



NEWSLETTER

Helping to improve the lifestyle and well-being of people around the world.



NEW YEAR, BETTER YOU

Vitalite® Slim Caps™ & Vitalite® Caps

for a Svelte Figure in 2013

Be a better you in 2013 with two of Sunrider's bestselling weight-management products. Each are easily incorporated into a healthy daily lifestyle regimen, and can help you achieve your goals—whether you want to lose weight, maintain your weight, or simply maximize the results of your current workout and diet program.

Vitalite® Slim Caps™

That fitness resolution you make every year can finally be attainable with Vitalite® Slim Caps™. Designed to produce a sense of fullness and optimise the body's natural metabolic processes, this all-natural supplement can help you slim down and shape up. Unlike many other weight-management products on the market today, Vitalite® Slim Caps™ are all-natural, made without chemical and synthetic additives.

- Works synergistically with the body's own natural cleansing systems.
- Helps optimise metabolic efficiency with a proper diet and exercise.
- Contains no ephedra (ma huang), guarana, caffeine, sugar, artificial sweeteners, or chemical additives.
- Complements any healthy, sustainable weight-management program.

Vitalite® Caps

New Year's resolution relief is here! This fast-acting formula optimizes the body's metabolic processes to burn calories and process food efficiently. Used in conjunction with a healthy diet and regular exercise, all-natural Vitalite® Caps will help you sculpt a firm physique and achieve your weight-management goals safely and effectively.

- Optimises the body's metabolic processes.
- Helps burn calories efficiently.
- Works with the body's systems to process food.
- All-natural, made without chemical and synthetic additives.

Add these to your weight-management program and see the results you've been wanting in 2013!

A Fresh New Look

for a Fresh New Year

Start 2013 with Bright, Revitalized Skin

Now that the holidays are over, focus on yourself and give your skin some much-needed attention, courtesy of Sunrider's extraordinary skin care.

This special skin-care duo is essential for brighter, tighter, more youthful-looking skin! Each formulation packs antioxidants, herbal botanicals, natural emollients, and much more.

Let these propel you to beauty-star status in 2013.



Oi-Lin® Eye Cream

Specially designed for your delicate eye area, Oi-Lin® Eye Cream contains high performance ingredients to moisturize, reduce puffiness, and smooth your skin.

Key Ingredients & Benefits

- **Hyaluronic acid:** A powerful hygroscopic (water-attracting) substance that helps moisturize and revitalize the skin.
- **Vitamins B5, C, E, and K:** Aids in repairing skin's appearance and reducing the appearance of puffiness and dark circles.
- **Peptides:** Combats the appearance of photoaging and skin damage and softens and smoothes the appearance of wrinkles.

Dr. Chen® Refining & Lifting Cream

Your solution to fine lines, wrinkles, and saggy skin.

Envelope the skin with water-attracting moisturizers, botanical extracts, and oxygen transporters for intensive all-over youthfulness with this multi-talented cream. Containing over a dozen "hero" ingredients, this restorative formula appears to lift away fine lines and preserve the appearance of youthful, healthy skin with continued use.

Key Ingredients & Benefits

- **Hyaluronic acid and sodium PCA:** Promotes retention of moisture in the skin.
- **Pea and bamboo extracts:** Aids in firming and supporting skin for a plump, full look.
- **Di-palmitoyl:** A peptide that smoothes the appearance of skin.

VITALITE® CAPS INGREDIENT SPOTLIGHT



Green tea contains tea catechins, naturally occurring polyphenols (powerful antioxidants). Tea catechins may support both lipid and carbohydrate metabolism and have a beneficial effect on triglycerides and cholesterol within the normal levels.

Green tea catechins have also been found to be the most significant ingredient for diet-induced thermogenesis, which causes caloric expenditure and weight loss. It is also linked to reductions in intra-abdominal adipose tissue, abdominal fat, waist circumference, and total body fat.



Risky "Energy" Drinks? Not at Sunrider.

In today's busy world, who doesn't want a little extra energy?

