



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

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NEWSLETTER



Sunrider Skin Savers

These high-performance sunscreens allow you to enjoy the sunshine of summer without sacrificing your skin's health. Each contains high-quality herbal ingredients that help protect, nourish, and moisturize, and they're lightweight and non-greasy, so you'll never know you're wearing sunscreen.

Oi-Lin® Sunmilk Sunscreen SPF 25

Gentle enough for sensitive skin and so sheer you hardly feel it. This concentrated sunscreen retains its SPF after 40 minutes of water activity.

#44024 4 fl. oz.

Oi-Lin® Deep Moisture Lotion SPF 25

Ideal for normal to oily skin types, it combines the Oi-Lin® Deep Moisture Lotion formulation with broad spectrum UVA and UVB protection.

#00153 2 oz. tube

Oi-Lin® Natural Emulsion SPF 30

A gentle formulation with a natural mineral sunscreen, it hydrates and softens as it protects skin from UVA and UVB rays.

#44002 2.5 oz.



SUNRIDER®

DRINK UP!

Dodge summer dehydration with Sunrider and amp-up your hot-weather safety.

A healthy beverage such as **Fortune Delight**® will help keep you cool and hydrated while you're out in the sweltering sun. Remember, don't wait until you are thirsty to start sipping or dehydration's likely to have already begun.

When exercising or playing outdoors in the heat, keep **ElectroSport**® on hand—it contains 10 important minerals, including selenium that quickly helps rehydrate the body.

Evergreen® is a great option, too, as it combines the nourishing aspects of green, leafy vegetables, with the hydrating power of water.

Whatever your hydrating choice, be sure to listen to your body and don't overdo it!



DON'T FORGET

**MOTHER'S DAY IS SUNDAY, MAY 8
FATHER'S DAY IS SUNDAY, JUNE 19**

Check shop.sunrider.com for great gifts for mom and dad!

SUMMER FITNESS FUN

Water Workouts that Beat the Heat

Summer activities are perfect for working up a sweat, toning up, and enjoying the fresh air. There's no better way to get a great summer workout than by teaming up with summer's favorite sidekick, water! Whether it's the pool, lake, river, or ocean, workouts with water are limitless. Heat up your summer with these water workouts:

Canoeing

Get close to nature while getting an upper body workout. Your arms will surely benefit from this sightseeing activity.

Swimming

A great cardio choice, swimming is low impact and ideal for taking it easy on the joints. Plus, you'll stay cool while toning up.

Surfing

Between paddling out to get the wave and using your core to stay balanced on the board, surfing supplies a full body workout that's fun too!

Running

On the beach, of course! The sand provides resistance that makes it more difficult, so prepare to blast calories and work hard during this workout.

Water skiing

This fun water activity provides a strength workout to many areas of the body, including the arms, legs, and core.



WORKOUTS THAT SIZZLE

Three Sunrider® Products that Bring Results



SUNRISE®

Boost your workout enthusiasm with Sunrise® and see results. Whether you're a workout buff or just enjoy an active lifestyle, you'll appreciate the natural energy boost of Sunrise® for all your summer adventures.*

"Sunrise® is my 'workout buddy.' It gives me an energy boost and assists me in getting through my workouts. My wife adds Sunrise® to her VitaShake® smoothies and also takes it prior to swimming...Sunrise® is an important part of our daily healthy lifestyle."*

Greg Kent, Tampa, FL

DR. CHEN® METABOOSTER®

Get your summer in gear with this expertly calibrated formulation that provides energy and enhances metabolism at the cellular level.* For those who like to get out and get active, MetaBooster® offers everything to healthily enjoy the season's exciting exercise adventures.

"It was then that the light went on for my husband, Dennis; he realized the increased stamina and lack of muscle fatigue he was experiencing was from the MetaBooster®...I decided I needed some for myself and I have noticed the same benefits."

Pam Klepps, Ocean Park, WA



VEROS®

Feeling drained and sore after an intense jog on the beach? The all-natural ingredients in Veros® help the body recover faster, feel stronger, and improve stamina, ensuring you seize all the athletic opportunities of summer and get in great shape too.*

"I am a professional actor and to stay fit I do a lot of very strenuous mountain biking. When I take just one Veros® capsule a day, I notice that I feel stronger and more confident. This helps me perform better, not only on the mountain bike, but in all areas of my life."

Cliff Smith, Mesa, AZ

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



NATURAL DISASTERS

Are You Prepared?

An essential part of disaster preparedness is an emergency kit containing supplies to help sustain you and your family for a minimum of three days. Here are a few Sunrider® products that make ideal additions to any emergency kit.

SunBars, **NuPuffs**®, **VitaShake**®, and **NuPlus**® are easily stowed and nutrient dense, and Sunrider's superior packaging guarantees a long shelf life. Mylar-packaged Sunrider® foods (such as those mentioned above) have a shelf life of at least three years. Sunrider® foods packaged with a non-Mylar material have a shelf-life of at least two years.

Kandesn® **Hand Cleansing Gel** is all-natural, safe, effective, and it provides superior waterless cleansing for the entire body.

Other Sunrider® products you may find beneficial are **SunBright**® **SuperClean™ Household** cleaner, **SunSmile**® **Fruit & Vegetable Rinse**, and **SunBreeze**® **Oil & Balm**.

Taking the time to make an emergency kit will provide peace of mind that you and your loved ones will be prepared when, and if, disaster strikes.

We want to hear from you! Send your favorite Sunrider® recipes, success stories, questions, or comments to info@sunrider.com.

US 00511



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 earn a fantastic income.



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The 2011 Sunrider Grand Convention will be July 7-9 in Long Beach, California. *The registration deadline is June 30th.*

FROM:

TO:
