



Based in Nature, Backed by Science!



GNLD's Scientific Advisory Board members are recognized around the world for their leading-edge research. The SAB Seal guarantees you the finest, safest, most effective products in the world!

CHILDREN'S NUTRITION

Feed, Renew & Protect
Their Young Cells

A Child's Head Start
for a Healthy
Mind and Body!



FOCUS ON Children's Nutrition

GNLD helps build the foundation for good health

When you build your dream home, you begin with a strong foundation, using only the finest materials. Constructing your child's foundation for a lifetime of good health requires the same commitment to quality materials: good whole foods and good whole-food supplements from GNLD.

Together, good whole-food choices plus GNLD supplements:

- Provide the nutritional building blocks to develop **healthy bodies and minds**
- Supply key nutrients that research has shown play a role in promoting **emotional well-being and cognitive skills** development
- Support a **strong, healthy immune system**, which in childhood faces some of its greatest challenges
- **Provide antioxidants** to support the body's defense against oxidation of cells caused by exposure to pollutants like smog and cigarette smoke (Young bodies undergo the same oxidative challenges as adult bodies!)
- Contribute to **optimal development of tissues and organ systems**
- Support the **exceptional growth demands** of childhood, when more than a billion new cells are created each day
- Help meet children's **high energy demands and special metabolic needs**
- Bridge vital **nutritional gaps and imbalances** created by children's food choices.



"Precisely at the time when young bodies' nutritional requirements are greatest, many fail to obtain all the nutrients they need each day. Deficiencies of vital nutrients can inhibit not only physical growth, but internal development, mental performance, and repair and maintenance of developing tissues. Immune systems can be depressed, as well, leaving the child more vulnerable to infection and disease."

– Dr. Arthur Furst, Founding Member Emeritus
Scientific Advisory Board

Contact your independent GNLD Distributor:

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PEOPLE EMPOWERING PEOPLE

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Three Steps to Optimum Cellular Health

GNLD's exclusive Energy Program for children, patterned after our highly acclaimed Energy Program for adults, delivers optimal nutrition to help assure developing bodies the healthy cells, strong immune systems, and considerable energy children need during their critical growing years.

1. Feed their cells

Lipids and sterols, missing from processed foods, are critical for cells to function efficiently. GNLD's unique Tre-en-en® Grain Concentrates deliver these nutrients — to keep cells and bodies healthy.*

Liqui-Vite® (liquid)

- Contains GNLD's exclusive Tre-en-en® Grain Concentrates to promote optimal cellular health.
- Delivers a full day's supply of 11 vitamins, plus choline, inositol, and the amino acid carnitine.



Vita-Squares® (chewable)

- Complete formula contains GNLD's exclusive Tre-en-en® Grain Concentrates to help cells utilize nutrients efficiently.*
- Includes choline and inositol to support cognitive functions such as learning and memory.*



Formula IV® (capsule)

- Delivers the cornerstone of optimum cellular nutrition, exclusive Tre-en-en® Grain Concentrates, putting back what food processing takes away.
- A unique, multi-factor, whole-food supplement with vitamins, minerals, lipids/sterols, and enzymes.



2. Renew and repair their cells

Children's bodies cannot manufacture 10 of the 22 amino acids required to renew old cells and repair damaged ones, so these essential amino acids must be supplied in their diet.

Nourishake® (delicious drink)

- Supplies all 22 amino acids involved in human nutrition. Exclusive Protogard Process enhances protein digestibility.
- Unique blend of simple and complex carbohydrates from whole foods provides both quick and sustained energy.*



- Two grams of fiber per serving, plus more than one-third the protein and calcium children need each day.
- Low lactose, low cholesterol, low fat.

3. Protect their cells

Antioxidant nutrients help support strong immune systems, promoting good health — especially during winter months when the body's defenses are more apt to be challenged. Good nutrition early in life also lays a foundation for continued good health through adulthood.

Vita-Gard™ (chewable)

- Formulated by the same outstanding scientists and researchers who brought you broad-spectrum Carotenoid Complex™ and Flavonoid Complex™, this supplement delivers important whole-food antioxidant nutrients in a great-tasting chewable!
- Includes vitamins C and E, and key minerals zinc and selenium.



Daily Carotenoid Complex (capsule)

- Researchers from the USDA showed supplementation with Carotenoid Complex can:
 - Boost the immune system
 - Protect the heart
 - Defend the cells.*
- Each capsule delivers an optimal serving of carotenoids from carotenoid-rich foods including tomatoes, carrots, spinach, red bell peppers, strawberries, apricots, and peaches.



GNLD's Energy Program for children



Stage 1

When a child is comfortable drinking from a cup (over age one).

Liqui-Vite®:

- Age one to four years: one teaspoon
- Over four years: two teaspoons

Nourishake®: one serving

Try adding phytonutrient-rich fruits, such as berries, mangoes, or peaches.

Stage 2

When a child can safely and confidently chew a tablet (Although most children have acquired a full set of teeth by age two, they may not be ready for chewable tablets until later. When your child can eat a raw carrot, he or she is probably also ready for chewable tablets.)

Vita-Squares®: three squares a day

Vita-Gard™: two per day

Nourishake®: one serving

Try adding phytonutrient-rich fruits.

Stage 3

When a child can safely and confidently swallow whole tablets and capsules (Discuss this stage with the child and let him or her decide when to begin.)

Formula IV®:

- Up to 10 years: one capsule per day
- Age 11 and up: two capsules per day

Nourishake®: one serving

Try adding phytonutrient-rich fruits.

Carotenoid Complex™: one to three capsules per day

Other choices for kids:

All-C™, GReat Bar™, Neo-Cal™, and Vitamin E Plus™

*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.