

**NUTRITION
ISSUE!**

JOE WEIDER'S

POWER & STRENGTH
ALL-NEW CUTTING-EDGE ROUTINE

MUSCLE & FITNESS



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JUNE 2009

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Display until May 18, 2009

DRINK OF THE MONTH

CHERRYPHARM TART CHERRY JUICE



We've written about the effects of tart cherry juice on postworkout pain and inflammation in the past. Now you can test a tart cherry juice made specifically for the job. With the equivalent of 50 cherries per bottle, CherryPharm includes two full servings of fruit. Research suggests it might also improve sleep while providing a heavy shot of antioxidants. **\$2.50 per 8 oz.;** cherry-pharm.com

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BILLION-DOLLAR
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**THE TRUTH
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