

# FAST FACTS



Scientific research is showing that replacing animal-sourced protein with more plant-sourced protein can offer some significant health benefits. Such benefits range from reducing the intake of artery-clogging saturated fat, and residual contaminants such as hormones, antibiotics, and even pesticides and fertilisers from feeds, to boosting the intake of cholesterol-lowering compounds and phytonutrients that help protect cells from degeneration! But for many people, replacing animal protein with plant protein can be a difficult challenge. Some studies have shown that 85% of vegetarians surveyed use nutritional supplements to make sure they're getting all the nutrients they need in their overall diet. In particular, GNLD's Vegetarian Protein Supplement provides a versatile and convenient way of boosting a person's protein intake with all 22 amino acids necessary for human nutrition.

## Vegetarian Protein Supplement - *Plant Protein Power!*

### Why should you include more vegetarian protein in your diet?

- Research links plant-based diets with a wide range of health benefits. Most importantly, these diets appear to work best at preventing the onset of many chronic degenerative diseases such as heart disease, diabetes and cancer.
- Plant proteins such as that found in soy appear to offer protection to the heart and cardiovascular system.
- Research suggests that consuming soy protein and other plant-sourced proteins may help protect bones from becoming weak and brittle as you age, which could otherwise progress into the bone-wasting disease, osteoporosis.
- Epidemiological (population) studies suggest that plant proteins may have a role in reducing the risk of certain cancers.
- Other potential health benefits of plant proteins are currently under investigation. These areas of research include plant proteins and diabetes, weight management, and kidney disease.

- Plant proteins such as soy protein contain a broad range of beneficial phytonutrients, including phytoestrogens and antioxidants. Research is currently looking at the potential health benefits these bioactive compounds have against a number of different diseases.

*GNLD's 100% plant-derived Vegetarian Protein Supplement supports the needs of people avoiding animal products and boosts the intake of potent-disease fighting nutrients for people wishing to maximise their health!*



## Why GNLD Vegetarian Protein Supplement?

- **Whole food ingredients.** GNLD's exclusive blend from rice, soy, oats and acerola cherry.
- **Complete protein source.** Protein from soy and rice blended with the natural free-form amino acid L-methionine provides all 22 amino acids necessary for human nutrition.
- **Exclusive Plant Enzyme Complex** (bromelain, papain and food-grade protease) help provide natural enzymes to enhance digestion and absorption.
- **Low allergy.** Each of the ingredients in Vegetarian Protein Supplement has been screened to assure minimum allergy potential. No wheat, corn, dairy products, yeast, artificial colours, flavours or preservatives.
- **Natural vegetable fibre.** Each serving provides 3 grams of fibre from GNLD's Neo-Polyfibe, a unique blend of fibre from soy polysaccharide, whole oat fibre and acerola fibre, which has been shown to absorb cholesterol from the intestine and help carry it out of the body.
- **Exclusive ProtoGard Process** blends high-quality protein materials together at low temperature and in the presence of the plant-sourced protein-digesting enzymes to produce a "pre-digesting" of the proteins for enhanced bioavailability.



**INTERNATIONAL**

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local GNLD Distributor

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