



Put the **bounce** back into your **body**

Gear up for summer with an abundance of energy that will allow you to live the lifestyle you deserve.

There is so much fun to be had in the warmer weather and you will want to take advantage of the many outdoor activities, not only to keep fit and healthy, but to discover new, hidden talents. Why not try your hand at rock-climbing, scuba diving, aqua aerobics, cycling and even rollerblading? The list of exciting activities is endless and you are never too old to try new things, especially when you harness the energy of youth! Sure, you need to eat a healthy, well-balanced diet and ensure that you exercise regularly, but if you want to put the bounce back into your body, then GNLD's Energy Program is for you.

Based on the science of cellular health and the nature of 'wholefood' ingredients, this program helps power up the trillions of cells in your body for a vibrant, energetic new you. *The Energy Program* has three components for strong cellular health including *Feeding, Renewing and Repairing and Protecting* every living cell in your body. The supplements that combine to fortify your cellular health are Formula IV, Formula IV Plus, and the new member of the Energy Program – Tre-en-en Grain Concentrates, Nourishake, Vegetarian Protein Supplement and PhytoDefense.

Feed Your Cells

The first step in increasing your body's cellular health and as a result experiencing more energy is to get the nutrients (vitamins and minerals) from your diet into the cells where they can be used efficiently. It is great to eat a healthy, well balanced diet, but this diet may be fruitless unless your cellular health is functioning at its optimum best. To maintain the health of the cell, special fats known as lipids and sterols must be present to keep the cell soft and supple to allow nutrients into the body. These lipids and sterols are not manufactured by the body, but must be obtained through the diet. Formula IV, Formula IV Plus and Vita-Squares are now joined by Tre-en-en to form the foundation of the Feed stage of the Energy Program.

WELCOME
THE NEW MEMBER OF THE ENERGY PROGRAM:
A STAND-ALONE TRE-EN-EN PRODUCT!

Tre-en-en Grain Concentrates

GNLD's foundation phytonutrient supplement found in Formula IV, Formula IV Plus and Vita-Squares is now available as a stand-alone product to further enhance health and wellbeing in the South Pacific. Tre-en-en contains the essential energy-enhancing properties of

lipids and sterols from wheat, rice and soy, so you can top-up your phytosterols.

First formulated in 1958 as part of a medical study to combat lethargy, tiredness and hormone production depletion, this product puts back the goodness that modern-day food processing takes out for increased cellular energy and vitality.

TRE-at yourself right

EN-hance your vitality

EN-ergise your life

- Enhance cellular energy
- Support cardiovascular health
- Enhance energy and vitality



Renew and Repair Your Cells

Cellular renewal and repair is essential if your body is to function at its peak; this is necessary due to skin and muscle regeneration, blood cell turnover and free radical damage caused by many factors. Adequate protein is essential for the repair and renewal of cells. GNLD's protein products, including NouriShake and Vegetarian Protein Supplement, are superior as they are derived from several wholefood sources and are complete protein foods rich in all 22 amino acids involved in human nutrition. The GR² Control Meal Replacement Shake also fulfils this role.

Protect Your Cells

Oxidation by free radicals can age and destroy cells in your body, even destroying their ability to repair damage, which may lead to degenerative diseases in the future. However, the protective nature of the nutrients found in plant foods, such as those found in GNLD's PhytoDefense (including Carotenoid Complex, Flavonoid Complex and Cruciferous Plus), shield cells from damage.

So take the plunge, dive into the ocean, run down the beach and enjoy all that the summer has to offer with the vitality of youth. Take care of your body with a balanced diet and allow GNLD's Energy Program to fortify your cellular health to get the most out of your diet. This is a program for everyone, young and old, so get your hands on these quality wholefood supplements and experience the benefits for yourself. With the best of science and nature in the palm of your hands, you are only bouncing distance away from better health and increased energy.