



# FAST FACTS ABOUT NOURISHAKE®

Delicious and ideal for the entire family, NouriShake offers naturally good nutrition in every glass. Designed to support optimum cellular nutrition, NouriShake provides a balanced ratio of protein, carbohydrates, and fiber while supplying all 22 amino acids involved in human nutrition, a blend of simple and complex carbohydrates for sustained energy release, and as much fiber per serving as a slice of whole-wheat bread.

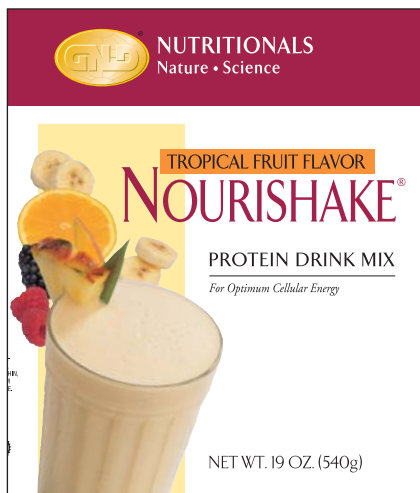
## WHY A NUTRITIONAL DRINK FOR ENERGY?

- Missed meals, a steady diet of fast food, or reduced calorie intake can lead to loss of stamina and vitality. Consuming the proper ratio of protein and carbohydrates can provide sustained energy and prevent the “sugar blues” or between-meal “blahs.”
- Those who have higher-than-average energy needs — including children, physically active people, or people under stress — need high-quality “fuel.” High-quality protein and a balanced blend of simple and complex carbohydrates are required to meet the body’s needs.

## WHY GNLD NOURISHAKE?

- Exceptionally high-quality protein. NouriShake is proven to have a Protein Digestibility Corrected Amino Acid Score (PDCAAS) greater than 1.35.
- “Glycemic Edge” provides both quick and sustained energy. NouriShake provides about 65% of its calories from simple and complex carbohydrates to supply important energy for 3 to 5 hours.
- Four delicious flavors. Vanilla, chocolate, strawberry, and tropical fruit. Also available in a flavor variety pack.
- Complete protein. Supplies the proper ratio of all 22 amino acids involved in human nutrition.
- Exclusive Protogard Process. Low-temperature processing and an exclusive plant-derived enzyme blend protect proteins and improve their digestibility.

- Unique blend of whole-food carbohydrates. Simple and complex carbohydrates provide quick energy without the “sucrose spike” that can lead to subsequent “sugar blues” (insulin reaction).
- Low fat, no cholesterol.
- Naturally sweetened with fructose and concentrated grape juice.
- Plant-derived enzymes for easy digestion.
- Low lactose.
- Provides 1/3 the protein and 1/2 the calcium needed daily, when mixed with milk.
- Protein sparing. Since long-lasting carbohydrates in NouriShake fuel energy, proteins are spared for the specialized functions of cellular maintenance, repair, and growth — critical functions that only protein can fulfill.



Nutrition Facts			
Serving Size: 2 Heaping Tablespoons (30 g)			
Servings Per Container: 18			
Amount Per Serving	Shake Mix	Shake Mix with 8 fl. oz. 1% Lowfat Milk	
<b>Calories</b>	110	220	
Calories from Fat	10	35	
<b>Amount in Mix % Daily Value*</b>			
<b>Total Fat</b>	Less than 1 g	2%	6%
Saturated Fat	0 g	0%	8%
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg	0%	3%
<b>Sodium</b>	100 mg	4%	9%
<b>Potassium</b>	150 mg	4%	15%
<b>Total</b>			
<b>Carbohydrate</b>	18 g	6%	10%
Dietary Fiber	2 g	8%	8%
Sugars	13 g		
Other Carbohydrate	3 g		
<b>Protein</b>	9 g	18%	34%
Vitamin A	0%	10%	
Vitamin C	0%	4%	
Calcium	20%	50%	
Iron	0%	0%	
Vitamin D	0%	20%	
Thiamine	0%	6%	
Riboflavin	4%	30%	
Vitamin B 6	0%	6%	
Vitamin B12	2%	20%	
Pantothenic Acid	0%	8%	
Phosphorus	20%	35%	
Magnesium	2%	10%	
Zinc	0%	8%	
*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	2400 mg	2400 mg
Potassium	Less than	3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

TROPICAL FRUIT FLAVOR  
**NOURISHAKE®**

The delicious, nutritious “perfect start”  
to an energy-filled day!

