

Good Health vs. Optimal Health

"What I now realize, is that the 'good health' I had been experiencing years ago was not the optimal health my body enjoys today," says Master Affiliate **Margaret Prior**, a school teacher from Montmorency, Victoria, Australia.

"I wasn't interested when I heard about Reliv products six years ago," Margaret says. "I believed I was a healthy person and I'd been taking a range of excellent dietary supplements for 15 years."

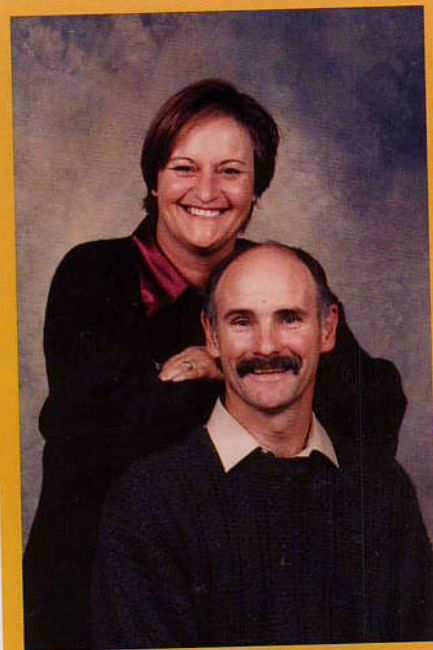
But Margaret soon discovered the difference of Reliv shakes. Among the many benefits she's experienced is that she no longer uses Hormone Replacement Therapy (HRT). "I seem to be able to manage my **menopause** beautifully taking Reliv Classic® nutritional supplement and Reliv Innergize!® sports drink," Margaret explains. "I no longer suffer debilitating hot flushes (up to twenty a day), nor do I feel bloated and heavy in the legs. Nothing I have tried before has ever done anything like this for me!"

Margaret also says, "I have more energy and staying power, effectively giving me more hours in a day, and my immune system seems stronger. I just don't get the colds and viruses that seem to be everywhere."

"Every month I'm on Reliv nutrition, I feel as though my body is just getting better and better. It's better now in my 50s than it was in my 30s!!"



Margaret Prior (2nd right) with husband Geoffrey, joined by JJ Lizarondo of the Philippines and General Manager of Reliv Australia, Sue Stone.



Sue & Stephen Lundstrom of Willunga, S. Australia.

Mid-Life Healthy

Hot flashes used to wake **Sue Lundstrom** of Willunga, South Australia, five times a night, and would torment her throughout the day as well. Her menopausal symptoms had gotten so severe, she even considered going on hormone replacement therapy. But then she tried Reliv.

"Hot flashes are now no longer a problem," proclaims the mother of three. "Within a few weeks of taking a scoop of Reliv before bed each night, I was sleeping through the night and my daytime flashes became occasional and mild."

"I suffered a number of debilitating problems before Reliv," Sue explains. "Each afternoon following a nap, I'd raid the cupboards for something sweet. Depressed and always tired, I was so irritable even I couldn't stand myself, let alone my family. I was not a happy person."

But within a few days of starting Reliv Now, she noticed her energy level increasing. "Now three years later, I'm a changed person. With my own business I never have enough time for an afternoon nap, I rarely take painkillers, and my psoriasis is all but gone," Sue reports. "I have much to be thankful for. Thank you Reliv."

MENOPAUSE

Hot Flashes Cooled

Menopause was looming large for Susan Miller when she decided to try Reliv products. The typical symptoms — hot flashes, night sweats and not being able to focus — were only exacerbated by a **thyroid condition**.

"I had a low metabolism, depression, pale skin, and my hair was falling out," recalls Susan, of Kernersville, North Carolina.

Ben & Susan Miller of Kernersville, North Carolina.



But when she began Reliv in 1998, things slowly started to change. First, her energy returned. After five days, she was sleeping through the night. Six weeks passed and her thyroid troubles were gone. And, Susan says, that after three months, her menopause issues had also been alleviated.

When she was in a serious car accident in 2001, Susan was told she would experience severe muscle pain for five to 10 days. The pain never came and she credits having Reliv in her system.

"I went looking for something for my menopause and found something for all of my health issues," she says. "I turned 52 in April and I feel better than I did when I was 20. I will never be without Reliv!"

MIGRAINES

Conquering Pain With Reliv

Pat Melessa of Washington, UT, suffered from **migraines** for 30 years. But after a surgical procedure five years ago, her health took an excruciating and debilitating turn for the worse.

