



NEWSLETTER

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

REUBEN K. CHEN, MD, INTRODUCES

THE SUNFIT® PROGRAM



SunFit is the new Sunrider fitness and nutrition program I am developing along with other fitness experts. One focus of the SunFit® Program is **SunTrim® Plus**, *a revolutionary new product that helps optimise the body's ability to burn fat and regulate your appetite so you can reach your fitness goals safely and easily.*

The program also includes the new Fitness Brigade™ Training Program, a 90-day fitness regimen designed to get you into the best shape of your life. This program has 12 different workout routines, as well as a detailed nutrition guide to help maximize results. Nutrition and supplements are key to any good fitness program, so our program has diet tips, recipes, and information on the SunFit® Pack, which includes five

We've already had several people go through the program and lose 18-25 pounds in just 90 days.

Sunrider® products to help you reach your fitness and weight-management goals.

With Sunrider's world-class supplements combined with the Fitness Brigade™ Training Program, we really have it all. So whether you are just trying to stay active or want to lose a lot of weight, we have something for you.



SUNRIDER®

JULY • AUGUST 2013

NEW WEIGHT-MANAGEMENT PACK FITS YOUR LIFE

The SunFit® Pack—For Your Best Body Yet — COMING SOON!

The SunFit® Pack includes five Sunrider® products to put you on track to the body you've always wanted and features Sunrider's newest weight-management product, SunTrim® Plus.

SUNTRIM® PLUS

Weight-Loss Superstar

This breakthrough formula helps you control portion sizes from day one! Simply take three capsules 30 minutes before meals to help you feel fuller. You will still have an appetite and enjoy food, but will naturally feel like eating less so you won't overeat.

- Promotes portion control and healthy eating habits
- Optimises fat-burning metabolism
- Curbs junk food cravings without laxatives or stimulants

FORTUNE DELIGHT®

Super Beverage

Naturally refreshing with no chemicals or added stimulants, it is a healthy alternative to coffee, soda, sugary fruit juices, and sports drinks.

- Cleanses the body with antioxidants such as polyphenols, tea catechins, and bioflavonoids
- Provides healthy hydration for workouts or dieting
- Fat and cholesterol free; very low in calories

VITASHAKE® COCOA

The Super Shake

VitaShake® delivers a host of nutrients, including vitamins, minerals, and protein in a whole-food, concentrated form. Our "super shake" also provides fiber and probiotics to support digestive health, plus powerful antioxidants.

- Makes a quick, nutritionally balanced meal
- Whole-food sources for maximum nutrient absorption
- Contains easy-to-digest soy protein

"I am really pleased with the effect of SunTrim® Plus. It was a wonderful feeling to sit down and eat a meal until I was satisfied. I still had food on my plate without feeling hungry at all."

Cornelius Wucher, Switzerland

SUNBAR® FRUIT

The Ultimate Energy Bar

Made with whole-food sources, each SunBar® provides complex carbohydrates, healthy fatty acids, antioxidants, fiber, and soy protein. Enjoy as a satisfying snack, handy meal replacement, or healthy dessert.

- Complex carbohydrates for sustained energy
- Full of essential vitamins, minerals, and antioxidants
- A good source of fiber and heart-healthy soy protein
- Easy to digest and assists the body's natural elimination process

SUNNYDEW®

Add More Flavor to Life

Our stevia extract contains zero calories and enhances the flavor of food and beverages while supporting a healthy lifestyle. Just a few drops turn even a plain glass of water into a delicious beverage!

- All-natural flavor enhancer
- Naturally sweet with no aftertaste
- Calorie and chemical free



"The first time you use SunTrim® Plus, you're already going to be half full and you're ready to cut back on those portion sizes. The results are astonishing; I lost 3 kg within one week!"

Arno Duijvesteijn, The Netherlands

SUNFIT® PROGRAM SUCCESS STORIES

The SunFit® Program is different from other programs because it provides a world-class fitness program, a nutrition guide with recipes, and an entire line of superconcentrated, proven herbal supplements. The SunFit® Program is the complete package to help you look and feel your very best, no matter your age or fitness level.

LOST 39 POUNDS

BEFORE

AFTER

"I lost 40 pounds and 5 inches doing Fitness Brigade and taking SunFit® products. I feel great!"

Jonathan C.

LOST 34 POUNDS

BEFORE

AFTER

"In 90 days I've had to tighten my belt 5 times with SunTrim® Plus and I feel amazing!"

Brandon L.

LOST 17 POUNDS

BEFORE

AFTER

"In 3 months I went from a size 8/10 to a size 4 and I couldn't be happier!"

Erika C.

* In conjunction with a healthy diet and regular exercise. Results not typical.

FITNESS BRIGADE™ TRAINING PROGRAM

Coming Soon!

This 90-day fitness program features workouts that increase flexibility, cardiovascular fitness, and muscle endurance using a balance of resistance and conditioning exercises and interval and circuit training to maximize efficiency and results. Fitness Brigade is safe and effective for people of all ages and fitness levels.

The set provides everything to create your own home gym and take you through the 90-day program and beyond:

- DVD set with 12 progressive workouts
- Fitness Guide
- Nutrition Guide
- Resistance band (free-weights can also be used)
- Workout plan and tape measure to track progress
- Proper form and injury prevention instruction



2013 Sunrider IBO Convention Cruise A Scandinavian Adventure

Sunrider IBOs from around the world recently set sail for the 2013 IBO Convention, an 11-day cruise that explored the beautiful sights and sounds of Copenhagen, Denmark; Berlin, Germany; Visby and Stockholm, Sweden; Riga, Latvia; Tallinn, Estonia; St. Petersburg, Russia; and Helsinki, Finland. Cruise attendees honed their Sunrider knowledge with Drs. Chen and family, while also enjoying camaraderie and fun with fellow IBOs from around the world.

Business Leader Agnes Aedo said, *"It was very good and motivating so I can make my business grow. I got a lot of new ideas to go back home and help my people. I would never miss any future conventions as I need this uplifting spirit which is necessary when you are running a business."*

Full article with all the exciting details and beautiful pictures is coming soon!



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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