

Everyone knows the importance of good nutrition and the role supplementation plays in better health and wellness.

However, so many products today make so many claims that you need to exercise your mind before you make the right choices for your body.

# YOU DECIDE!

## GR<sup>2</sup> Control<sup>®</sup>: Why It's The Last Weight Loss Program You'll Ever Need!

Now that the New Year is here and the weight loss resolutions have been made, it's time to turn those promises into reality. From those who are looking to lose a few pounds for aesthetic reasons to those who need to lose weight for health benefits, the choices of weight loss programs and products are staggering. In fact, there is more hype surrounding weight loss than any other area of nutrition. But you need look no further than GNLD and GR<sup>2</sup> Control—a company and a weight loss program you can trust. The GR<sup>2</sup> Control weight loss program is the last weight loss program you'll ever need.

### What Defines A Weight Loss Program?

A successful weight loss program, first and foremost, must be safe, but it must also be successful in supporting the user to keep the weight off—without a never-ending dependency on the program or its products. An effective program must also be “real world” usable, allowing for those inevitable times when one cannot follow the program as required. When a program is too rigid, it leads to lower success rates and higher rates of attrition. Additionally, a weight loss program that does not address and support changing negative habits also has a high probability of failure. Striking a balance between freedom of choice and strict control is what contributes to a great weight loss program.

### Why Lose Weight?

A growing body of evidence underscores what has long-been proposed, that being overweight or obese increases the likelihood of developing certain kinds of cancer. Researchers presenting at the International Conference on Frontiers in Cancer Prevention Research reported that being overweight or obese is related to cancers of the colon, endometrium, kidney, and esophagus, as well as postmenopausal breast cancer.

### Latest Science on Weight Loss

A recent study published in the *American Journal of Clinical Nutrition* (vol 82, no 5, pp 964-971) further supports the health benefits of a Mediterranean style diet, one rich in fruits, vegetables, lean meats, and unsaturated fats. The researchers report that groups following this type of diet, even after only a matter of months, significantly reduced cardiovascular disease risk factors. As a basis for GR<sup>2</sup> Control, the SAB examined the scientific evidence of the Mediterranean diet and incorporated many of its positive principles. With GR<sup>2</sup> Control, fresh fruits and vegetables as well as healthy fats are emphasized.

### Enter GR<sup>2</sup> Control

With GR<sup>2</sup> Control, you can have it all. You eat five times a day so you are never hungry. You eat a wide variety of foods from all the major food groups. (Unlike certain diets, which eliminate entire food groups, GR<sup>2</sup> Control challenges you to eat a wide assortment of foods, providing your body with all the energy it needs along with the nutrients it requires.)

GR<sup>2</sup> Control assists you in identifying lifestyle habits that can contribute to weight gain. And the program shows you how you can methodically make positive changes that last a lifetime.

GR<sup>2</sup> Control is flexible and was designed with the real world in mind. Our delicious Meal Replacement Protein Shakes easily and quickly mix in water, enabling you to enjoy a satisfying and nutritious meal at home or on the go.

GR<sup>2</sup> Control provides metabolic support with our Thermogenic Enhancer without potentially dangerous central nervous system stimulants. And our GR<sup>2</sup> Control Appetite Reducer enhances your feeling of fullness.

No calorie counting, no preprocessed meals to make, and no confusing nutrient “balances” to try and juggle—GR<sup>2</sup> Control provides the perfect balance of nutritional support along with lifestyle and diet changes that help you achieve and keep your weight loss goals.

The GR<sup>2</sup> Control program is proven through published scientific studies, real world human trials, and thousands of successful users all over the world.

### It's Up To You!

When it comes to weight loss programs, you have many choices. You can try the latest popular diet (which doesn't have the scientific support or proven results of GNLD's GR<sup>2</sup> Control program). Or, you can join the thousands of people who have chosen the GR<sup>2</sup> Control program to take advantage of one of the most successful—and safest—weight loss programs ever conceived. You Decide!

