FAST FACTS ABOUT DAILY VITALITY PACKS

STRESS 30

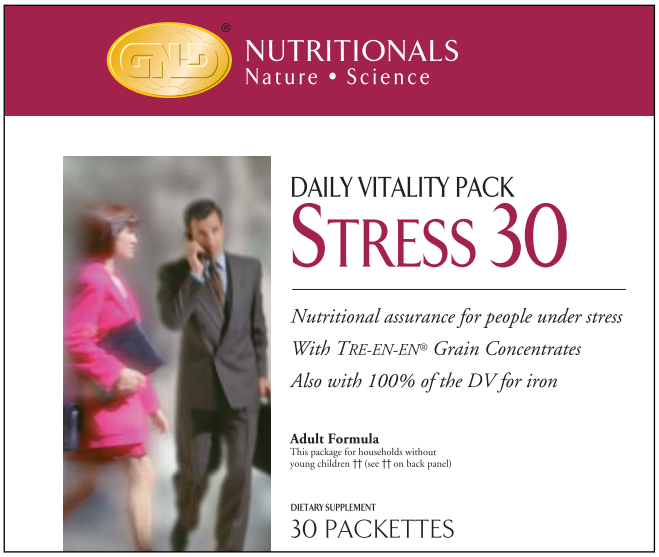
Work. Relationships. Money. Deadlines. Whatever its cause, stress is a part of life. When we experience stress, the body undergoes many physiological changes as it prepares its "fight or flight" response. Adrenaline is dumped into the bloodstream, triggering the release of insulin to boost the production of energy. Fats are mobilized from storage for added energy. Blood vessels constrict. Blood pressure goes up. Heart and breathing rates increase. Body temperature rises. Muscles become tense. Perspiration increases, as does frequency of urination.

Stress can reduce the effectiveness of your immune system and deplete your nutritional reserves. High-level stress situations such as work-related pressures, anger, or fright can dramatically increase your body's need for nutrients. Low-level stress such as hectic daily schedules can impact sleep and eating patterns, increase the need for nutrients, and diminish the supply available.

Since episodes of extreme stress are relatively unpredictable, it is important to maintain an adequate supply of nutrients to meet the immediate demands of stress and support healthy immune function.

Stress 30 is a complete nutritional program scientifically formulated to meet the needs of a stressful lifestyle by providing an abundance of balanced, high-potency nutrients that are in high demand during periods of stress, including:

- **B-vitamins** to sustain energy production.
- **Vitamin C** to ensure support of the immune system.
- **Zinc** for additional immune support.
- **Calcium, magnesium, iron, selenium, chromium, and other key minerals** which support brain and body function.



NUTRITIONALS Nature • Science

DAILY VITALITY PACK
STRESS 30

Supplement Facts

Serving Size 1 Packette
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	24	
Calories from fat	15	
Total Fat	1.7 g	3%*
Total Carbohydrate	2 g	<1%*
Vitamin A (from retinyl palmitate)	4,000 IU	80%
Vitamin C (as ascorbic acid and from acerola cherry (*Malpighia punicifolia*)(fruit)	505 mg	842%
Vitamin D (from cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopherol)	110 IU	367%
Thiamin (as thiamine mononitrate and from yeast)	60 mg	4000%
Riboflavin (as riboflavin and from yeast)	60 mg	3529%
Niacin (as niacinamide and from yeast)	250 mg	1250%
Vitamin B6 (as pyridoxine hydrochloride and from yeast)	60 mg	3000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	60 mcg	1000%
Biotin	400 mcg	133%
Pantothenic Acid (as calcium pantothenate and from yeast)	62 mg	620%
Calcium (chelated and from dicalcium and tricalcium phosphate)	299 mg	30%
Iron (as ferrous peptonate)	18 mg	100%
Phosphorous (from dicalcium and tricalcium phosphate)	35 mg	4%
Iodine (from kelp)	100 mcg	66%
Magnesium (chelated and as magnesium oxide)	185 mg	46%
Zinc (chelated and as zinc oxide)	60 mg	400%
Selenium (as sodium selenite and from yeast)	200 mcg	285%
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese gluconate)	10 mg	500%
Chromium (from chromium yeast and chelated)	100 mcg	83%
Molybdenum (as molybdenum trioxide)	150 mcg	200%
Potassium (as potassium carbonate and as potassium gluconate)	76 mg	2%

†† Federal Regulations require this statement on certain products containing iron.

Amount Per Serving		% Daily Value
Desiccated liver	200 mg	†
Inositol	65 mg	†
Choline bitartrate	125 mg	†
Rutin	30 mg	†
Rosehips (*Rosa canina*)(fruit)	30 mg	†
Lecithin (from soy)	30 mg	†
Lemon Bioflavonoid	7.6 mg	†
Hesperidin	7.6 mg	†
Mixed non-alpha tocopherol	20 mg	†
Betaine hydrochloride	10 mg	†
TRE-EN-EN® Grain Concentrate Blend Rice Bran Oil; Soya Bean Oil; Wheat Germ Oil	675 mg	†
Neo-Plex Concentrate Blend Orange Juice powder (Citrus sinensis)(fruit); Orange powder (Citrus sinensis)(peel), Citrus Bioflavonoid	49 mg	†
Phyto Enzyme Blend Lipase; Protease; Diastase; Amylase	45 mg	†

* Percent Daily values are based on 2,000 calorie diet.
† Daily Value not established.