Ideal for the entire family, NouriShake offers naturally good nutrition and great taste in every glass. Designed to support optimum cellular nutrition, NouriShake provides a balanced ratio of protein, carbohydrates, and fiber by supplying all 22 amino acids involved in human nutrition, a blend of simple and complex carbohydrates for sustained energy release, and as much fiber per serving as a slice of whole-wheat bread!

- Exceptionally high quality protein.
- Naturally sweetened with fructose and grape juice concentrate.
- Low in fat and cholesterol.
- No wheat or corn.
- Low lactose (when mixed with juice).
- Natural plant-derived enzyme system to support digestion.
- When mixed with milk, provides approximately 1/3 the Daily Value for protein and 1/2 the Daily Value for calcium.

**Tastes so good...and so good for you!**  
Every creamy, delicious glass of NouriShake is backed by 4 decades of nutritional expertise, scientific research, and consumer testing. Start your day with NouriShake—an important part of GNLD’s Energy Program!

**Directions:**

- Using a shaker or blender, mix 2 heaping tablespoons (30 g) of NouriShake in 8 fl. oz. of chilled 1% lowfat milk or your favorite juice. NouriShake is most satisfying when served very cold!
- For more variety, taste, and nutrition, add fresh or frozen fruit. For an even frothier, thicker drink, add a few ice cubes while blending.

**INGREDIENTS:** NONFAT MILK SOLIDS, FRUCTOSE, CALCIUM SODIUM CASEINATE, ISOLATED SOY PROTEIN, RICE AND OAT MALTODEXTRIN, GNLD FRUIT BLEND (PINE-APPLE CONCENTRATE, GRAPE JUICE CONCENTRATE, PINEAPPLE, MANGO, BANANA, GUAVA, ORANGE, AND LEMON POWDER), OAT FIBER, RICE PROTEIN, PECTIN, LECITHIN, SAFFLOWER OIL, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVORS, TRICALCIUM PHOSPHATE, NATURAL COLORS, PAPAIN, BROMELAIN, AMYLASE, LIPASE, LACTASE.

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# THE NOURISHAKE® STORY

## CARBOHYDRATES PROVIDE FUEL FOR CELLULAR ENERGY

Carbohydrates, which are found in all plant foods (and also in dairy products), are your body's principal source of energy. Plants make carbohydrates from carbon dioxide and water; your body utilizes carbohydrates by breaking them back down into these two substances and releasing the energy that holds them together.

**Simple carbohydrates** are sugars from foods, and include fructose, glucose, maltose, and lactose. Simple carbohydrates are easily and quickly digested and absorbed into the bloodstream. In NouriShake, grape juice concentrate also provides another form of fruit sugar that approximates the benefits of complex carbohydrates.

**Complex carbohydrates** are large chains of sugar units. Starches are the most abundant complex carbohydrates in the diet and occur in many foods, including cereal grains, legumes, and potatoes. (NouriShake contains maltodextrin, a complex carbohydrate from rice and oats.) Complex carbohydrates take longer to digest and break down into their building blocks of simple sugars, and therefore deliver their nutritional benefits more slowly.

Current scientific thinking recommends that about 60% of a person's daily calories come from carbohydrates ("The Prudent Diet," Committee on Diet and Health, Food and Nutrition Board, National Research Council).

## GNLD NOURISHAKE SUPPLIES EXCEPTIONALLY HIGH-QUALITY PROTEIN

NouriShake's unique formula starts with "perfect" protein sources, including caseinates, or milk proteins. NouriShake's digestibility is further enhanced by GNLD's exclusive Protogard Process. This process enables NouriShake to achieve a PDCAAS greater than 1.0 — an exceptionally high score!

What's more, NouriShake contains all 22 amino acids involved in human nutrition, including all essential amino acids.

