

Sunrise—“The Energy Booster”

Experience a Natural Energy Boost with Sunrise*! Call it Sun‘rise’ because with it, you can ‘rise’ to any fitness occasion. **Sunrise** (a liquid formula) is designed to give a definite energy burst. Being in the liquid form, it is digested quickly and rapidly absorbed into the body system. **Sunrise** enhances the benefits of the **SportCaps** when eaten together. **Sunrise** is for overcoming hurdles—whether as an athlete or any physical (health) challenge. It gives the body extra strength to overcome weaknesses and naturally boosts your energy level throughout the day. **Sunrise** is great to help children grow strong. Lightly flavored with a tangy lemon extract, **Sunrise** is formulated from herb food extracts to help refresh your body before or after a hard workout, or following a hard day’s work. **Sunrise** is especially helpful when you are under mental, physical and emotional stress. It helps us stay calm and focused. It is very regenerative—promotes longevity! **Sunrise** is a high-energy, high-impact food for “the quick start”, increase of stamina and endurance, “warming up” or “cooling down” the muscles, shorter recovery time—great for athletes or any exercise program! When “running out of energy” and in times of great physical challenge, remember **Sunrise!** **Sunrise** will help you go the “extra mile.” *As we age, adding 1-3 vials of Sunrise a day can make a big difference.* **Sunrise is thought to balance out the body!** We have seen benefit in auto-immune challenges. In Chinese medicine chronic fatigue is deficient spleen Chi (Energy.) Feed the spleen **Sunrise** for energy! **Sunrise** helps our bodies adapt to our peak physical performance. Chinese texts report that the herb foods in Sunrise formula can be an ideal blend for fitness nutrition. The ancient Chinese believed that herb food components in this formula offer additional nourishment to what they called the “Pi” function of the body. The Chinese believed that

if the spleen and digestion are out of balance, the muscles lose tone and appear thin or even wasted –and developing muscle tone and definition will be a struggle, no matter how hard you work. However, the Chinese also believed that if digestion is harmonious and is adequately transporting nutrients to the muscles, the muscles will respond well to exercise.

Ingredients include:

Lycii Fruit, which is noted for assistance in: renewing cells

- balancing blood pressure
 - restoring kidneys
 - balancing blood sugar
 - increasing acidophilus in the intestines assisting organs and functions
 - increasing body strength and endurance
 - quicker illness recovery
 - assisting organs and functions
 - strengthening male sexual stamina
- strengthening the bones **oschniakia Herb** is a good body tonic, which helps to activate the hormone secretions in the body.
- Codonopsis Root** (Chinese Ginseng) cleanses the toxins, especially from the lungs, and is another good body tonic. Experience even greater results when you drink your **Sunrise** immediately after drinking **Liqui-Five**. Add to **Calli**, **Fortune Delight**, smoothies, or sip on this vial of delicious, fruity-tasting liquid. Drink **Sunrise** with **Quinary (or Liqui-Five)** and **NuPlus** for Peak energy and Balance Recovery! Combine with **MetaBooster** for a clear mind and energy!

Ingredients: Water, Lycii Fruit, Leek Seed, Boschniakia Herb, Chinese Ginseng, Eucommia Bark, Mongoliavine Fruit, White Cornel Fruit, Cnidium Seed, Mushroom, and Lemon Fruit Extract.