

FAST FACTS



Mother nature has a solution to the free-radical problem that can harm both young and old cells. She has packaged antioxidant nutrients in the fruits and vegetables we eat. Antioxidants act as free radical scavengers and GNLD's Vita-Gard™ delivers a broad spectrum of whole-food antioxidants to promote general well-being for your children. It's an investment that will help maximise your child's chance of good health, now and into the future.

Vita-Gard - *An investment in your child's health*

Why Antioxidant Supplements For Children?

- They help provide antioxidant nutrients that scavenge free radicals.
- They help children's delicate tissues and organs at a time when their metabolic rate, necessary for supporting tremendous growth and development, is generating free radicals.
- They help scavenge free radicals which can be generated by smog, ozone, certain preservatives in foods and cigarette smoke.
- They can fill the nutritional gaps of children where not eating the required number of servings of fruits and vegetables is the rule rather than the exception.

Why GNLD's Vita-Gard?

- Vita-Gard™ provide both water and lipid-soluble **antioxidants** that can act in the watery regions and the fatty regions of the body. Essential activity for long term cellular health.
- Vita-Gard™ is the **only children's chewable tablet that delivers a broad spectrum of flavonoids** (water soluble antioxidants) from all natural whole foods: cranberries, green tea, mixed berries, lemons and oranges. Foods that are part of the human food chain and proven safe to consume that also help protect the watery portions of the cell.
- Vita-Gard™ is the **only children's chewable tablet that delivers a broad spectrum of the carotenoids** (lipid or fatty soluble antioxidants), from all natural whole foods: carrots, apricots, peaches, strawberries and tomatoes. Foods that are part of the human food chain and proven safe to consume that also help protect the lipid or fatty region of the cell.
- ***Also delivers vitamins that are essential for the promotion of long term healthy cells** including, 60% of the RDI for vitamin A, 100% of the RDI for vitamin C, 100% of the RDI for vitamin E, including the entire vitamin E family, 100% of the RDI for zinc, a key mineral component that plays important roles in appetite and growth.
- **Is an all natural, chewable, great tasting multi vitamin** that has no artificial sweeteners, flavouring, colours or preservatives.

*RDI for children under four years.

Please remember to always read the label.



Good whole foods and good whole food supplements are an investment in your children's health both now and for their future.

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Building a foundation of health that will last a lifetime requires a commitment to good nutrition. It's never too early to assure your children receive the lipids, sterols, vitamins, minerals and other nutrients necessary to lay the protective groundwork for immediate and future good health. Vita-Squares™ help provide the building blocks growing children need to achieve their physical, mental and emotional "bests."

Vita-Squares - *The building blocks for your child's health*

Why Multivitamins For Children?

- They can help supply key nutrients which research has shown play a role in promoting well-being in children.
- They can support the exceptional growth demands of childhood, when body weight doubles several times over and new cells are created at a phenomenal rate.
- They can assist in the development and maturation of the body.
- They can help meet the high energy demands and special metabolic needs of childhood.
- They can help fill nutritional gaps that are the rule rather than the exception in children's diets.

Did you know?

- Children produce MORE THAN A BILLION new cells each day and it takes a lot of nutrients to support this extraordinary growth! Children's body weights double many times over from the time they're born. For example, 50% of adult weight is attained during puberty alone!
- Young tissues and organ systems need nutrients to develop properly.
- Childhood is a time when learning and memory skills and personalities are developing (choline and inositol, ingredients that are included in Vita-Squares, have been shown to support learning and memory functions).

Why GNLD Vita-Squares™?

- **Vita-Squares™ specifically addresses the nutritional needs of your children** by providing optimal cellular nutrition that supports children's growth by feeding, renewing and protecting their cells.
- **More than just a multivitamin.** The most complete children's supplement available, Vita-Squares™ contain vitamins, minerals, lipids, sterols and other whole-food-based nutrients that are deficient in many diets but that are essential for good health.
- **Contains Tre-en-en Grain Concentrates.** Our exclusive formulation from whole wheat berries, rice bran and soybeans supplies lipids and sterols that are often absent in the foods they eat, yet essential for long term cellular health.
- **Broad-spectrum antioxidant action from the entire vitamin E family** of natural-source mixed tocopherols and tocotrienols, not just the most common member (alpha-tocopherol) or the synthetic form found in most other supplements. Vitamin E is an antioxidant that is a potent scavenger of free radicals.
- **100% Natural sweeteners and flavourings.** Sweetened with fruit juice concentrates (oranges, apples, and grapes) and fructose and flavoured with berry essences. Contains no sucrose, chewable and tastes great!

Please remember to always read the label.

During childhood, a time of great nutritional need, the diet may well be at its worst. Science has shown supplements can replace nutrients that are missing from typical children's diets.