## SIMPLE CARBOHYDRATES FOR QUICK ENERGY, GREAT TASTE

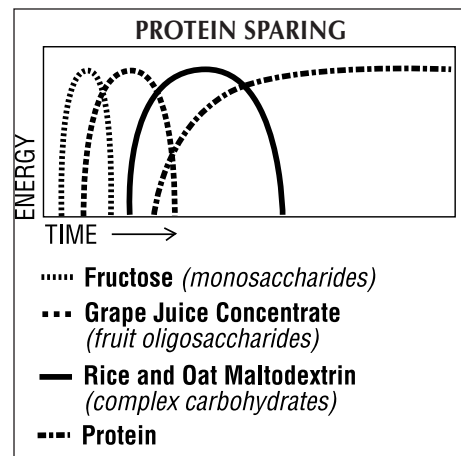
NouriShake is naturally sweetened with fructose and grape juice concentrate. These fruit sugars provide the GNLD "glycemic edge." Fructose is absorbed first, providing quick energy without the "sucrose spike" that can lead to subsequent "sugar blues" (insulin reaction). Grape juice concentrate provides a blend of longer-chain carbohydrates that sustain NouriShake's "energy curve" further. Now that the simple sugars have done their job, the complex carbohydrates take over.

## OPTIMAL RATIO OF CARBOHYDRATES FOR SUSTAINED ENERGY

NouriShake provides about 65% of its calories from carbohydrates — close to the dietary ideal. A portion comes from rice and oat maltodextrin. These complex carbohydrates are metabolized more slowly than are the simple sugars, therefore providing an important source of energy over a longer period of time. In addition, rice and oat carbohydrates are easily digestible and have a low allergy potential.

## PROTEIN SPARING

NouriShake's combination of simple and complex carbohydrates provides long-lasting energy. Proteins are spared for the specialized functions of cellular maintenance, repair, and growth — crucial functions that ONLY protein can fulfill!



## WHOLE-FOOD CONCENTRATES FOR NATURAL NUTRITION

Science and nature combine in NouriShake in the form of extremely high-quality fruit powders. These unique ingredients provide subtly sweet, nourishing, and energy-boosting simple carbohydrates.

## HEALTHFUL OAT FIBER

Each serving of NouriShake provides 2 grams of dietary fiber (as much as one slice of whole wheat bread). The primary source of fiber in NouriShake is OAT fiber, another boost for a healthful and low-cholesterol diet. What's more, the neutral-flavor fiber blend in NouriShake supports the naturally delicious flavors of the drink mix while providing an exceptionally creamy texture that can't be beat!

## HEALTHY AND EASY TO DIGEST

All the ingredients in NouriShake have been selected to maximize nutritional availability and digestibility. NouriShake is low in fat, cholesterol-free, low in sodium and low lactose.



At the same time, NouriShake features plant-derived enzymes. These enzymes, by functioning at the pH level in the stomach, further aid the digestion of protein, fats (lipids), and carbohydrates. NouriShake mixes easily with milk, juice, or water, and the mix itself is low in lactose.

### KID-TESTED, FAMILY-APPROVED

Available from GNLD's own kitchen-laboratories are SAB-approved recipes that can be customized to fit your individual nutritional goals (see next page).

Use NouriShake as the basis for:

- Heart-healthy breakfast drinks.
- Fruit- and veggie-rich children's shakes.
- Carbo-loading drinks for sports enthusiasts.
- A low-fat, low-sodium protein drink.
- A good source of protein when mixed with juice or water.
- An excellent source of protein when mixed with milk, as well as a source for half of the bone-building calcium you need each day.
- A "perfect start" for anyone's day!

### FOUR FLAVORS, PLUS VARIETY PACK

NouriShake is available in delicious vanilla, chocolate, strawberry, and tropical fruit flavors. For tastebud-pleasing convenience, all the NouriShake flavors are also available in a variety pack.



