzhen Academy of Metrology
& Quality Inspection (SMQ)

National Measurement Institute,
Austrian Government Department of
Industry, Innovation and Science

Guangdong Detection Center
of Microbiology

China Entry-Exit Inspection
and Quarantine (C.I.Q)

Zunyi Product Quality Inspection
and Testing Institute

SGS Guangzhou Branch

Wenzhou Institute of Technology
Testing & Calibration

SGS Ultra Trace Industrial
Safety Hygiene (Taiwan)

Saudi SFDA Testing

Milan Testing Center, Italy

TUV SUD Products Testing

Anresco Laboratories, the
designated company for FDA

Guangdong Food Quality Supervision
Inspection Station (Dongguan)

Dalian Chengze Testing Services Co., Ltd.

Sui Bian Guo Q & A:

Q: How to eat Sui Bian Guo? How many pills per day?

A: Very simple, very convenient, just like eating ordinary candied fruits. It is recommended to drink more warm water after eating Sui Bian Guo. There is not too strict requirement on the amount of Sui Bian Guo, which can be determined according to your feelings.

Q: Can people with poor gastrointestinal function eat Sui Bian Guo?

A: It is sure that these people can eat Sui Bian Guo and the Sui Bian Guo are very suitable for them! The ingredients of the Sui Bian Guo (plum, mulberry leaf powder, cassia seed, dietary fiber, mate, etc.) play a role in conditioning the gut. In particular, the Sui Bian Guo after fermentation is the superior natural products of safeguarding gut health. Usually, you can feel obviously pleasant changes in your body in terms of constipation, diarrhea, etc. after eating for a period of time.

Q: Why I feel a slight pain in stomach after eating it?

A: This is a common phenomenon that you will encounter when you eat Sui Bian Guo for the first time. The herb ingredients of the Sui Bian Guo begin to play a role after entering the gut, making the gut motility accelerated. The intestinal villus will be dragged when the stool attached to the gut lining falls off, resulting in a slight pain, which will disappear after defecation. Usually after you eat for several times, the pain will be weakened and completely disappear. In the process, drinking dried tangerine peel water or milk, can play a relieving role.

Q: Are there laxatives added in the products?

A: Sui Bian Guo adopt a natural herbal formula, tested by multiple authorities both at home and abroad including the stimulant laxatives testing provided by SGS Guangzhou Branch. The results show that there are no laxatives detected. Therefore, you can dismiss all your concerns.

Q: Can I eat Sui Bian Guo during the period when I am taking medicines?

A: Sui Bian Guo has the effect of promoting intestinal peristalsis, which will shorten the retention of ingesta in the intestine. Since medicines usually work best only when having stayed in the intestine for more than four hours, it is not recommended to eat Sui Bian Guo during the period when you are taking medicines.

Q: Why each batch of Sui Bian Guo is different in appearance and taste?

A: Sui Bian Guo are candied fruits which are not produced by the ordinary methods. Sui Bian Guo which is just produced are usually dry with sand powders, containing herbal ingredients, on the outer layer. After being stored for a period of time, the Sui Bian Guo with continuous fermentation will become wet, and the herbal powders will also be adsorbed into the candied plums, making the taste more appetizing with appropriate sweet and sour flavor.

Q: The urine becomes dark yellow after I eat Sui Bian Guo, what should I do?

A: This is because the beta-carotene is contained in the Sui Bian Guo. Beta-Carotene is an orange fat-soluble compound that is the most prevalent and most stable natural nutrient in nature. It is very safe with no side effects. After consumption, the carotene that is not absorbed by the body will be excreted with urine and sweat, making it yellower than usual. It is normal phenomenon.

Hi.

I am GUO BAO,

with extraordinary effects after 4 months
of natural fermentation.

I have footprints in more than 80 countries and regions ~

I am not only a candied fruit with sweet and sour flavor.

I have more green plum wonders and
surprises waiting for you to discover!



Sijiyoumei mascot



www.sijiyoumei.com
Shenzhen Sijiyoumei Industrial Co., Ltd.