



FAST FACTS ABOUT GR² CONTROL[®] MEAL REPLACEMENT PROTEIN SHAKE

Being 20% (or more) over your ideal weight as recommended by height/weight charts has been linked to increased risk of high blood pressure, diabetes, certain types of cancer, osteoarthritis, gallstones, and heart disease. Being overweight by even a few pounds can also lead to a host of physical and psychological challenges. GNLD's GR² Control Meal Replacement Protein Shake provides controlled-calorie, optimum nutrition, and our unique "glycemic edge" to promote good health and high energy. GR² Control Meal Replacement Protein Shake is scientifically tested and proven to be safe and effective.

WHY A MEAL REPLACEMENT DRINK FOR WEIGHT LOSS?

- Over 1.1 billion people in the world are overweight, and that number is climbing.
- Obesity can increase your risk of high blood pressure, diabetes, certain types of cancer, osteoarthritis, gallstones, heart disease, and premature death.
- Because of strong societal pressure to be thin, overweight people often suffer feelings of guilt, depression, anxiety, and low self-esteem.
- The "insulin trap" can prevent your body from using stored fat as energy, causing weight gain and associated health problems.
- Fasting, skipping meals, extremely low-calorie diets, and other "fad" diet programs can seriously jeopardize your health. Restricting food consumption reduces both the density and diversity of nutrients we receive.
- We need a complete daily supply of nutrients to remain healthy and active in order to successfully lose weight and keep the extra pounds off.

WHY GNLD GR² CONTROL MEAL REPLACEMENT PROTEIN SHAKE?

- Scientifically researched and formulated by the SAB/GSN. Includes correctly balanced amounts of vitamins, minerals, protein, fats, and carbohydrates to ensure fast, safe, controlled weight loss.
- Clinically tested and proven to deliver Glycemic Response Control.
- Exclusive glycemic response formula helps to minimize fat storage and increase the amount of fat your body burns.
- Contains "glycemic edge" carbohydrates that provide lasting energy and encourage your body to stay in a fat-burning mode.
- Delicious and satisfying. GR² Control Meal Replacement Protein Shake offers variety and taste satisfaction with two fantastic flavors: Chocolate Dream and Vanilla Whisper.
- Mixes in water for ease, convenience, and great taste.
- Complete meal replacement. Each serving supplies at least 1/3 of the Daily Value for 22 essential vitamins and minerals, plus a wide range of other important nutritional factors.
- Provides all 22 amino acids involved in human nutrition. Each serving provides approximately half the Daily Value for protein when mixed with water.
- PDCAAS score 1.31.





GR² Control[®], GND's scientifically developed weight loss program, is specifically formulated to help you gain control over your body's Glycemic Response and create a new, thinner you. GR² Control[®] products are designed to re-balance your nutrient intake, re-program your biochemical feedback network, and re-energize your metabolism to promote maximum weight loss and overall health.*

GR² Control[®] Meal Replacement Protein Shake helps to minimize fat storage and increase the amount of fat your body burns. It contains "glycemic edge" carbohydrates that provide energy and encourage your body to keep those fat-burning fires fueled!*

Our unique high-protein/low-carbohydrate formulation helps you control your glycemic response and keep your hunger cravings in check.*

* 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.

Each serving is a delicious and complete low-calorie meal that contains essential vitamins and minerals and provides all 22 amino acids critical for human nutrition.



The Scientific Advisory Board seal is your guarantee that GND products are researched by highly qualified scientists, developed with a respect for nature and manufactured to the highest standards for purity, potency and consistency.

Made in U. S. A.

Nutrition Facts

Serving Size: 2 level scoops (36 g)
One cup (8 fl. oz.) as prepared.
Servings Per Container: 14

Amount Per Serving	Powder Mix	
Calories	120	
Calories from Fat	10	
	Amount in Mix	% Daily Value**
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	350 mg	15%
Potassium	780 mg	20%
Total Carbohydrate	11 g	4%
Dietary Fiber	2 g	8%
Sugars	9 g	
Protein	18 g	36%
Vitamin A	25%	
Vitamin C	35%	
Calcium	30%	
Iron	35%	
Vitamin D	35%	
Vitamin E	35%	
Thiamine	35%	
Riboflavin	35%	
Niacin	35%	
Vitamin B6	35%	
Folic Acid	35%	
Vitamin B12	35%	
Biotin	35%	
Pantothenic Acid	35%	
Phosphorus	30%	
Iodine	35%	
Magnesium	35%	
Zinc	35%	
Copper	35%	
Chromium	35%	
Manganese	35%	
Selenium	35%	
Molybdenum	35%	

**Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

DIRECTIONS:

GR² Control[®] Meal Replacement Protein Shake mixes easily in cold water. Simply combine two level scoops with 8 fl. oz. of ice cold water and mix in a shaker or blender. For an even thicker frothier drink, add a few ice cubes while blending. Use to replace two meals per day as part of the GR² Control[®] Weight Loss Program. Or use alone as a delicious, low-calorie meal replacement.

Additional Nutritional Information:

Choline 10 mg
Inositol 10 mg
Neo-plex Concentrate 25 mg

Ingredients: Soy Protein Isolate, Calcium Sodium Cascinate, Fructose, Non-Fat Milk, Cocoa Powder, Soy Fiber, Potassium Chloride, Soy Lecithin, Natural and Artificial Flavors, Dicalcium Phosphate, Guar Gum, Carrageenan, Sodium Chloride, Safflower Oil, Magnesium Oxide, Acesulfame Potassium, Vitamin E (D-Alpha Tocopherol and Mixed Tocopherols), Neo-Plex Concentrate [Orange Juice Powder, Vitamin C (Ascorbic Acid), Orange Peel Powder, Citrus Bioflavonoids], Choline Bitartrate, Vitamin C (Ascorbic Acid), Ferrous Fumarate, Inositol, Niacinamide, Zinc Oxide, Calcium Pantothenate, Vitamin A Palmitate, Manganese Sulfate, Cupric Sulfate, Vitamin D, Bromelain, Papain, Malt Diastase, Pyridoxine Hydrochloride, Cyanocobalamin, Riboflavin, Thiamin Hydrochloride, Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Sodium Selenite and Molybdenum Trioxide.

Store in a cool, dry place, away from direct sunlight.

NOT SOLD IN RETAIL STORES

Available Exclusively From
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