




ALPHA 20C®

Synergizing cutting-edge science and 3,000 years of herbal study, Alpha 20C® is a unique formula designed to nourish your body with a special combination of herbs, including dandelion root, which is used in Traditional Chinese Medicine (TCM) to help treat digestive problems, and scutellaria root, used in TCM to clear heat, dry dampness, and resolve heat toxins, actions believed to support normal immune function and overall health.

BENEFITS

- Specially formulated for superior absorption
- Highly concentrated for maximum effectiveness
- Made with a potent blend of herbal extracts

 Owner Expertise Formulation	 Kosher Certified
 Self-Manufactured in the USA	 Halal Certified
 Made with Natural Ingredients	



100 capsules #20101
10/5 g stick pack, powder #01853
30/5 g stick pack, powder #01797

INGREDIENT HIGHLIGHTS

IMPERATA ROOT

A perennial grass used for a wide range of uses in TCM, including using its cooling properties to help clear heat from the stomach and lungs.

PARIS POLYPHYLLA RHIZOME

In TCM, this root of this herb is used in various ways, including helping to relieve pain, reduce inflammation, and relieve coughing.

SCUTELLARIA ROOT

This herb contains flavonoids, a type of plant-derived antioxidant. In TCM, this herb is used to clear heat and dry dampness.

DANDELION ROOT

The root of this common flower is used in TCM to help treat digestive difficulties and support healthy bile flow.

HOW TO USE

Capsule - Adults: Take 4 capsules 3 times daily. If used as a diuretic: For occasional use only.

Powder - Adults: Mix 1 package with 250 mL of water, take twice daily. Consult a health care practitioner for usage beyond 2 weeks or to modify your dose for long term use.

FAQ

Q: What does “dry dampness” and “clear heat” refer to in TCM?

A: In TCM, dampness comes from a failure to burn off or transform moisture in the body.

Dampness can lodge in a specific part of the body or affect us more generally. It can make us feel lethargic and heavy, make us swell up, and obstruct our body’s functions. TCM suggests there are certain foods that make our internal systems “damp,” or phlegmy, clammy, sluggish, swollen, groggy, or cold. TCM also maintains that certain foods and herbs can help relieve dampness and allow your body to return to a state of balance. From a Western perspective, it can be helpful to think of “heat” as inflammation. Inflammation is usually helpful and part of the healing process, but when it gets over a healthy threshold, it becomes a problem and can lead to irritability, fever, and inflammatory conditions. According to TCM, certain herbs can work in combination to clear the heat, support toxin removal, and restore balance to the body.

Q: How does Alpha 20C® aid digestion?

A: Alpha 20C® contains a special blend of herbs with beneficial nutrients, including dandelion root, which is rich in the carbohydrate inulin, a type of soluble fiber found in plants that supports the growth and maintenance of a healthy bacterial flora in your intestinal tract. The root of the dandelion plant is also used in Herbal Medicine as a mild laxative.

Medicinal ingredients / Ingrédients médicinaux :	
Each package (2.4 g) contains / Chaque sachet (2.4 g) contient :	
Paris polyphylla (Paris polyphylla, Rhizome)	0.75 g
Paris polyphylla (Paris polyphylla, Rhizome)	0.25 g
(3 : 1, QCE / QBE 0.75 g)	
Scutellaria / Scutellaire (Scutellaria baicalensis, Root / Racine)	0.5 g
(3 : 1, QCE / QBE 1.5 g)	
Dandelion / Pissenlit (Taraxacum mongolicum, Root / Racine).....	0.5 g
(3 : 1, QCE / QBE 1.5 g)	
Imperata / Impérate (Imperata cylindrica, Root / Racine).....	0.37 g
(3 : 1, QCE / QBE 1.12 g)	

Medicinal Ingredients / Ingrédients médicinaux :	
Each capsule contains / Chaque gélule contient :	
Dandelion / Pissenlit (Taraxacum officinalis, Root / Racine)	87.3 mg
(1.5 : 1, QCE / QBE 131 mg)	
Bamboo Shavings / Copeaux de bambou (Bambusa tuldooides, Shavings / Copeaux)	70 mg
(1.5 : 1, QCE / QBE 105 mg)	
Paris Polyphylla / Paris polyphylla (Paris polyphylla, Rhizome / Rhizome)	70 mg
(1.5 : 1, QCE / QBE 105 mg)	
Scutellaria / Scutellaire (Scutellaria baicalensis, Root / Racine).....	70 mg
(1.5 : 1, QCE / QBE 105 mg)	
Imperata / Impérate (Imperata cylindrica, Rhizome / Rhizome).....	52.6 mg
(1.5 : 1, QCE / QBE 79 mg)	
Non-Medicinal Ingredients / Ingrédients non médicinaux : Hypromellose.	
In a vegetable-based capsule / En gélule à base végétale	

The information provided for the Recommended Use is applicable to products sold in Canada only. Please note that daily dosage and labeling instructions differ between Canada and the United States. Also, please be aware that everyone's body is unique and may react differently to our products. The Recommendation for this product should be treated as the maximum daily recommended dosage for adults.



NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.