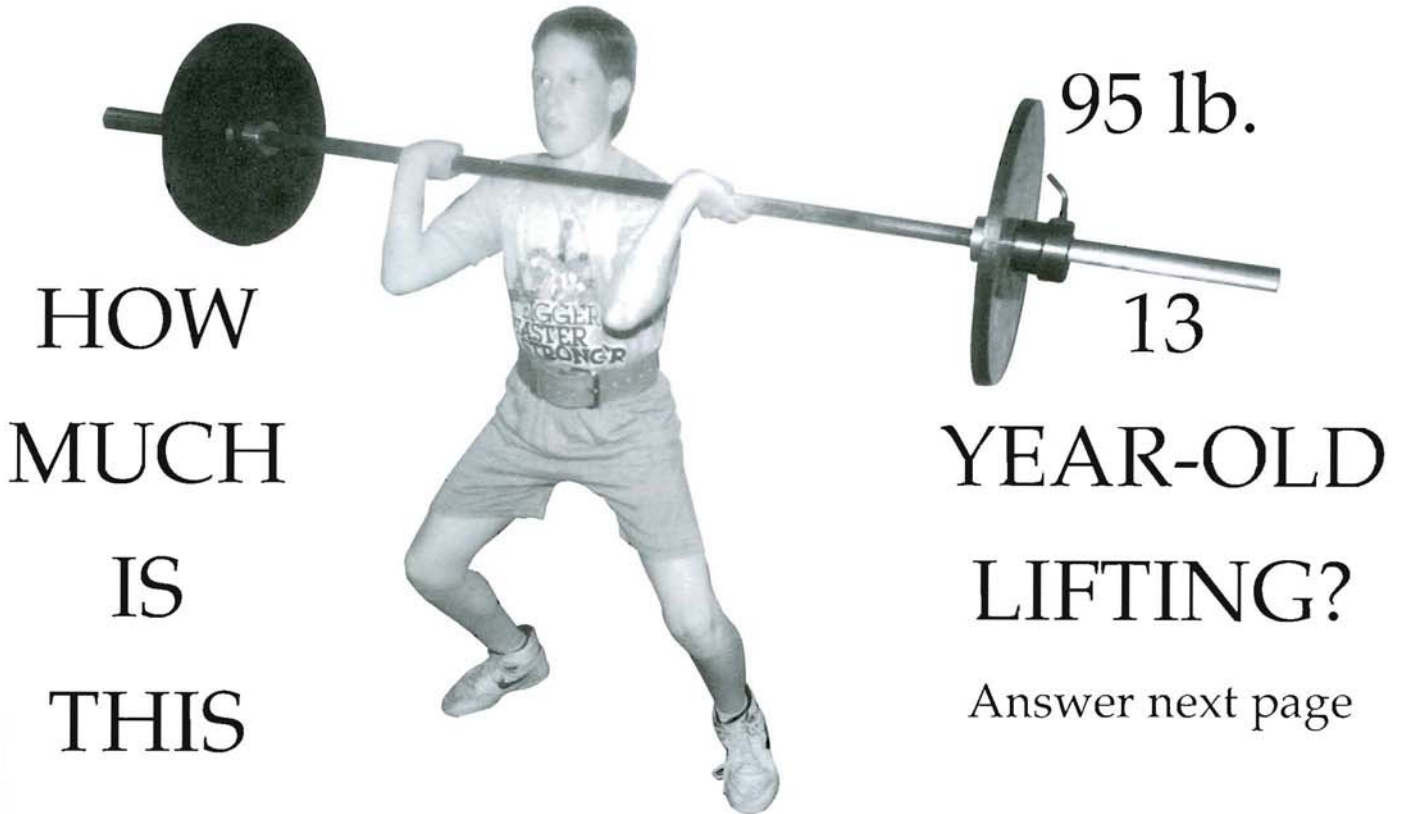


QUESTION?



ADAM ST. JOHN

Continued from page 5

St. John as a person and an athlete is one of the greatest experiences of my coaching career. I am enclosing a photograph taken of Adam last spring. Notice the difference in the size of Adam's right leg compared to his left leg. Adam is currently hard at work determined to be the 1990 Colorado Heavyweight High School State Champion. I'm putting my money on Adam. Also no one makes jokes about Adam anymore. He has earned a tremendous amount of respect and admiration from his fellow students, and teammates.

**THE DREAM!
THE GOAL!
THE GLORY!**

JUSTIN ARMOUR

Continued from page 4

BASKETBALL

Freshman Year

All-Conference First Team 14.7 Point Avg.
All-State Second Team 10.0 Rebound Avg.

Sophomore Year

All-Conference First Team 20.4 Point Avg.
All-State First Team 13.1 Rebound Avg.
AAU All-American (16 and unders)
Gazette Telegraph All Area First Team

Junior Year

All-State First Team 25.4 Point Avg.
Area Player-Of-The-Year 12.4 Rebound Avg.

TRACK

Sophomore Year

State Champ High Jump 6' 7 3/4"
State Champ 4 x 100 Meter Relay
State Champ 4 x 400 Meter Relay

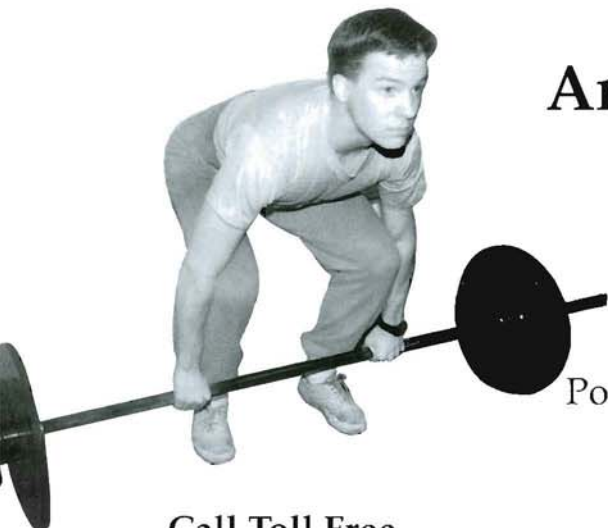
THE TRYPTOPHAN SCARE AND BFS

The FDA has issued warnings that some forms of the amino acid Tryptophan in concentrations of 100 milligrams of higher could be dangerous. All Free Form Tryptophan in our Super Weight Gain Formula has been taken out.

Tryptophan in our regular Amino Acids is in a natural form and therefore constitutes no danger. Tryptophan in our Super Form Amino Acids was Free Form, but has now been taken out.

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Looks Like a 45
Weighs only 5 lbs.

Stefan Up-Date

While in Sweden, Stefan trimmed down to a svelte 260 pounds. During March and April, he did BFS Clinics all across the nation. Stefan now Power Cleans 473 and Power Snatches 350. He expects a great year in the Discus.

