



FAST FACTS ABOUT PREMIUM ALL-PURPOSE PROTEIN POWDER

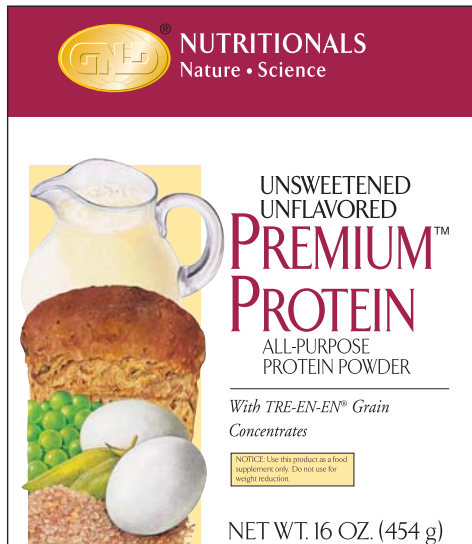
GNLD's Premium All-Purpose Protein Powder answers the demand for a versatile, high-quality protein which can be added to the foods you usually prepare. It's an easy and convenient way to increase the quality and quantity of the protein you consume.

WHY A MULTI-PURPOSE PROTEIN SUPPLEMENT?

- By trimming fat and cholesterol from our diets, we may eliminate important sources of protein. A protein supplement provides a healthy way to boost your daily diet with high-quality protein — without the fat and cholesterol you don't want.
- Only complete protein provides complete nutrition. A high-quality supplement can guarantee that your diet contains balanced amounts of all the amino acids you need, especially the essential amino acids you must get from your daily diet.

WHY GNLD PREMIUM PROTEIN?

- Exceptionally high-quality protein — Contains all 22 amino acids involved in human nutrition, including the essential amino acids that must be supplied by the diet.
- Exclusive Protogard Process. Low-temperature processing and an exclusive plant-derived enzyme blend protect proteins and improve their digestibility.
- Neutral taste. Made from naturally neutral and pleasant-tasting milk protein, egg protein, and a unique oil-free field pea protein.
- Unsweetened and unflavored.
- Mixes easily to boost the protein content of almost any food, including beverages, sauces, soups, casseroles, breads and other baked goods, cereals, and salads.
- Tre-en-en® Grain Concentrates. Includes nutritional elements often missing from processed foods: the vital lipids and sterols found in natural whole wheat, rice, and soy. Developed exclusively for GNLD and available only in GNLD products.
- Excellent PDCAAS advantage. Protein Digestibility Amino Acid Score (PDAAS) is greater than 1.40.
- Low fat — less than one gram per serving.



Nutrition Facts			
Serving Size: 13 g (2 Slightly Rounded Tablespoons)			
Servings Per Container: About 35			
Amount Per Serving	Premium Protein Powder Only	Premium Protein with 8 fl. oz. 1% Lowfat Milk	
Calories	50	150	
Calories from Fat:	10	30	
	Amount in mix	% Daily Value**	
Total Fat	Less than 1 g	1%	5%
Saturated Fat	0 g	0%	8%
Trans Fat	0 g		
Cholesterol	0 mg	0%	3%
Sodium	0 mg	0%	5%
Potassium	0 mg	0%	11%
Total Carbohydrates	1 g	0%	4%
Dietary Fiber	Less than 1 g	2%	2%
Sugars	Less than 1 g		
Protein	11 g	22%	38%
Vitamin A	-		10%
Vitamin C	-		4%
Calcium	15%		45%
Iron	-		-
Vitamin D	-		25%
Thiamine	2%		8%
Riboflavin	2%		25%
Niacin	2%		3%
Vitamin B6	-		5%
Folic Acid	-		4%
Vitamin B12	-		15%
Pantothenic Acid	-		8%
Phosphorus	-		15%
Magnesium	-		8%
Zinc	-		8%

* Contains less than 2 percent of the Daily Value of these nutrients.
 ** 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

PREMIUM PROTEIN All-Purpose Protein Powder

The perfect way to enrich your diet with high quality protein.

Premium Protein is GNLD's answer to the demand for a multi-purpose powdered protein of extremely high protein quality and digestibility — all from natural, whole food sources! Premium Protein is a unique protein food with a pleasant, neutral taste which makes it an ideal all-purpose protein for use in beverages, in cooking, in baking, or wherever protein enrichment is desired.

- Exceptionally high quality protein, featuring special high-grade milk proteins and field pea protein — a unique high-quality protein source developed exclusively for GNLD Premium Protein.
- Includes TRE-EN-EN® Grain Concentrates (derived from natural grain sources), developed exclusively for GNLD and available only in GNLD products.
- The nutritional benefits of fiber as it occurs naturally in bran.
- Absolutely no sweeteners or flavors.
- Exclusive Protogard Process. The digestibility of GNLD's high-quality protein is improved and protected by utilizing low-temperature processing plus an exclusive natural blend of protein-digesting enzymes.
- Backed by 4 decades of nutritional expertise, scientific research, and consumer testing.

DIRECTIONS: Mix 2 slightly rounded tablespoons (13 grams) of Premium Protein in 8 fl. oz. of 1% lowfat milk or your favorite juice and blend well. In your recipes for breads, cakes, cookies, etc., add 2 or more tablespoons of Premium Protein for extra nutrition. Premium Protein may also be used in sauces or gravies, stews, and casseroles.

INGREDIENTS: CALCIUM CASEINATE (MILK), VEGETABLE (FIELD PEA) PROTEIN, SOY PROTEIN CONCENTRATE, LACTALBUMIN, EGG ALBUMIN, SOY LECTHIN, YOGURT POWDER, SAFLOWER OIL, BRAN, YEAST, BUTTERFAT, PAPAIN, BROMELAIN, AMYLASE, LIPASE, LACTASE, TRE-EN-EN® GRAIN CONCENTRATES (RICE BRAN EXTRACT, SOY BEAN EXTRACT, WHEAT GERM EXTRACT).

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