### NOURISHAKE BLENDER RECIPES

**GENERAL INSTRUCTIONS: ALL RECIPES FOLLOW THIS SAME BASIC PROCEDURE.**

- 1 Place fruits, nuts, seeds, grains, and/or ice cubes (2-4) in blender **FIRST**. Frozen fruit should not be thawed.
- 2 Add pre-measured liquid (milk, juice, or water).
- 3 Starting at **LOWEST** speed, blend thoroughly — gradually increasing speed until mixture is very smooth.
- 4 Reduce speed to slow or moderate. Add **HEAPING** tablespoons of NouriShake drink mix (and GNLD fiber

supplement, if desired) and blend for an additional 10 to 20 seconds.

*All recipes make a large, fountain-sized shake of approximately 18-23 ounces.*

Fruits and juices can be **FRESH, CANNED** (packed in water or juice; drained), or **FROZEN** (unsweetened), unless otherwise specified. Vegetables can be **COOKED, CANNED** (drained), or **FROZEN**. Fruits and vegetables should be cut into small cubes or chunks before measuring. Measures of NouriShake should be **HEAPING**; measures of GNLD Fiber supplement should be **ROUNDED**.

#### RECIPE CATEGORIES

Each of the following recipes provides all the nutritious goodness of NouriShake PLUS additional nutrients to help you meet your personal dietary goals. Whether you choose Carotenoid-Rich, Heart-Healthy, or Carbo-Loading, each scientifically-formulated shake is guaranteed to deliver both great taste AND the nutrient boost listed below the recipe.

*Enjoy whole-food nutrition the NouriShake way... just for the health of it!*

### CAROTENOID-RICH

Research shows that diets high in carotenoids (the nutrient "family" that includes beta-carotene) contribute to lowered risk of developing cataracts, heart disease, and many cancers. A carotenoid-rich diet may also boost immune function and increase longevity. This information has led major health authorities (including the American Cancer Society and the National Research Council) to recommend eating 5 to 9 servings of fruits and vegetables daily to achieve optimal nutritional protection against chronic disease.

Each of the following recipes provides 1 serving of carotenoid-rich foods to help you achieve the dietary optimum of 5-9 servings of fruits and vegetables per day. The ingredients in these recipes were also selected to provide more than 30 mg of vitamin C and 4 or more grams of fiber.

#### STRAWBERRY-CANTALOUPE

- 1/2 c. cantaloupe (approx. 1/4 small fruit)
- 2/3 c. strawberries
- 1 c. 1% low-fat milk
- 2 T NouriShake (strawberry, chocolate, or tropical fruit)

*Approximate nutritional boost:*

- 2,600 IU pro-vitamin A activity
- 100 mg vitamin C

#### APRICOT-PEAR-STRAWBERRY

- 3/4 c. apricots
- 1/3 c. pears
- 1/4 c. strawberries
- 1 c. 1% low-fat milk
- 2 T NouriShake (any flavor)

*Approximate nutritional boost:*

- 2,370 IU pro-vitamin A activity
- 30 mg vitamin C



**STRAWBERRY-CHERRY**

- 3/4 c. strawberries
- 2/3 c. sour (tart) cherries
- 1 c. pineapple juice
- 2 T NouriShake (any flavor)

*Approximate nutritional boost:*

- 1,270 IU pro-vitamin A activity
- 90 mg vitamin C

**PINEAPPLE-CARROT**

- 1 c. pineapple
- 1/4 c. carrots
- 1 c. orange juice
- 2 T NouriShake (any flavor)

*Approximate nutritional boost:*

- 5,250 IU pro-vitamin A activity
- 110 mg vitamin C

**HEART-HEALTHY**

High blood pressure, high cholesterol, and a high-fat, high-sodium diet are all considered major risk factors in the development of cardiovascular disease. Reducing dietary fat to less than 30% of total daily calories and sodium to less than 2,400 mg per day can help promote healthy cardiovascular function. In addition, several nutrients in foods may further help to minimize risk factors. Research shows: **Potassium** helps to lower blood pressure AND exerts a protective effect on the vascular system. Maintaining **calcium** levels of at least 500-700 mg per day may reduce the risk of high blood pressure over time.