The simple act of speaking aggravated facial pain, so she quit talking. Normal sights and sounds she would encounter outside her home brought so much migraine pain, she became housebound.

"The isolation and despair were overwhelming," Pat explains. "Prescribed medications provided little relief. And the financial burden was substantial since my husband supports the two of us and our nine children on his teacher's salary."

Pat visited 20 healthcare professionals, who were sympathetic, but couldn't provide relief.

Then Ambassador **Jerry Foote** introduced her to Reliv and though she was skeptical, she promised to give it a two-month trial. Platinum Ambassador **John Hayes** also encouraged her to stay with it. In just six weeks, Pat was seeing results. She went three weeks without a migraine. Now she has 75-80% fewer migraine headaches and is able to live a normal life again.

"No amount of money can compensate for good health," Pat says. "Because of what I've been through, I have empathy for others in pain and now I can offer help through Reliv."



Pat & Steve Melessa of Washington, UT.

Remarkable Recoveries

Senior Director Addie Gilbert, of Altamonte Springs, Florida, can testify to the power of using Reliv products. Six years ago, she began using Reliv after years of waking up in the middle of the night and battling **migraine headaches** and high **blood pressure**. "After five months of taking Reliv Now and Reliv Innergize!", I have not had one cold, flu, or sniffle since then," Addie explains.

In November 1996, however, Addie was diagnosed with breast cancer and had a mastectomy. "My surgeon documented my recovery because he was amazed at the quickness of it. I also needed chemotherapy and radiation. After eight months of treatment, I experienced little to no side effects," she states.

Her oncologists were amazed at her response to treatment. However, they warned her that menopausal symptoms might result. Addie again credits Reliv for having experienced only mild signs.

"I began taking Reliv SoySentials" women's daily protective supplement and after only three days on the product, I slept through the night with no annoying night sweats. I feel better now than I did when I was 25!" she says proudly.

Recalling her remarkable recoveries, Addie shares her keys to success: "Stay determined and don't quit through the hard times. Use the Plan for Success to structure all your activities and keep you focused."

My Life Minus Migraines

Mike Glass of Greenville, South Carolina, had been suffering from **migraines** for 30 years. A self-proclaimed "army brat," he moved often during his childhood. "With each move we would trek to a new physician, always to be told that children don't get migraines," he says.



Mike & Laura Glass of Greenville, South Carolina

The years went by and all through grade school, high school, and college, various medications were prescribed, few providing any acceptable results.

Fast forward to January 2001, when Mike started on Reliv Now" nutritional supplement and Reliv Innergize!" sports drink. "After the first week, I knew there was something to it," Mike explains. "After a month, I realized that I didn't have to fear the onset of a migraine because Reliv had reduced them immensely.

"Prior to Reliv, in a best-case scenario I would have to lie down for over an hour to allow the most

severe pain to pass," Mike says. "After that, the pain would still be there, but I could function at a marginal level. With Reliv I wake up knowing the headaches aren't going to come. It's an incredible blessing"

Early on, it only took running out of the supplements one time to make him realize how powerful his results were. "I ran out of product and I got a migraine. That won't happen again!"



Kathy Tennihan of Peabody, Massachusetts, USA.

Alive and Well

Just three weeks after starting on Reliv Now® nutritional supplement, **Kathy Tennihan** — now a Reliv Ambassador in Peabody, Massachusetts, USA — achieved more results than she ever believed possible.

"I woke up **headache-free** for the first time in years," recalls Kathy who had suffered nerve damage from a head trauma many years before. "But that was just the beginning!"

"A couple months later, I felt a pain in my breast that I just couldn't ignore," Kathy continues. "It turned out to be cancer which, my doctor believed, had been festering for eight years or so."

Kathy immediately underwent surgery, followed by medication known

for inducing menopause.

"Not only did I heal very quickly from the surgery, I never once felt a single menopausal symptom," Kathy says. "To this day, I have no idea what menopause feels like!"

Four years later, Kathy added Reliv Innergize!® sports drink, Reliv Ultrim Plus® nutritional meal replacement, Reliv FibRestore® high-fiber and antioxidant formula, and Reliv Celebrate® dietary supplement to her daily routine.

"I'm thin and regular for the first time in my life," she says. "What's more, I'm free from a life-long addiction to food."

"Because of Reliv, my body was able to heal itself and has remained healthy," Kathy adds. "I simply would not be here today if someone had not introduced me to Reliv."

Multiple Sclerosis (MS)

On the Move Again With Reliv

After 13 years of battling secondary progressive multiple sclerosis, Rosemary Taylor of Brighton, Michigan, was nearly out of hope.



