

Solid nutrition and supplementation are major keys to optimal health and wellness. However, with so many products on the market, all claiming to deliver exactly what you need, you must exercise your mind in order to make the right choices for your body.

# you decide!

## GNLD PROTEIN OUTPERFORMS THE COMPETITION!

Like water and oxygen, protein is fundamental to life. Not only is it a principal component of your muscles, skin and brain, it also plays crucial roles in essentially all biological processes — and it's vital to the amount of energy you have. A protein-rich diet supports a strong immune system, high metabolism, and weight maintenance. Unfortunately, not all proteins are created equal. To meet all of your body's daily demands, it's important to choose your protein sources carefully.

GNLD has been providing superior quality protein products for over 30 years. During this time, our Scientific Advisory Board (SAB) has assured that our expertise is unmatched in the industry. GNLD blends all of its proteins using an exclusive "Protogard Process." This method involves blending high-quality raw materials at low temperatures to protect nutritional value. Protein exposed to high temperatures during processing can lose much of its nutritional value.

When formulating our GR<sup>2</sup> Control Protein Shake, Nourishake and Super Ease, GNLD's SAB Members undertook strict, comprehensive measures to assure that GNLD proteins delivered complete, whole-food nutrition to help people function at their healthy best.

### The GNLD Difference:

#### "Glycemic Edge" carbohydrates

GNLD proteins contain fructose which adds sweetness and provides carbohydrates for energy. Since fructose is absorbed slowly, it provides sustained, long-lasting energy and spares protein for use as an energy source.

#### The PDCAAS advantage

Protein can be rated for its bioavailability and its amino acid content. The accepted standard is the Protein Digestibility Amino Acid Score. An excellent score on this scale is set at 1.00 (scores above 1.00 are rounded down to 1.0). GR<sup>2</sup> Control Protein Shake, Nourishake, Super Ease and all other GNLD protein supplements score 1.0 on this scale.

#### Non-GMO soy

GNLD recognized years ago that genetically-modified soy has no place in the human food chain and specified non-GMO (genetically-modified organisms) soy protein for our products.

#### Digestive enzymes

If nutrients are not fully digested, their absorption can be negatively affected. GNLD proteins contain plant-derived digestive enzymes to support optimal digestion of protein, fats and carbohydrates.

When you look at all of the advantages GNLD proteins provide, and then compare them to our competitors, you'll see they don't even come close. *But then, you decide!*



## PROTEIN COMPARISON

GNLD	GNLD GR <sup>2</sup> Control™ Protein Shake	GNLD NouriShake®	GNLD Super Ease®	Shaklee® Energizing Soy Protein	Herbalife® Health & Fitness Formula Protein Drink Mix	Nutrilite® Protein Powder	Nature Sunshine® Synerprotein®
Protein sources blended using exclusive low temperature Protogard Process?	Yes	Yes	Yes	No	No	No	No
"Glycemic Edge" carbohydrates for sustained energy and protein sparing?	Yes	Yes	Yes	Yes	Yes	No	Yes
PDCAAS rating of 1.0?	Yes	Yes	Yes	No	Yes	Yes	No
Certified NON-GMO soy?	Yes	Yes	Yes	?	?	?	Yes
Plant-derived digestive enzymes for optimum protein, fat and carbohydrate digestion?	Yes	Yes	Yes	No	No	No	No
Percentage of "Yes" answers	100%	100%	100%	20%	40%	20%	40%