



FAST FACTS ABOUT ALFALFA PLUS FIBER

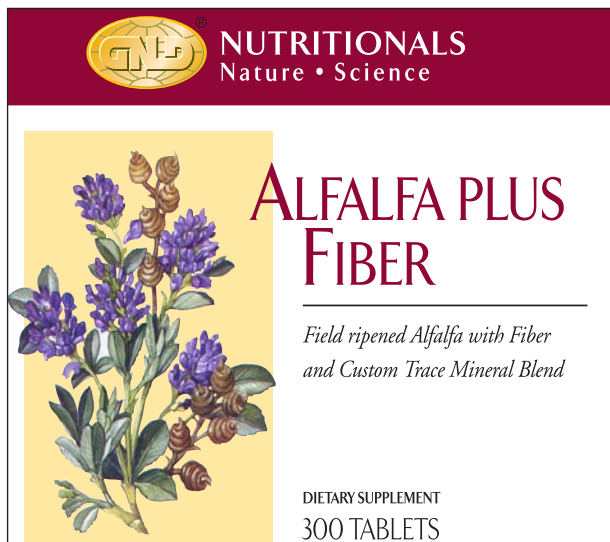
A member of the pea family, alfalfa is one of the most nutritionally complete foods in the human food chain, providing protein, fiber, calcium, trace minerals, carotenoids, vitamins E and K, all the water-soluble vitamins (B-complex and vitamin C), chlorophyll, and other naturally occurring phytonutrients.

WHY ALFALFA?

- One of “nature’s nutritional storehouses,” alfalfa has been valued as a food source for both humans and domestic animals since before recorded history.
- Rich in a broad range of important food factors and naturally-occurring phytonutrients, alfalfa is a distillation of the best that sun and soil have to offer.
- Part of a rich and ancient wisdom that places natural plant foods at the center of a healthy and balanced diet, alfalfa is just one of many traditional products that offer solutions for modern health challenges.

WHY GNLD ALFALFA PLUS FIBER?

- Formula based on extensive research into the nutritional benefits of natural whole-food ingredients.
- Propagated, grown, collected and harvested to maximize and protect the nutritional value of each tablet.
- Added fiber (cellulose, hemicellulose, and pectin) combined with naturally-occurring in alfalfa fiber provides more than 400 mg of fiber in each tablet.
- Contains GNLD’s exclusive Custom Trace Mineral Blend, including diatom complex, Atlantic kelp, sea dulse, and Irish moss for broad-spectrum, “organically-bound” mineral availability.
- Pesticide-free. Grown without the use of pesticides and laboratory tested to ensure that no detectable pesticide residues occur in the final product.
- Harvested only when fully mature; no early harvesting or “silo ripening.”
- Natural air-drying process protects nutrient content; no high-temperature oven-drying
- 100% natural. Alfalfa Plus Fiber contains no artificial colors, flavors, preservatives, or sweeteners.
- Field-ripened alfalfa assures maximum nutritional benefits.



Supplement Facts

Serving Size 3 Tablets
Servings Per Container 100

Amount Per Serving	% Daily Value	
Total Carbohydrate	1.5 g	<1%*
Dietary Fiber	1 g	4%*
Alfalfa (<i>Medicago sativa</i>) (leaf)	975 mg	†
Black Strap Molasses	90 mg	†
Apple Pectin	60 mg	†

Custom Trace Mineral Blend 150 mg †
Powdered Cellulose; Marine Organic Complex (from *Laminara digitata*); Kelp; Irish Moss; Dulse Leaf; Dicalcium Phosphate.

* Percentage Daily Values are based on 2,000 calorie diet
† Daily Value not established

Other ingredients: Microcrystalline cellulose, wheat bran powder, dicalcium phosphate, gum arabic, silicon dioxide, and stearic acid. Contains soy and wheat.



K Lot #
511 Best If Used By

SUGGESTED USE: 1 to 3 tablets daily.

Alfalfa is one of the most nutritionally complete foods in the human food chain. Rich in naturally occurring phytonutrients, it is a distillation of the best that sun and soil have to offer.

A generous portion of Alfalfa, one of nature's most sought-after plant foods, combined with GNLD's own Custom Trace Mineral Blend provide unique and far reaching trace mineral ingredients from earth and sea sources.

Fiber is added in quantity for those who wish to increase their daily intake.

Store in a cool, dry place, away from direct sunlight. Packaged with safety seal.

NOT SOLD IN RETAIL STORES

Available Exclusively From GNLD Distributors



GNLD International, LLC
Fremont, CA 94538 U.S.A.
Leading edge nutrition since 1958.
www.gnld.com



THE ALFALFA PLUS FIBER STORY

HISTORICALLY IMPORTANT SOURCE OF TRACE MINERALS

Alfalfa was introduced to U.S. agriculture in the early 1700s by European colonists who had a long tradition of using alfalfa as a food source for both humans and livestock. In fact, alfalfa has been grown as fodder longer than any other plant, and historians believe its use predates recorded history. People have traditionally consumed alfalfa in the form of flour or sprouts (still popular at salad bars today!).

Alfalfa is a rich source of protein, calcium, trace minerals, carotenoids (especially beta-carotene and xanthophylls), vitamins E and K, all the water-soluble vitamins (B-complex and vitamin C), chlorophyll, and other naturally-occurring phytonutrients. In terms of overall nutritional content, it is one of the most complete plant foods in the human food chain. In particular, the rare trace minerals found in alfalfa may be difficult to obtain in the average diet.

GNLD DELIVERS ALFALFA WITH A DIFFERENCE

Like almost all natural materials, the way alfalfa is grown, collected and processed can impact its nutritional value. GNLD product researchers started by selecting a very special form of alfalfa for this product.

- First, GNLD alfalfa is grown without the use of chemical pesticides and no detectable pesticide residues are allowed in the final product.
- Second, GNLD alfalfa is harvested only once it reaches full maturity. No early harvesting or “silo ripening” takes place.
- Third, GNLD alfalfa is slowly and naturally air-dried at low temperatures to protect nutritional content. No oven-drying at high temperatures is used.

EXTRA BENEFITS FROM ADDED FIBER AND MINERALS

To enhance the health benefits provided by the fiber naturally occurring in alfalfa, GNLD adds cellulose, hemicellulose, and pectin to yield a total dietary fiber content of more than 400 mg per tablet.

To enhance the naturally-occurring “organically bound” trace minerals found in alfalfa, GNLD adds a generous portion of our exclusive Custom Trace Mineral Blend. This unique ingredient features diatom complex, Atlantic kelp, sea dulse, and Irish moss to provide a broad spectrum of minerals from natural plant sources.