Rosemary Taylor and grandson Gabriel of Brighton, Michigan.

"For years I had searched libraries and the Internet for medical and alternative doctors looking for clues about anything that might reverse the progression of my symptoms," Rosemary says. "I found nothing."

She began using a cane for balance and looked to the future with dread, knowing soon she'd need a wheelchair. Excruciating pain in her left knee left her barely able to walk. Homebound due to tremendous fatigue and discomfort, Rosemary also struggled with depression.

Friends introduced her to Reliv in April 2002 and her life began to change. "Within three weeks, I experienced a surge in energy and in the following months began regaining muscle strength and control," she recalls. "I've had good results with the swelling and soreness in my

knee. I no longer have severe 'foot drop' and the range of motion in my left shoulder and hand strength are greatly improved."

She adds, "I'm thinking clearer and am passionate about life again. I am forever thankful to my friends who introduced me to Reliv."

Stronger Than Ever

In March 2001, Chad Kimmell, of Aurora, Illinois, was diagnosed with MS, but he'd been dealing with the disease's long list of symptoms off and on since 1998. In all, he experienced 26 different health problems, including double-vision, severely compromised balance, muscle twitches, cramps and spasms, extreme weakness and vertigo.

Chad works in retail and learned from a customer about Reliv. He started taking the products immediately and about three weeks after his first shake, he noticed his overall body strength coming back. His balance was also improving and he no longer had leg cramps or heartburn.

"But after about 90 days on the product, I really hit pay dirt," Chad says. "My symptoms have improved, and as long as I stay on the shakes, I'm doing well."

As thrilled as he is to be feeling better, Chad believes living with the disease has had a positive effect.



Chad Kimmell of Aurora, Illinois.

"Having MS has changed my life. It's been the best thing, really. I approach everything differently now," he says. "I know that when things are going wrong in life, they will eventually get better. I tell people that Reliv is a precious gift and that by sharing it, you're really sharing life."



Lisa Johnson of Kalamazoo, MI with her fiancé Larry.

MS Sufferer Reclaims Health With Reliv

A year and a half ago, Lisa Johnson of Kalamazoo, MI, was diagnosed with multiple sclerosis (MS) — a chronic disease that attacks the central nervous system. A severe onset of symptoms including slurred speech, fatigue and impaired balance and motor skills plagued her every day for four months.

"The frustrating part of MS is that you never know when the symptoms will occur and how long they'll last," she says. "I was trying to deal with my physical limitations and then the depression that resulted from my limitations."

Unlike most MS sufferers, Lisa was quickly diagnosed and started on shots every other day to slow progression of the disease. She didn't get relief from her symptoms, however, until she started taking Reliv Classic nutritional supplement and Reliv Innergize! sports drink three times a day.

"The first month on Reliv I started to feel better," she says, "and by the third month all my symptoms were significantly reduced. I haven't had any since."

Lisa says she went from being unable to brush her teeth and dial the phone because of severe trembling, to competing in two sprint triathlons this summer.

"I just wanted to feel normal again," she says. "Reliv allows me to be the active person I want to be."



Jessica & James Claassen of Ft. Pierce, FL.

Free at Last!

By the time Jessica Claassen, of Ft. Pierce, FL, was introduced to Reliv products in 2001, her immune system was shutting down and she'd been offered just about every treatment possible to get relief.

"All I could do was lie on the couch and cry because the pain was so severe and I felt like I had the flu all the time," she says, describing the severe hives and bruising.

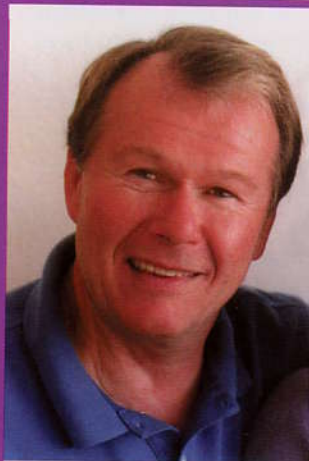
Nothing seemed to work, not even steroids. Jessica was even advised to try taking a cancer medication, an option she would not consider. After many tests and visits to an alternative medicine specialist, she was put on a strict diet, which excluded eggs, wheat and dairy.

She got some relief, but it wasn't complete.

But after three months of being on Reliv products, Jessica found she was able to eat the foods to which she'd been "allergic." Many of the troubling symptoms Jessica experienced, which were later attributed to leaky gut syndrome, were helped with Reliv. The side effects of the steroid she'd taken were also addressed.

