

FAST FACTS



Healthy people everywhere sometimes experience stress and environmental toxins that can challenge their feelings of wellness. Master herbalists have long known that maintaining a proper physiological balance is the key to improved wellness. Certain herbs can aid in enhancing this wellness by promoting circulatory and intestinal cleansing, enhancing immune function, and also by supporting stamina and endurance. OLF, GNLD's Optimal Life Formula, is a unique and exclusive mixture of natural plant extracts that support the body's natural balance and helps it perform at its vital best.

OLF (Optimum Life Formula)

Why choose herbs to boost endurance and stamina?

- Herbs have been proven effective from centuries of use.
- Herbs have a long history of safe use, without the side effects associated with chemical drugs.
- Herbs are nature's solutions to wellness challenges.
- Herbs are non-habit-forming.
- Herbs work naturally and gently to balance and support normal bodily physiology and function.
- Herbs have been shown to restore the body's balance and help the body perform at its vital best.
- Herbs have been shown to help boost the body's resistance to environmental toxins and stressors, allowing it to handle today's changing and stressful environment.

GNLD's OLF may help if:

- you want peak condition and performance
- you want a sense of vitality
- you have feelings of stress
- you want to stay calm/relaxed
- you have mild anxiety
- you get mild depression
- you get bloated or pass 'wind'
- you have hayfever or sinusitis

Why GNLD OLF?

- **Comprehensive formula.** Our unique "complete family" approach to the formula provides broad, synergistic effects of the herbal constituents, which optimises their ability to support a relaxed body and quiet mind – essential for normal sleep function.
- **Herbs are selected from many global traditions,** bringing you the best herbal knowledge from around the world.
- **Contains Reishi Mushroom,** highly prized by Chinese herbalists for promoting longevity. Also for internal cleansing, support of the immune system, and relief of symptoms of hay fever and allergies.
- **Contains Red Sage** for increased general endurance, stamina, and strength.
- **Contains Avena Sativa** for renewed vitality.
- **Contains Damiana** to support peak performance and endurance.
- **Contains St. John's Wort** to help support calmness, normalise mood, and support positive mental attitude.
- **Adaptogenic,** promotes harmony of all of the body's major functions.
- **Guaranteed purity, potency, and consistency.**
- **100% natural herbal formula** contains no chemical or animal products.



Herb

Actions and Benefits

Reishi Mushroom – plant (<i>Ganoderma lucidum</i>)	Strengthens immune activity. Supports liver function and blood cleansing. Normalises minor allergy and hay fever responses. Calms nerves and restores vitality.
Celery – leaf (<i>Apium graveolens</i>)	Assists cleansing of blood and healthy blood pressure levels. Soothes distressed tissues. Supports healthy immune response.
Oats – seed (<i>Avena sativa</i>)	Helps reduce feelings of stress and anxiety. Supports healthy nervous system, vitality, libido and related functions.
Red Sage – leaf (<i>Salvia officinalis</i>)	Supports healthy immune responses. Helps normalise distressed tissue. Assists with hormonal regulation. Helps restore vitality.
St John's Wort – flower (<i>Hypericum perforatum</i>)	Reduces feelings of stress and anxiety. Calms the nerves; helps relieve mild depression. Also helps normalise distressed tissue and promotes healthy immune response.
Damiana – leaf (<i>Turnera diffusa</i>)	Calms nervous system. Supports vitality, libido and related functions.
Astragalus – plant (<i>Astragalus membranaceus</i>)	Promotes peak performance; encourages vitality and longevity. Helps normalise micro-organism levels and assists effective immune responses. Supports healthy liver function.
Cinnamon (<i>Cinnamomum zeylanicum</i>)	Encourages healthy circulation. Helps normalise micro-organism levels. Relieves flatulence.
Liquorice – root (<i>Glycyrrhiza glabra</i>)	Normalises distressed tissue. Promotes liver health and blood cleansing. Helps relieve feelings of stress and anxiety.

The GNLD Challenge:

Deliver pure, potent Herbal ingredients

We are so confident that GNLD's OLF is superior to its market competitors and is without peer that we dare the competition to brave the "GNLD Herbal Alternatives Challenge." For a herbal supplement to be equivalent to GNLD's Herbal Alternatives, it must meet the following criteria:

	GNLD Herbal Alternatives	Competitors Herbal Products
Utilises polypharmacy – based on traditional herbalism, combines the synergistic benefits of selected herbs to optimise wellness.	✓	?
Benchmarks the industry standard for purity and cleanliness. Ensures herbal products free of contamination without using toxic gases or gamma radiation.	✓	?
Concentrated for potency and great value. Concentrates active ingredients at least five times their natural potency.	✓	?
Standardised active ingredients. Key active ingredients are standardised for consistent potency.	✓	?



INTERNATIONAL

For more information please contact your local GNLD Distributor

References and suggested further reading

Chevallier, A. Encyclopedia of Medicinal Plants, Dorling & Kiindersley Ltd., London, 1996.

Hsu, Hong-Yen, Oriental Materia Medica, Keats Publishing Company, New Canaan, CT, 1986.

Hoffman, D. The Complete Illustrated Holistic Herbal, London, 1996.

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