Most of us wouldn't mind an energy boost every now and again, but it's becoming increasingly apparent that so-called "energy drinks" are not the safest or healthiest way to get that boost.

Recent news stories highlight the potential health risks these drinks pose, including insomnia, an increased or irregular heartbeat, agitation, seizure, and possibly death. Energy drinks typically contain large amounts of caffeine along with other ingredients that have stimulant effects, making these beverages virtual ticking timebombs for caffeine overload and other negative side effects.

Energy drinks usually contain large amounts of sugar as well, which are not only gut-busting but present other potential health issues too. If they don't contain sugar, a synthetic sugar substitute can usually be found in the ingredients.

Good thing there's Sunrider. Here are four fantastic Sunrider® products that help provide energy naturally and safely.

Sunrise®

- Helps enhance energy levels with lycii fruit, Chinese ginseng root, and white cornel fruit.
- Supercharged with a low calorie, natural nutritional boost.
- Sunrise® nutrients are easily absorbed and processed by the body.
- Formulated without artificial sweeteners, colors, or preservatives.

SportCaps®

- Contains all-natural energizers without any chemical or synthetic additives.
- Promotes athletic performance and fitness.
- Formulated with high-performance ingredients such as bee pollen, alfalfa, rose hips, and kelp, blended with a proprietary herbal base.



Fortune Delight® & Calli®

- Healthy alternative to "energy" drinks—each contains no sugar, fat, cholesterol, artificial sweeteners, or chemicals, and is very low in calories.
- The main ingredient, Camellia sinensis, is made up of antioxidant tea catechins which help cleanse the body of waste such as free radicals, helping you live healthier and more energetically.

Don't risk your health on fad "energy" drinks. Trust Sunrider to provide healthy, safe products that support energy levels naturally and effectively, just like we have the last 30 years.

30th Anniversary Shaker Bottle Set Limited Quantity

First come, first served -
only available as long as stocks last

Visit the Sunrider Shop Online now to order your set!



Show your Sunrider spirit with a sporty Shaker Bottle set commemorating Sunrider's 30th anniversary. Available in three vibrant color choices, blue, red, or green, each set includes two bottles, a large (700 ml) and a small (350 ml), featuring a logo and theme for '30 Years of Health and Beauty.'

Each bottle is 100% BPA-free and has milliliter markings on the side for easy measuring. A wide mouth makes it a breeze to add ice cubes and hand clean, and the attached loop-top is easy to twist on and off and never gets lost.

2013 SUNRIDER IBO CONVENTION

SCANDINAVIA CRUISE • JUNE 19-30, 2013 (11 DAYS)

Copenhagen • Berlin • Visby • Riga • Tallinn • St. Petersburg • Helsinki • Stockholm



SUNRIDER CONVENTION PACKAGE PRICES INCLUDE

- Sunrider IBO Convention Registration Fee
- 11-night Ultimate Scandinavia Cruise
- Beautifully appointed modern cabin accommodations
- All convention activities on the ship
- All meals and snacks aboard the ship
- All gratuities
- Many activities during the day
- Las Vegas-style shows and entertainment every night
- Full gym and spa
- Sunrider® T-shirt, giveaways, and more!

We invite you to join us onboard Royal Caribbean's beautiful Vision of the Seas for the 2013 Sunrider IBO Convention. This exciting convention cruise is open to all IBOs, their families, and invited guests.

The perfect mix of business and pleasure! Along with experiencing the cultural and historical richness of breathtaking destinations, you'll gain invaluable training from Drs. Chen, share business tips and fellowship with top business leaders, participate in seminars, experience new products, and much more!

Space is limited, so please register and pay your deposit ASAP.

We've negotiated an incredible low price for the Sunrider event of the year, so don't miss out! For detailed information, pricing, and to register, visit www.sunrider.com/2013IBOCruise.html

If you'd like to share a recipe using Sunrider® products, please email us at: info@sunrider.co.uk.
Include your name, country, and Sunrider ID number (if you have one).

If you love our products, you'll love our business! Contact your local Sunrider Independent Business Owner to learn how to own a Sunrider business and have a fantastic income.

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