"I am just so thankful to God for these products," she says. "It's so good to feel empowered to take charge of my health again."

PAIN RELIEF



Doug Krause of Modesto, CA.

Getting Back on Track

It was a wake-up call for Doug Krause, of Modesto, CA, when his doctor told him to "find a new line of work or your wife will be tying your shoes for you." As a general contractor, back pain had become a regular part of his day. Doug says, "My back was going out five or six times a year, putting me out of commission for one to three weeks at a time."

His doctor was not far off the mark. The gyrations he went through every morning just to put on his shoes prompted his daughter to tell him that he "looked like a 100-year old man." But Doug thought he could tough it out and continued the grueling maneuvers that were part of his job.

Just over two and a half years ago, he began taking Reliv Classic* nutritional supplement, Reliv Innergize!® sports drink, Reliv FibRestore® fiber-rich antioxidant supplement, and Reliv Arthraffect® joint support formula. Today his back pain feels better.

He also gave up his general contracting career, but the recent purchase of a fixer-upper home put his back to the test. Working part-time for 22 days straight, he tore off 9,000 lbs. of roofing, jacked up the garage, and refinished 1,500 sq. feet of hardwood flooring — with a strong back supporting him every step of the way!

CHRONIC PAIN

Living Pain-Free With Reliv

Brian Doyle of Millet, Alberta, Canada, still chokes up when he talks about the health results he's achieved with Reliv Now® nutritional supplement and Reliv Optain!® sports drink. "It's just miraculous how Reliv has changed my life," says Brian, a Reliv

Key Director and Alberta land surveyor.

In April of 1995, Brian was playing hockey when he caught his foot in a crack in the ice, tearing three of the four primary ligaments in his knee. "The surgeons who operated on my knee initially thought they'd have to amputate my leg," Brian recalls. "At the time, they'd performed twenty of these surgeries, seventeen of which required amputation."

The surgeons did save his leg, but Brian was left with severe, chronic pain. For three years, he hobbled on that knee, using a short-handled, pointed shovel as a cane while surveying. Then, in August of 1998, Reliv Key Director **Mike Tymchatyn** introduced Brian to the Reliv products.

"Within two months on the products, my knee pain had totally disappeared, and it hasn't returned since!" says Brian, adding that his sinus congestion has significantly improved, and the sleep problems he suffered from for twenty years are gone.

"Before I started on Reliv, I literally crawled up to the upper bleachers to watch my sons' hockey games," Brian says. "Two months later, I was running up and down those steps... and telling everyone about Reliv!"



Brian & Violet Doyle of Millet, Alberta, Canada.

20 Years of Pain Dissolved

At age 21, **Leila Durchholz** of Coppell, Texas, slipped during an aerobics class and began to have problems with her right shoulder. Years of daily computer use aggravated the pain. Bad luck turned worse when, in her mid-30s, Leila injured her right rotator cuff and, within two years, was involved in two car accidents — one that totaled her car.

"Three rounds of physical therapy in five years hadn't helped, nor had yoga or Pilates," Leila says. "I was taking six to eight ibuprofen daily with occasional muscle relaxers and having regular massage when I was introduced to Reliv in June 2003."

By the end of June, Leila began to get two to three hours of pain relief a day and her energy soared. Her health continued to improve through the summer

and on August 19 she woke up with substantial pain relief for the first time in more than 20 years.

"My quality of life at 44 is better than it was at 35. I can't imagine my life without Reliv."



Leila Durchholz of Coppell, Texas.



Elizabeth Bunoy of Vancouver, British Columbia, CAN.

Reliv Beats Pills, Hands Down

Fortunately, many people are aware of how important it is to get the recommended amount of certain vitamins every day. But Reliv advocates know that over-the counter pills just can't hold a candle to the bioavailability of Reliv nutrition.

Elizabeth Bunoy of Vancouver, British Columbia, Canada, had tried vitamins before. But she only felt an improvement in her health when she began taking Reliv Classic nutritional supplement and Reliv Optain!® sports drink a year ago.

"I had complained to a friend about my chronic back pain. It affected my activities throughout the day and forced me to be immobile while I slept, or the pain would wake me," Elizabeth remembers. "She told me about Reliv and I started on it right away. The vitamins I had been taking just weren't helping."

Once on Reliv, Elizabeth felt real improvement within six months. During the year, she has tried just about all of the supplements at one time or another.

"I believe in the power of Reliv," she says. "Each product has provided wonderful benefits for me. I'm so thankful to the friend who introduced me to it."

