



HELPING TO IMPROVE THE LIFESTYLE AND WELL-BEING OF PEOPLE AROUND THE WORLD.

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# NEWSLETTER

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 enhance 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 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.

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



\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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



**SUNRIDER®**

# NEW WEIGHT-MANAGEMENT PACK FITS YOUR LIFE

## The SunFit® Pack—For Your Best Body Yet

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
- Enhances 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®

#### STRAWBERRY

#### 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've been training since last September for a bodybuilding competition... Within the first week of taking SunTrim® Plus, I felt a difference. I ended up losing quite a few inches...I went from 18% body fat to 10% body fat which is really extreme, but I'm able to say I've done this naturally. It's all been Sunrider® products and my exercising—I'm really happy with that."

*Jacelyn M., Supervisor, USA*

### SUNBAR®

#### OATMEAL RAISIN

#### 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

"SunTrim® Plus is fabulous. I have lost 20 lbs. in 4 months! What I really like is I don't eat as much as I used to and it seems even when I don't take SunTrim® Plus my stomach has less capacity. Also, there are absolutely no side effects—love that!"

*Shelly D., Manager, USA*

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# 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.

The image displays three columns, each representing a success story. Each column contains a 'BEFORE' photo (side view), an 'AFTER' photo (front view), and a callout bubble with the weight lost. The first story shows a man losing 39 pounds. The second story shows a man losing 34 pounds. The third story shows a woman losing 17 pounds.

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

Jonathan C.

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

Brandon L.

"In 3 months I went from a size 6/8 to a size 2 and I couldn't be happier!"

Erika C.

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

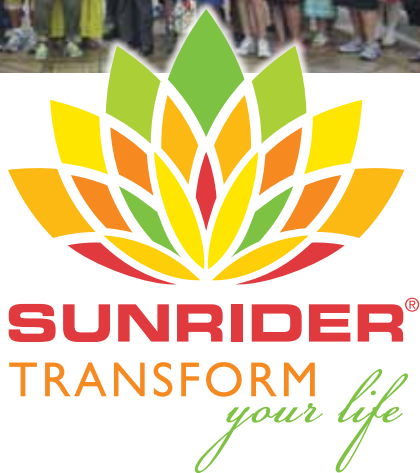
## FITNESS BRIGADE™ TRAINING PROGRAM

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.

## Coming Soon!

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 Miriam H. said, *"I have been to every convention and trip that Sunrider has had over past 23 years and I thoroughly enjoyed every one of them. I love being with Sunriders from around the world and touring with like-minded people. I am so excited to be on the cruise and to learn from Drs. Chen and their children. I am going early so I can take in every minute of this amazing cruise, a trip of a lifetime. Thank you Dr. Chen and Mrs. Chen for this opportunity to see the world."*

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

We want to hear from you! Send your favorite Sunrider recipes, success stories, questions, or comments to [info@sunrider.com](mailto:info@sunrider.com).

FROM:

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TO:

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**SUNRIDER®**

### New Product Launches

*Healthy Hair with Sunrider*

Upgrade your hair care with these new Sunrider products available soon.

***Dr. Chen® Hair Serum, Dr. Chen® Herbal Hair & Scalp Treatment***

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