

The GNLD Difference: You Decide

Everyone knows the importance of good nutrition and a safe environment. However, so many products today make so many claims that you need to exercise your mind before you make the right choices for your body, your home, and your family.

Fruits And Vegetables Are Critical To Our Health—Everyone Knows This!

Over the past three decades, we've been constantly reminded that fruits and vegetables are critical to optimal health. Over and over we are told that eating the recommended quantities of fresh fruits and vegetables makes us healthier, while eating less of them leaves us open to a range of health problems.

Recently every leading health authority, including the World Health Organization, has affirmed this message, loudly proclaiming that a lack of fruit and vegetable intake is a primary force driving the worldwide chronic disease epidemic, and that increasing fruit and vegetable consumption is a key strategy for solving that crisis.

10 Years—Without Progress!

By now, you would think everyone would understand the critical connection between good health and fruits, vegetables, and the nutrients they provide, and make a change. But apparently, that is not the case. A recent report from the National Fruit and Vegetable Alliance, a government action team lead by the Centers for Disease Control and Prevention (CDC) and the National Cancer Institute (NCI) shows that despite the hundreds of millions of dollars spent on getting the message out, we're worse off today than we were 10 years ago—or at least no better. Data collected from 10 years of study concluded that 96% of Americans still do not get enough fruit and vegetable nutrition each day. Worse yet, more than 9 out of 10 children today fail to get sufficient fruits and vegetables. It's no wonder we hear so much about health problems. We cannot allow this to continue.

What you can do for you and your family.

The obvious solution here is to eat more fruits and vegetables. Simple in theory, but in practice, not really! Health authority recommendations call for at least five, and up to thirteen servings of fruits and vegetables each and every day. That's a lot of food and a lot of preparation time—especially for active, working families. On top of that not all people like the wide array of fruits and vegetables that our bodies need each day—especially our kids! As a result, our diet suffers severely. Without the nutritional power of fruits and vegetables, we leave ourselves needlessly exposed to health-robbing deficiencies.

Make a choice for change!

When all is said and done, you only have one of two choices. Do nothing, and go on ignoring the warnings and recommendations of health authorities, running the risk of chronic disease. Or take action. Finding ways to get more fresh fruits and vegetables into your diet is critical, but when you can't, turn to GNLD's whole-food, human food-chain nutritional supplements. Drawn directly from the exact fruits and vegetables health authorities tell us we need more of, they provide powerful nutritional support.

You know that you and your family need fruits and vegetables every day. And you also know whether you are getting what you need. So are you going to leave things as they are and do nothing? Or are you going to take action and use all the whole-food solutions at your disposal and strive for optimal health? You decide!

GNLD Whole-Food Supplements Help You Make The Right Decision

Daily Carotenoid Complex®

Made entirely from carrots, tomatoes, spinach, red bell peppers, peaches, strawberries, and apricots, each single capsule provides the broad spectrum carotenoid nutrition of a whole serving of these important and nutritious foods.

Daily Flavonoid Complex™

With powerful antioxidant nutrition, each tablet provides diverse phytonutrients from an optimal serving of fruits and vegetables, plus catechins from green tea and ellagic acid from grapes, cranberries, and other berries.

Daily Cruciferous Plus™

Each tablet delivers a whole serving of cruciferous vegetable nutrition from broccoli, radishes, kale, black mustard, brown mustard, and watercress. Plus phytonutrients from oranges, licorice, and soybeans.

PhytoDefense®

Bringing it all together in one convenient serving, each packet contains three Carotenoid Complex capsules, two Flavonoid Complex tablets, and one Cruciferous Plus tablet.

PHYTODEFENSE			
Fruits/Vegetable	Carotenoid Complex	Flavonoid Complex	Cruciferous Plus
Apricots	•		
Beets		•	
Black Grapes		•	
Black Mustard			•
Broccoli			•
Brown Mustard			•
Carrots	•		
Cranberries		•	
Elderberries		•	
Grapefruit		•	
Green Tea		•	
Kale		•	•
Lemons		•	
Licorice Root			•
Oranges		•	•
Peaches	•		
Radishes			•
Red Grapes		•	
Red Bell Peppers	•		
Soybeans			•
Spinach	•		
Strawberries	•		
Tomatoes	•		
Watercress			•