Tel: 01459 67 7888

Dear Jayne

For 18 months I have been ill, suffering pain, fatigue and other symptoms; doctors had carried out numerous tests and found nothing; I was at the end of my tether before being introduced to Reliv products.

I am now taking Soya Sense and Innergise and am a different woman. I am able to attend work, have managed to cut grass (first time this year) and my hot flushes have gone (I am only 37).

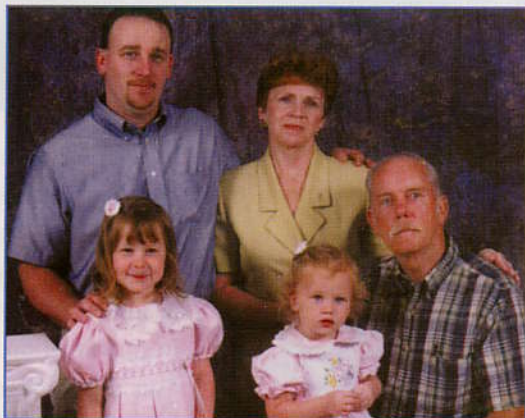
I feel as though I have got my life back thanks to Reliv.

Yours sincerely

F. Donald.

Fiona Donald (Mrs)

PARKINSON'S



Mac McClellan (right) with his wife, son and Grandchildren.

Reliv Renews Life

Parkinson's disease is a disorder of the central nervous system that affects between one and one-and-a-half million Americans. Just a statistic for most of us — but for **Mac McClellan** of Gaffney, SC, this debilitating disease nearly destroyed his life.

"In the last nine years, my Parkinson's had gotten so bad that I dragged my feet everywhere I went," Mac says. "The bottom half of my body simply wouldn't move. But the worst part was not being able to play basketball with my grandbabies."

The 65-year-old says he experienced a tremor every night that shook his whole bed. He started to retire from his job at Wal-Mart in 1997 because he couldn't walk up and down the steps.

Within 90 days on Reliv Classic nutritional supplement and Reliv Innergize! sports drink, he was walking with less difficulty for the first time in years.

"I'm healthy as a horse now," he says. "I'm playing basketball again with my grandchildren and am able to roller skate and bike ride."

Mac stayed with Wal-Mart another two years after Reliv came into his life, retiring in June 1999. He adds, *"Today, I'm enjoying my family and can do just about anything I want."*

Feeling Better All The Time

"I would pretend a lot," says **Millie Delgado**, of Boiceville, New York, describing the lengths she would go to each morning to hide the Parkinson's disease she'd been living with for ten years.

"I would get up a few hours earlier each morning so that my medications would take effect by the time my children were awake," she says. This way they wouldn't see the worst of the uncontrollable body movements and tremors that had become a part of life for their mother.

In May of 2003, when Millie first learned about Reliv from her friend, **Linda Conzo**, she and her husband, **Bobby**, had just turned down the opportunity to undergo deep brain stimulation, a treatment for Parkinson's that works some of the time, but has risks.

Instead, Linda started taking the basic Reliv nutrition. She started to feel better, and soon she experienced a full night of sleep — something she'd not had for a year.

Today she's thrilled to share her results with others around the country who have Parkinson's disease.

"I'm feeling better and better," she says.



Bob, Millie, Astrid and Gregory Delgado of Boiceville, New York.

SPORTS



David Pearce of Melbourne, Australia, with support member Judy Smith.

Cyclist Goes the Distance with Reliv

The annual "Murray to Moyne" cycling relay is a grueling 22-hour, 523-kilometer endurance test that can crush the mettle of even the most seasoned riders. As a man in his 50s, **David Pearce** of Melbourne, Victoria wondered if he had the right stuff to manage each of his 30 km stages.

"Just two weeks before the ride I introduced Reliv Now® nutritional supplement and Reliv Innergize!® sports drink into my training schedule," David says. "I quickly felt the benefit of this new dietary energy boost, particularly with my ability to recover in time to train twice daily."

The race began and the relay teams snaked their way from Swan Hill through beautiful countryside to the seaside town of Port Fairy.

"The fear of hitting the 'brick-wall' — where the body is completely devoid of energy and pain takes hold — disappeared completely as the race went on," David says. "At the conclusion of each riding stage, I immediately stoked up with two scoops of Reliv Now in water, and then an hour before riding again, I drank a container of Reliv Innergize! with lots of water."

"Simply put, my recovery ability to confront a 30 km riding stage after only two hours rest was most surprising to me," David adds. "With each of the seven riding stages, I enjoyed the ride more and more. I had no pain or soreness after the race and I'm sure much of this was due to the benefits I gained taking these two excellent Reliv products."



