

Sport Caps

– Food for our Muscles

Repair and Endurance

Beyond the Sunrider Basics, SportCaps are the first additional nutritional support to consider.

SportCaps is a wonderful body-strengthening combination of 12 beneficial “super foods” including Bee Pollen, Siberian Ginseng, alfalfa, kelp, and rose hips.

SportCaps are for everyone. This formula is an excellent whole food source for vitamins and a wide spectrum of minerals, including a terrific source for assimilable calcium and iron.

The unique herbal combination in SportCaps provides special nourishment for the tone and definition of the muscles. Great for bodybuilders, as well as “lifetime dieters” that want to rebuild muscle tissue destroyed from unhealthy weight loss programs, chemicals and drugs. (With greater muscle mass, fat is burned more easily.) This is a fitness-balance food that helps prevent muscle cramping and promotes endurance, metabolic efficiency, tissue repair and quick recuperation.

SportCaps have a wonderful way of helping the body’s own process of flushing the waste elements, lactic/uric acid, out of the body, especially when used with Fortune Delight. SportCaps especially benefit athletes and people on the go.

SportCaps help the body function at peak levels of performance while nourishing the lean muscle tissue focused on areas where the demands of fitness take place: in the muscles, the joints, and the

cardiovascular and endocrine systems in particular.

SportCaps are also very calming to the nervous system. SportCaps increase physical stamina and endurance.* In today’s busy world, don’t we all need more endurance and energy? With SportCaps you have confidence!

Some of the ingredients:

- **Bee Pollen**—blood builder, allergies, endurance
- **Ginseng** (Wu Chia Pi) energy, metabolism, cardiovascular system, liver, bone marrow, adrenals
- **Alfalfa** Aids in digestion and assimilation of nutrients. It is rich in trace minerals.
- **Japanese Dodder** This herb has been known to help prolong life.
- **Chinese Knot Grass** helps to eliminate uric acid and lactic acid (which cause pain and stiffness in the muscles when trapped there). Boosts the kidney function, helps prevent muscle cramping and helps shorten recovery time after strenuous activity.
- **Kelp** comes from the ocean, very nourishing.
- **Rose Hips** thyroid function, natural iodine, natural source of Vitamin C.
- **Codonopsis Root** improves circulation, assists oxygen transportation, helps cleanse the lungs for freer breathing.
- **Boschniakia Herb** It helps the cells retain moisture and prevent dehydration, helps activate hormone secretion. (This is great for women’s problems, as well as for men.)

We must remember that the individual benefit of each herb is magnified when it is correctly combined or formulated with other herbs; it is the synergistic effect of all the herbs together that is even greater than the benefit of just one herb. It Complements **JOI** in therapy for muscular, neck and back regeneration (two of each every 3-4 hours.) **Sunrise** also complements **SportCaps** when eaten together. For optimum benefit and body shape, men enjoy 10-15 capsules per day, women 4-9 capsules per day, children 2-4 per day. **Ingredients:** Bee Pollen, Wu Chia Pi, Alfalfa, Japanese Dodder, Chinese Knot Grass Root, Kelp, Rose Hips, Chinese Teasel, Codonopsis Root, Cnidium Seed, Boschniakia

