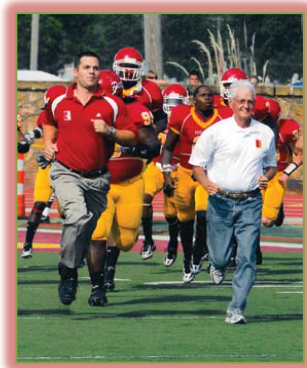


**“EVERY TIME YOU EAT, YOU PARTICIPATE IN YOUR OWN DESTINY”. ~JW EMERSON**



**JW Emerson**

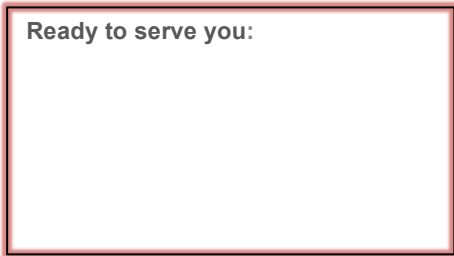
A coach for 40 years and 20-year Sunrider was recently inducted into the **Pittsburg State University Athletic Hall of Fame** for

his coaching achievements. JW led the PSU Gorillas onto the field, sprinting 80 yards to the sidelines. J.W. said, “I really believe they thought I would decline the invitation because of my age—80...the sprint was no problem. **Sunrider’s powerful nutrition is the key.** “Every day,” he said, “I eat the basic Sunrider® products—*NuPlus®*, *Quinary®*, and *Calli®*... Sunrider® products—they are my groceries!

For Stories of Exceptional Athletes Visit: [www.stayyoungandwell.com](http://www.stayyoungandwell.com)



Ready to serve you:



**FITNESS FOODS PROGRAM PREPARED BY JW EMERSON-- 40 YEARS COACHING AND BUILDING BODIES**

**\*\*PROGRAM DETAILS\*\***

**BEFORE WORKOUT:** Eat 5 Sports Caps and 1 packet of *Vitashake/NuPlus* in *Fortune Delight*, Add *Sunny Dew*, if desired. **Rub on *Sunbreeze*** to warm up muscles.

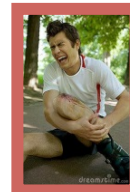
**DURING WORKOUT:** Drink *Fortune Delight* alone or with 1 T. *Vita Fruit* during workout to hydrate the body and help remove acid build up in muscles from exercise. If desired, add a vial of *Evergreen* to totally oxygenate the blood. **Rub on more *SunBreeze*** if any muscles are cramping, hurt or sore.

**AFTER WORKOUT:** Eat 5 *Sports Caps* and 1 serving of *NuPlus/Shake* or *Sunbar* with *Fortune Delight* to speed up recovery, strengthen & repair muscle. **Rub on more *SunBreeze*** accelerating circulation and recovery.

**INJURIES**

*“It’s amazing how quickly the body will repair with nutrient dense whole food nourishment”*

**Speed up Regeneration:**  
*SportsCaps*-10 caps/day  
*JOI*-10/day  
*Nuplus*-3x/day  
*Fortune Delight*-8cups/day  
*SunBreeze Oil* thru/day



*“Nourish to Regenerate vs. Symptom Treating!”*

**Be Exceptional...  
 Build your Body as you build your Health**



**Sunrider Whole-Food Concentrates**

***“I GET MY BEST ‘LIFT’ STRENGTH & ENDURANCE WITH SUNRIDER!”***

**Ultimate Fitness Foods**



WHY BE "GOOD"  
WHEN YOU CAN BE "EXCEPTIONAL!"

BE EXCEPTIONAL

## Ultimate Sport Drink!

### Fortune Delight: Sustained energy



**drink!** Highly refreshing & satisfying. Instant! Simply pour into quart of water! Hydrating! Wetter than water. Protects against loss of electrolytes. Removes acid build up—causing sore muscles. Whole herbal food

energy for sustained endurance. No caffeine, sugar, salt, chemicals, or isolates. No negative side effects. Favorite Beverage and Sports Drink!

### SunnyDew: The Healthy Sweet!



Best tasting liquid herbal stevia on the market. 300xs sweeter than sugar. Highly Nourishing! Sustains blood sugar levels. Improves muscle density. Aids digestion and fat burning. Add to water/drinks/shakes. Makes everything taste great without

dangerous artificial sweeteners and energy depleting sugar.

## Ultimate Power Foods:

### NuPlus/VitaShake:



**Instant whole food. Can be a complete meal.** Perfect sports balance: 60% complex carbs, 25% assimilable protein, 15% fatty acids and loaded with vitamins & minerals. Converts complex carbohydrates & proteins for

effective workouts & increased performance. Promotes recovery and repair. HIGH in Amino Acids for protein building that regenerates vs. isolated soy protein that degenerates. Builds strong organs, bones and muscles.

### Vitalite Sunbars: The Ultimate in



**Power Bars** Packed with whole foods, 7-grams digestible protein, 4-grams high quality FOS fiber. Gives a quick snack for sustained energy before or during, and speeds up

recovery after exercise. For best results, drink *Fortune Delight* with the *Sunbar*.

## Protect! Build! Repair!

### SportsCaps: Muscle Build & Repair



Concentrated balanced source of calcium and minerals in whole food form. Sport Caps are great for anytime, in addition to before and after a workout. Highly effective for muscle strength.

### SunBreeze: Instant Pain Relief with



**injury** Also apply as prevention: **Before activity:** Warms up muscles; **During:** Soothes immediately. **After:** Brings healing & removes inflammation. Helps prevent bruising. Becomes

hot or cold as needed—a vascular dilator. Use anywhere, anytime! Never leave home without it—First Aid Kit In a Bottle.

## Extra Support

### Joi: Food for Musculoskeletal



**System** Supports the repair of joints, ligaments, discs, and structure throughout the body. Helps remove inflammation

### Energy Plus: Instant Energy



**boost without negative side effects** 5 potent energy boosters in a balanced whole food form. Chew capsule for immediate energy. Eat along with *NuPlus* for ultimate quick

sustained energy.

## 3 Special Vials:

Sip, or power-up your water/drinks

### VitaFruit: Tissue Repair



Concentrated exotic fruit juices. Speeds up tissue & muscle repair. A rich source of antioxidants, preventing free radical degeneration. Delightful!

### Evergreen: Liquid Chlorophyll



Fortify and oxygenate the blood. Go longer without being winded. Delicious minty liquid that builds the blood.

### Sunrise: Instant Energy



Concentrated whole food juice that converts proteins for effective workouts. Shortens warm-up & cool-down times in the body. For overcoming those hurdles in life! Give your body the extra strength.