Joanne King of Portland, Victoria.

King Of The World

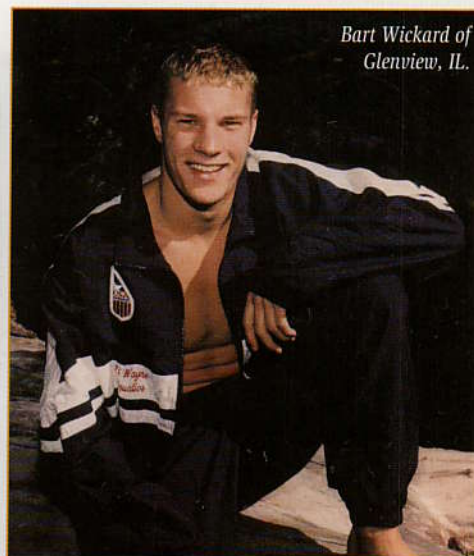
Without a doubt, Joanne King the reigning ITU World Triathlon Champion, is one of the best all around female triathletes in the world today.

This young, talented athlete from Portland, Victoria, is the only triathlete to have won the Junior World Championship (1996) and World Championship (1998) — and she did it using Reliv nutritional products.

Joanne's winning streak continues with recent successes in Europe: 1st in the Ironman Germany; 2nd in the ITU World Long Course Championship in Sweden; 1st in both the Milan and Luxembourg ITU points races; and 1st in Belgium in the World Cup series.

Joanne was also awarded the prestigious Victorian Sportswoman of the Year, as well as the Jim Hazell Trophy for being the first Australian finisher at the 1999 Minolta Ironman Australia Triathlon. She finished a brilliant 2nd overall for the 225kms race, qualifying her to represent Australia at the Ironman Triathlon World Championships in Hawaii in October.

Just one week after the grueling Minolta race, Joanne recorded another fantastic 2nd place finish at the Australian Championship at Mooloolaba.



Bart Wickard of Glenview, IL.

Olympic Hopeful Gains Added Edge With Reliv

In the Olympics, there's no such thing as a second chance. And, often, it's that single point or split second that determines whether a candidate will compete at all.

"In order to qualify for the Olympic Games, you need to have the performance of your life at the pre-game trials," explains **Scott Wickard** of Glenview, IL. Scott and his partner, **Donna Merrick**, are former career school owners and current Reliv 6-Star Directors.

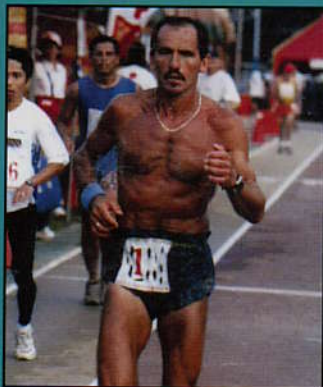
Scott's son, **Bart Wickard**, is a two-time All-American swimmer for Southern Methodist University in Dallas, and ranks among the top 20 swimmers in three events nationwide. In August, Bart will compete at the pre-Olympic Game time trials in Indianapolis where he hopes to qualify as one of the two athletes there who'll advance to Sydney, Australia, as members of the 2000 Olympic Swim Team.

To prepare, Bart trains up to six hours per day — taking Reliv ProVantage before working out and Reliv Now and Reliv Innergize! afterward. "By taking my shakes, I have more energy and feel better after my workouts," Bart says. "I especially notice this difference after my second and third workout of the day."

"The Reliv products and Reliv ProVantage, in particular, help to increase muscle performance and hasten muscle recovery — a vital benefit to athletes like Bart," Scott adds. "And, when it comes to qualifying for the Olympics, athletes need every extra edge they can get!"

Reliv Fuels Another World Record

Yiannis Kouros, of Northcote, Victoria, Australia, has set yet another world record in the Ultra Marathon during the annual 48-hour race held in France last May.



Yiannis Kouros of Northcote, Victoria, Australia.

"I did very well as I won the race with 80kms more than the second-place runner, with a new age group (45+) world record covering 434.638km, improving last year's performance by 5km," reports Yiannis, who is 48 years old.

"My aim was to break the overall record, which I've held since 1996 on the same track, with 473km. However, extra sand had been added to the track making it uneven, and with lungs full of sand it made the race a torturous event. I couldn't swallow any food or drink, and the unevenness of the track caused my legs to swell.

"Back in Greece, I used the Reliv basic nutrition products to help my recovery," Yiannis continues. "My legs were still very swollen a few days after the race, however, I was happy with my performance when I took part in an 11.2km race just seven days after the 48-hour race.

