

SportCaps—Muscle Food for Muscle Utilization, Endurance and Repair (less soreness)

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”. **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**. We have learned SportCaps help with back aches. It seems that when we have a structural problem, it stresses the muscles, and lactic acid gets stuck in the muscles. Eating 3 to 5 SportCaps helps move the lactic acid out of the muscles. Then drinking Fortune with ElectroSport helps even more to flush the acid out.

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!

Ingredients: Bee Pollen, Wu Chia Pi, Alfalfa, Japanese Dodder, Chinese Knot Grass Root, Kelp, Rose Hips, Chinese Teasel, Codonopsis Root, Cnidium Seed, Boschniakia ‘

- **Bee Pollen** is the first ingredient on the label. This has been known to be a blood builder and has many naturally occurring vitamins and minerals. It has been used as a remedy for allergies like hay fever. It also has some protein in it that is great for endurance.
- **Ginseng** (Wu Chia Pi) is known to boost the body’s energy. It helps the body’s metabolism and it is a very good tonic for the cardiovascular system. Ginseng strengthens the liver, bone marrow and adrenals. This has been a staple for the Chinese for centuries.
- **Alfalfa** is a common plant grown here in America that has been known for its ability to aid in digestion and assimilation of nutrients. It is rich in trace minerals.
- **Japanese Dodder** is an overall tonic for the body. It helps brighten the eyes by giving needed nutrients. 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). This herb also boosts the kidney function. Chinese Knot Grass helps prevent muscle cramping and helps shorten recovery time after strenuous activity.
- **Kelp** comes from the ocean, and it nourishes the thyroid function because of the many minerals it contains, one of which is natural iodine.
- **Rose Hips** add an all natural source of Vitamin C.
- **Codonopsis Root** helps improve circulation. It assists with the oxygen transport in the body. It also helps cleanse the lungs for freer breathing.
- **Boschniakia Herb** is another good body tonic. It helps the cells retain moisture and prevent dehydration. This herb also helps to activate hormone secretion. (This is great for women’s problems, as well as for men.)

individual benefit of each herb is magnified when it is correctly combined or formulated with other herbs; The synergistic effect of all the herbs together is even greater than the benefit of just one herb.

SportCaps strengthen the muscles throughout the whole body, helping hold the organs in place.

Complements **JOI** in therapy for muscular, neck and back regeneration (two of each every 3-4 hours.)

Sunrise 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

