



PhytoDefense delivers the broad phytonutrient protection of six optimal servings of fruits and vegetables in one convenient pack. Each PhytoDefense pack contains GNLD's exclusive, patented Carotenoid Complex, which delivers antioxidant protection from free radical damage for the lipid portions of cells; Flavonoid Complex to help protect the watery portions inside and around cells; and Cruciferous Plus which provides nutrients that work with naturally-occurring hormones and enzymes to promote good health.

### Why Carotenoid, Flavonoid and Cruciferous Compound Phytonutrients?

- The consumption of carotenoids has been linked to everything from stronger immune systems to lower risks of developing heart disease, cataracts, macular degeneration, and even cancer.
- A flavonoid-rich diet has been shown to help support the body's anti-cancer activity, enhance anti-inflammatory action and immune response, and reduce risk of developing cardiovascular disease, including stroke, high blood pressure and heart attack.
- Numerous studies have shown that populations consuming an average of eight servings of cruciferous vegetables per week report some of the world's lowest cancer rates, especially rates of breast and prostate cancers.

### Why GNLD PhytoDefense?

- Optimal phytonutrient protection. Each daily PhytoDefense pack contains 3 capsules of Carotenoid Complex, 2 tablets Flavonoid Complex, and 1 tablet Cruciferous Plus.
- Broad spectrum of whole food, Carotenoid, Flavonoid, and Crucifers.
- 100% natural

### Carotenoid Defense

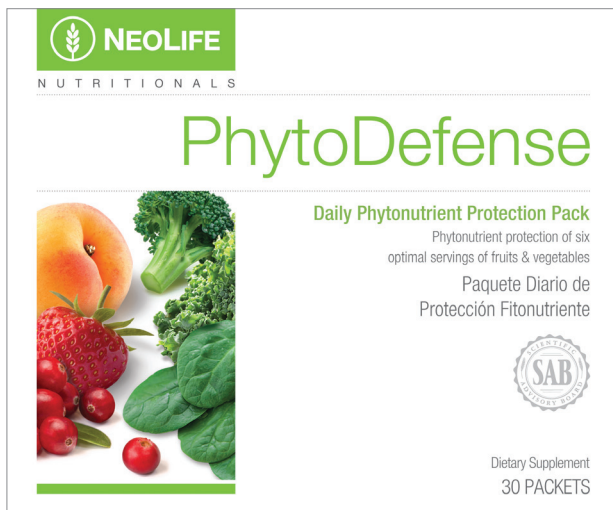
- Researched by the USDA. Studies prove Carotenoid Complex:
  - Increases immune system cells 37% in just 20 days!
  - Boosts cancer-fighting cells 20%.
  - Curbs oxidative damage to cells 44%.
  - Delivers five times more protection to keep LDL (bad) cholesterol from leading to heart disease.
- Each Carotenoid Complex capsule contains an optimal serving of carotenoid-rich fruits and vegetables—tomatoes, carrots, spinach, red bell peppers, strawberries, apricots and peaches.

### Flavonoid Defense

- Ingredients in Flavonoid Complex inhibited the growth of cancer cells by up to 90% in a recent test tube research procedure using human cells.
- Flavonoid Complex delivers an optimal serving of all 5 classes of flavonoids in each tablet. Derived from whole cranberries, kale, green tea (decaffeinated), beets, elderberries, red grapes, black grapes, oranges, lemons and grapefruit.

### Cruciferous Defense

- Two decades of research and hundreds of studies link the components in Cruciferous Plus with:
  - A lower risk for developing cancers of the breast and prostate.
  - Prevention of good estrogen from converting to bad estrogen associated with a higher risk for breast cancer.
  - Ability to help lower cholesterol and neutralizes toxins.
- Cruciferous Plus provides an optimal serving of phytonutrients from selected cruciferous vegetables—broccoli, radish, kale, black mustard, brown mustard and watercress—in each tablet.



# PHYTODEFENSE

**SUGGESTED USE:** 1 packet daily with a meal.

## Supplement Facts

Serving Size: 1 Packet

Servings Per Container 30

|   | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| Calories  | 29                 |               |
| Calories from Fat   | 14                 |               |
| Total Fat   | 1.5 g              | 2%**          |
| Sodium  | 77 mg              | 3%**          |
| Total Carbohydrate  | 2 g                | 1%**          |
| Protein   | 1 g                |               |
| Vitamin A (as beta-carotene)  | 7500 IU            | 150%          |
| Vitamin C (as ascorbic acid)  | 100 mg             | 160%          |
| Vitamin E (as d-alpha-tocopherol)   | 18 IU              | 60%           |
| Lycopene  | 1200 mcg           | †             |
| Lutein/Zeaxanthin   | 410 mcg            | †             |
| <b>Carotenoid Complex Blend</b>   | 900 mg             | †             |
| Carrot oleoresin ( <i>Daucus carota</i> ) (root); Red Bell Pepper oleoresin ( <i>Capsicum frutescens</i> ) (fruit); Tomato oleoresin ( <i>Lycopersicon esculentum</i> ) (fruit); Spinach oleoresin ( <i>Spinacia oleracea</i> ) (leaf); Apricot concentrate ( <i>Prunus armeniaca</i> ) (fruit); Strawberry concentrate ( <i>Fragaria vesca</i> ) (fruit); Peach concentrate ( <i>Prunus persica</i> ) (fruit).   |                    |               |
| <b>Flavonoid Complex Blend</b>  | 654 mg             | †             |
| Cranberry extract ( <i>Vaccinium macrocarpus</i> ) (fruit); Kale concentrate ( <i>Brassica oleracea acephala</i> ) (leaf); Green Tea extract ( <i>Camellia sinensis</i> ) (leaf); Beet concentrate ( <i>Beta vulgaris</i> ) (root); Elderberry extract ( <i>Sambucus nigra</i> ) (fruit); Red Grape Skin extract ( <i>Vitis vinifera</i> ) (fruit); Black Grape Skin extract ( <i>Vitis vinifera</i> ) (fruit); Orange extract ( <i>Citrus aurantium</i> ) (fruit); Lemon extract ( <i>Citrus limon</i> ) (fruit); Grapefruit extract ( <i>Citrus paradisi</i> ) (fruit). |                    |               |
| <b>Cruciferous Plus Blend</b>   | 525 mg             | †             |
| Soymilk powder; Broccoli extract ( <i>Brassica oleracea botrytis</i> ) (leaf); Radish extract ( <i>Raphanus sativus</i> ) (root); Kale extract ( <i>Brassica oleracea acephala</i> ) (leaf); Orange extract ( <i>Citrus sinensis</i> ) (fruit); Black Mustard extract ( <i>Brassica nigra</i> ) (fruit); Licorice extract ( <i>Glycyrrhiza glabra</i> ) (root); Brown Mustard concentrate ( <i>Brassica juncea</i> ) (fruit); Watercress concentrate ( <i>Rorippa nasturtium officinale</i> ) (leaf and stem).  |                    |               |

\*\*Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established

**OTHER INGREDIENTS:** Microcrystalline cellulose, gelatin, olive oil, glycerin, yellow beeswax, calcium carbonate, purified water, lecithin, sodium croscarmellose, stearic acid, starch, silicon dioxide, hydroxypropyl methylcellulose, soybean oil, triacetin, natural colors, carmine and simethicone.



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