"I feel the Reliv nutrition has improved my endurance, with less muscle soreness and faster recovery, which has made it possible for me to run so many ultras," Yiannis explains. "The Reliv products have provided the proper balance of protein, vitamins and minerals to help my body perform at its peak."

Marathon Runners Gain Strength and Stamina

Master Affiliate Mike Schwarz and Distributor Blake Bennett of St. Louis, MO, are buddies who share a desire to stay fit and a passion for the outdoors. Together they play tennis, shoot hoops, and coach their kids' ball teams. So when Mike resolved to finish the St. Louis marathon, he asked Blake to be his training partner.

Mike felt ready for the challenge. Finally free of his former back and knee pain, thanks to his daily Reliv shakes, he'd adopted a regular exercise routine and achieved his ideal weight.

Blake recalls that, before he started taking Reliv products, he suffered from painful arch and heel problems that kept him from



Mike Schwarz and Blake Bennett of St. Louis, MO.

considering such a lofty endeavor. "The pain was gone, and I felt great," he states, "So I went for it!"

A couple months into their training, Mike and Blake hit a plateau. They decided to add Reliv ProVantage soy-based performance enhancer to their Reliv Classic and Reliv Innergize! nutritional supplements. "We found the stamina to run further — up to 15 miles at a time — and recovered from our runs much more quickly," Mike recalls.

Next October marks the one-year anniversary of their successful finish. "That month, we'll be running in the Chicago marathon," Mike states, "And celebrating at the finish line!"



David Pearce of Melbourne, Australia, with support member Judy Smith.

Cyclist Goes the Distance with Reliv

The annual "Murray to Moyne" cycling relay is a grueling 22-hour, 523-kilometer endurance test that can crush the mettle of even the most seasoned riders. As a man in his 50s, **David Pearce** of Melbourne, Victoria wondered if he had the right stuff to manage each of his 30 km stages.

"Just two weeks before the ride I introduced Reliv Now[®] nutritional supplement and Reliv Innergize![®] sports drink into my training schedule," David says. "I quickly felt the benefit of this new dietary energy boost, particularly with my ability to recover in time to train twice daily."

The race began and the relay teams snaked their way from Swan Hill through beautiful countryside to the seaside town of Port Fairy.

"The fear of hitting the 'brick-wall' — where the body is completely devoid of energy and pain takes hold — disappeared completely as the race went on," David says. "At the conclusion of each riding stage, I immediately stoked up with two scoops of Reliv Now in water, and then an hour before riding again, I drank a container of Reliv Innergize! with lots of water."

"Simply put, my recovery ability to confront a 30 km riding stage after only two hours rest was most surprising to me," David adds. "With each of the seven riding stages, I enjoyed the ride more and more. I had no pain or soreness after the race and I'm sure much of this was due to the benefits I gained taking these two excellent Reliv products."



Joanne King of Portland, Victoria.

King Of The World

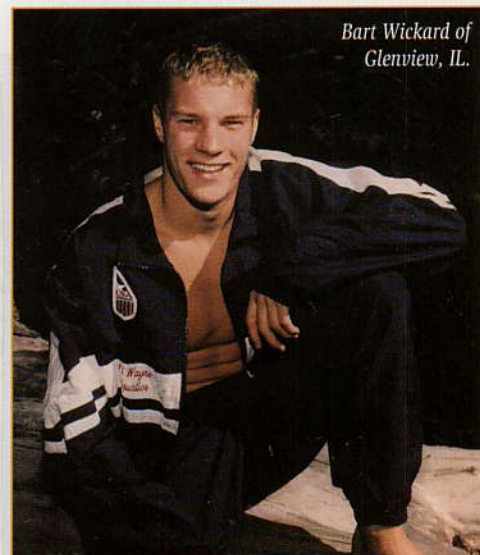
Without a doubt, Joanne King the reigning ITU World Triathlon Champion, is one of the best all around female triathletes in the world today.

This young, talented athlete from Portland, Victoria, is the only triathlete to have won the Junior World Championship (1996) and World Championship (1998) — and she did it using Reliv nutritional products.

Joanne's winning streak continues with recent successes in Europe: 1st in the Ironman Germany; 2nd in the ITU World Long Course Championship in Sweden; 1st in both the Milan and Luxembourg ITU points races; and 1st in Belgium in the World Cup series.

Joanne was also awarded the prestigious Victorian Sportswoman of the Year, as well as the Jim Hazell Trophy for being the first Australian finisher at the 1999 Minolta Ironman Australia Triathlon. She finished a brilliant 2nd overall for the 225kms race, qualifying her to represent Australia at the Ironman Triathlon World Championships in Hawaii in October.

