SUNRIDER®

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 help maintain general health and wellness.

BENEFITS

- Helps relieve digestive discomfort
- Supports healthy bile flow
- Made with herbs traditionally used to support cleansing and heat balance

FEATURES

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

FAQ

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

A: In TCM, "dampness" is understood as an internal imbalance related to excess moisture, which may contribute to sensations of heaviness, sluggishness, or swelling. "Heat," in TCM, refers to a state of excess that can manifest as restlessness or discomfort. These concepts are part of a holistic framework that emphasizes restoring balance through diet and herbal support. From a Western perspective, these ideas can be loosely compared to inflammation and fluid retention—physiological responses that, when elevated, may affect overall well-being. While the terminology differs, both approaches recognize the importance of supporting the body's natural processes to maintain health and vitality.

Q: How does Alpha 20C® aid digestion?

A: Alpha 20C® contains a blend of herbs traditionally used in Herbal Medicine and TCM. One of its key ingredients, dandelion root, is a source of inulin—a type of soluble fiber that helps support the growth of beneficial intestinal bacteria. Dandelion root is also traditionally used in Herbal Medicine to help relieve digestive disturbances such as dyspepsia.

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.

Always read the product label – Use as directed.

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.

INGREDIENT HIGHLIGHTS

IMPERATA ROOT

Traditionally used in Herbal Medicine and TCM to help support the body's natural cooling processes and promote healthy digestion.

PARIS POLYPHYLLA RHIZOME

Used in TCM to help relieve occasional discomfort and support the body's natural response to inflammation and respiratory health.

SCUTELLARIA ROOT

A source of naturally occurring flavonoids, traditionally used in TCM to help clear heat and dry dampness .

DANDELION ROOT

Traditionally used in Herbal Medicine to help relieve digestive disturbances (dyspepsia) and to support healthy bile flow.

MEDICINAL INGREDIENTS / INGRÉDIENTS MÉDICINAUX :
EACH PACKAGE (2.4 g) CONTAINS / CHAQUE SACHET (2.4 g) CONTIENT :
PARIS POLYPHYLLA / PARIS POLYPHYLLA (PARIS POLYPHYLLA, RHIZOME / RHIZOME)..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)
PARIS POLYPHYLLA / PARIS POLYPHYLLA (PARIS POLYPHYLLA, RHIZOME / RHIZOME)..................................0.25 g (3 : 1, QCE / QBE 0.75 g)

CAUTIONS AND WARNINGS: IF SYMPTOMS PERSIST OR WORSEN, CONSULT A HEALTH CARE PRACTITIONER. IF YOU HAVE LIVER OR GALL BLADDER DISEASES, AND/OR INTESTINAL OBSTRUCTION, CONSULT A HEALTH CARE PRACTITIONER PRIOR TO USE. INDIVIDUALLY SEALED PACKAGES—DO NOT CONSUME IF SEAL IS BROKEN. CONTRA-INDICATIONS: DO NOT USE IF PREGNANT OR BREASTFEEDING. DO NOT USE IF YOU WERE DIAGNOSED WITH DEFICIENCY OF YANG OR DEFICIENCY OF KIDNEY YANG BY A TRADITIONAL CHINESE MEDICINE PRACTITIONER.

MISES EN GARDE ET AVERTISSEMENTS : CONSULTER UN PROFESSIONNEL DE LA SANTÉ SI LES SYMPTÔMES PERSISTENT OU S'AGGRAVENT. CONSULTER UN PROFESSIONNEL DE LA SANTÉ AVANT D'EN FAIRE L'USAGE SI VOUS SOUFFREZ DE TROUBLES HÉPATIQUES OU DE LA VÉSICULE BILIAIRE ET/OU D'UNE OCCLUSION INTESTINALE. SACHETS EMBALLÉS INDIVIDUELLEMENT — NE PAS CONSOMMER SI L'EMBALLAGE EST OUVERT. CONTRE-INDICATIONS : NE PAS UTILISER CE PRODUIT SI VOUS ÊTES ENCEINTE OU SI VOUS ALLAITEZ. NE PAS UTILISER CE PRODUIT SI VOUS AVEZ REÇU UN DIAGNOSTIC DE SYNDROME DE DÉFICIENCE DU YANG OU DE DÉFICIENCE DU YANG DES REINS PAR UN PROFESSIONNEL DE LA SANTÉ EN MÉDECINE TRADITIONNELLE CHINOISE.

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 tuldoides, 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