**Fiber** may lower blood lipid levels; oat fiber has also been shown to help lower cholesterol levels.

Each of the following recipes is low in fat and sodium (250 mg), and supplies at least 800 mg of potassium, at least 300 mg of calcium, and more than 6 g of fiber from many sources, including oats.

**PAPAYA-STRAWBERRY**

- 3/4 c. papaya (approx. 1/2 large fruit)
- 1/2 c. strawberries
- 1 c. orange juice
- 1 T Multi-Fiber Blend
- 2 T NouriShake (vanilla, strawberry, or tropical fruit)

*Approximate nutritional boost:*

- 1,000 mg potassium
- 305 mg calcium
- 120 mg sodium

**CHERRY-APPLE**

- 1 c. sweet red cherries
- 1 c. apple juice
- 2 tsp. All-Natural Fiber Food & Drink Mix
- 2 T NouriShake (vanilla, chocolate, or strawberry)

*Approximate nutritional boost:*

- 805 mg potassium
- 300 mg calcium
- 150 mg sodium

**MANDARIN ORANGE-RASPBERRY-PEAR**

- 1/2 c. Mandarin oranges or tangerines
- 1/4 c. red raspberries
- 2/3 c. pears
- 1 c. orange juice
- 1 tsp. All-Natural Fiber Food & Drink Mix
- 2 T NouriShake (any flavor)

*Approximate nutritional boost:*

- 920 mg potassium
- 300 mg calcium
- 135 mg sodium

**PUMPKIN-BERRY**

- 1/2 c. mashed pumpkin (NOT pie mix)
- 1/3 c. blackberries or raspberries
- 1 c. 1% low-fat milk
- 2 tsp. All-Natural Fiber Food & Drink Mix
- 2 T NouriShake (vanilla, strawberry, or tropical fruit)

*Approximate nutritional boost:*

- 840 mg potassium
- 640 mg calcium
- 240 mg sodium

**CARBO-LOADING**

Carbohydrates are the major source of energy utilized during strenuous exercise. A diet high in carbohydrates supports above-normal storage of carbohydrates in muscles for sustained performance. 60% to 70% of an athlete's diet must come from carbohydrates to maximize the benefits during exercise and accelerate recovery; post-exercise carbo-loading is especially important for multi-day events. Magnesium, potassium, sodium, and chloride can be lost in significant amounts if sweating is profuse or prolonged; endurance athletes may be at risk of developing imbalances or deficiencies of these nutrients, possibly to the detriment of performance.

Each of the following recipes supplies approximately 20 grams of complex carbohydrates and is very low in fat. Take with a Sports 30 Daily Vitality Pack to enjoy the full benefit, as vitamins and other nutrients are important in the conversion of carbohydrates into energy. Each recipe supplies at least 45 mg of magnesium and more than 800 mg of potassium.

**PEAR-CARROT**

- 1 c. pears
- 1/4 c. carrots
- 2 T white rice (cooked)
- 1 c. orange juice
- 2 T NouriShake (any flavor)

*Approximate nutritional boost:*

- 825 mg potassium
- 69 g carbohydrates (complex: 18 g)
- 385 calories



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**MANDARIN ORANGE-PEAR-BANANA**

2/3 c. Mandarin oranges or tangerines

1/2 c. pears

1/3 c. bananas

1 T oatmeal (regular, cooked)

1 c. 1% low-fat milk

2 T NouriShake (any flavor)

*Approximate nutritional boost:*

1,090 mg potassium

64 g carbohydrates (complex: 17 g)

415 calories

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**MANDARIN ORANGE-MANGO**

2/3 c. Mandarin oranges or tangerines

1/2 c. mangoes

1 T oatmeal (regular, cooked)

1 c. 1% low-fat milk

2 T NouriShake (any flavor)

*Approximate nutritional boost:*

860 mg potassium

56 g carbohydrates (complex: 20 g)

340 calories

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**BANANA-APRICOT**

1/2 c. bananas

2/3 c. apricots

3 T white rice (cooked)

1 c. pineapple juice

2 T NouriShake (vanilla, strawberry,  
or tropical fruit)

*Approximate nutritional boost:*

1,250 mg potassium

88 g carbohydrates (complex: 20 g)

480 calories