Just one week after the grueling Minolta race, Joanne recorded another fantastic 2nd place finish at the Australian Championship at Mooloolaba.



Bart Wickard of Glenview, IL.

Olympic Hopeful Gains Added Edge With Reliv

In the Olympics, there's no such thing as a second chance. And, often, it's that single point or split second that determines whether a candidate will compete at all.

"In order to qualify for the Olympic Games, you need to have the performance of your life at the pre-game trials," explains **Scott Wickard** of Glenview, IL. Scott and his partner, **Donna Merrick**, are former career school owners and current Reliv 6-Star Directors.

Scott's son, **Bart Wickard**, is a two-time All-American swimmer for Southern Methodist University in Dallas, and ranks among the top 20 swimmers in three events nationwide. In August, Bart will compete at the pre-Olympic Game time trials in Indianapolis where he hopes to qualify as one of the two athletes there who'll advance to Sydney, Australia, as members of the 2000 Olympic Swim Team.

To prepare, Bart trains up to six hours per day — taking Reliv ProVantage before working out and Reliv Now and Reliv Innergize! afterward. "By taking my shakes, I have more energy and feel better after my workouts," Bart says. "I especially notice this difference after my second and third workout of the day."

"The Reliv products and Reliv ProVantage, in particular, help to increase muscle performance and hasten muscle recovery — a vital benefit to athletes like Bart," Scott adds. "And, when it comes to qualifying for the Olympics, athletes need every extra edge they can get!"

Challenging Retirement

Max and Pam Wood of Christchurch, New Zealand, have been active members of a power walking club for the past nine years. At an age when many decrease their physical activity, Max, 66, has doubled his competitive walking races over the past two years. What has changed in that time?

"Two years ago we added Reliv Now", nutritional supplement, Reliv Classic", nutritional supplement and Reliv Innergize!" sports drink to our fitness

routine. I found my energy and endurance went from strong to stronger," Max says.

In March, Max qualified for a bronze medal in the DUL-X 500km Challenge, racing a total 665kms over a 12-month period. With training distance added to this, Max has power walked well over 3,000kms for the year.

"At Kurow last November, I tried Reliv ProVantage" soy-based performance enhancer and achieved a personal best, walking the marathon distance of 42.2 km. That convinced me to try sprinting which I hadn't done since my 20's." Max says.

At the NZ Masters Games at Wanganui in February, Max sprinted to 1st place in the 200m, and 2nd in the 100m and 400m sprints. In addition he placed 1st in the Half Marathon walk, the 10km road walk and the 3km track race walk.

Pam trains with Max each day. *"I race the half marathons and since I've been using Reliv Innergize!, I don't have trouble with cramps any more." Pam says. "I'm Max's team support, so when he's racing I'm talking to people about Reliv. It's easier to find customers when they see for themselves how fit we are."*



Max Wood of Christchurch, New Zealand.

SPORTS

Going the Distance With Reliv

Halfway through the 26-mile Pike's Peak marathon, Master Affiliate Mike Naye of Breckenridge, CO, altered his strategy. *"I was feeling so good when I reached the top, I didn't stop and rest as I'd planned," Mike recalls.*

"Instead, I drank my Reliv Innergize!" sports drink and turned around and ran the 13 miles to the bottom!" Mike beat his record from his last race five years ago by 23 minutes and finished 6th in his age group. "Thanks to Reliv, I felt as good at the end as I did at the start," Mike says.

Mike started on Reliv's basic nutrition in December 1998 and added Reliv ProVantage" soy-based performance enhancer the following March. *"I noticed a remarkable difference in the effectiveness of my weight training — my strength and endurance increased and I wasn't sore,"*

he says, adding that Reliv gives him the strength to endure the three-to-four hour uphill hikes required to satisfy his year-round passion for downhill skiing. Mike feels that it's critical to keep his nutrition level high. As a professional airline pilot, he's exposed to more than his share of viruses.

"Since using Reliv, I've been remarkably healthy," he says. "At age 41, I'm



Mike Naye of Breckenridge, CO.

National Veteran 50 Mile Team Champions



Icknield Road Club Veteran Cyclist Team

Are praising **Innergize and NOW** for helping them win the National Veteran 50 mile Team Championship in June 2000.

Gerry Ashley (70) says, 'We are all turning in times that are our best for at least three years. . . And don't forget we are 3 years older! It's all due to our extra energy and improved recovery rate which enables us to train more often.'