Other Ingredients; Glycine, stearic acid, microcrystalline cellulose, magnesium silicate, gelatin, hydroxypropyl methylcellulose, powdered cellulose, hydroxypropyl cellulose, laminaria digitata, sodium croscarmellose, silicon dioxide, glycerin, food glaze, magnesium stearate, yellow beeswax, dulse, gum acacia, titanium dioxide, water, triacetin, irish moss, natural color, wheat germ powder and rice bran powder. Contains milk, soy and wheat.

Each serving of Stress 30 contains GNLD's unique four-factor food supplement, Formula IV® Plus including Tre-En-En® Grain Concentrates with whole grain lipids and sterols, Selenium E with 100% natural mixed tocopherols, Stress B+C enhanced with Neo-Plex Concentrate, biologically bound yeast and with high potency, Threshold Control nutrient release over a 6 hour period and Chela-Sea M with chelated and complexed minerals from sea vegetation.

SUGGESTED USE: 1 Packette daily with breakfast or lunch.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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Sports 30

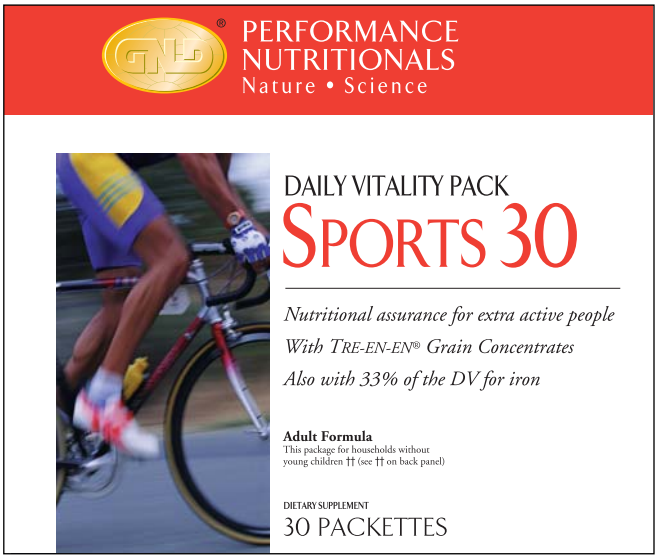
While diet in itself cannot provide fitness or championship form, a poor diet can ruin both. Physically active people require greater-than-normal amounts of nutrients. Simply eating more may not be enough to meet the body's increased needs for vitamins and minerals during exercise, especially since athletes tend to rely on high-energy sources, such as carbohydrates, that are low in other essential nutrients. Compounding the problem is that, like everyone else, physically active people do not always consume balanced diets.

How does exercise increase the demand for nutrients? First, increased activity requires more nutrients for the conversion of food into energy. Second, increased metabolic activity means greater exposure to oxidants — and thus greater antioxidant depletion! — as well as greater exposure to other health hazards in food and air. And third, increased energy production requires additional nutrients for increased waste elimination.

Nutrient deficiencies can impact performance. As B-vitamins play key roles in energy production and in the metabolism of carbohydrates, fats, and proteins, B-vitamin deficiencies can lower your endurance. Iron deficiencies — common in women athletes — impair the ability of the blood to transport oxygen to body tissues. And inadequate stores of vitamin C cheat the body of an important form of antioxidant protection.

Athletes and other physically active people need the same nutrients as anyone else — they just need more of them to maintain high energy levels, promote endurance, and maintain cellular protection. Sports 30 meets the needs of active people at every level of performance, from occasional exercisers to world-class marathon runners. Providing micronutrients to help you make the most of your workout, Sports 30 supplies an abundance of balanced, high-potency nutrients that are in high demand during periods of physical activity:

- **Liver + Vitamin C** delivers a traditional source of energy-related nutrients.
- **Vitamin E** provides antioxidant protection during exercise.
- **B-vitamins** provide factors needed for energy production
- **Vitamin C and bioflavonoids** support immunity and aid nutrient absorption.



PERFORMANCE NUTRITIONALS
Nature • Science

DAILY VITALITY PACK
SPORTS 30

Supplement Facts

Serving Size 1 Packette
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	25	
Calories from fat	18	
Total Fat	2 g	3%*
Total Carbohydrate	2 g	<1%*
Vitamin A (from retinyl palmitate)	4,000 IU	80%
Vitamin C (as ascorbic acid and from acerola cherry (*Malpighia punicifolia*)(fruit)	466 mg	777%
Vitamin D (from cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopherol)	110 IU	367%
Thiamin (as thiamine mononitrate and from yeast)	30 mg	2000%
Riboflavin (as riboflavin and from yeast)	30 mg	1765%
Niacin (as niacinamide and from yeast)	200 mg	1000%
Vitamin B6 (as pyridoxine hydrochloride and from yeast)	30 mg	1500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	30 mcg	500%
Biotin	20 mcg	7%
Pantothenic Acid (as calcium pantothenate and from yeast)	62 mg	620%
Calcium (chelated and from dicalcium and tricalcium phosphate)	385 mg	39%
Iron (as ferrous peptonate)	6 mg	33%
Phosphorous (from dicalcium and tricalcium phosphate)	82 mg	8%
Iodine (from kelp)	100 mcg	66%
Magnesium (chelated and as magnesium oxide)	135 mg	34%
Zinc (chelated and as zinc oxide)	30 mg	200%
Selenium (as sodium selenite and from yeast)	200 mcg	285%
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese gluconate)	10 mg	500%
Chromium (from chromium yeast and chelated)	100 mcg	83%
Molybdenum (as molybdenum trioxide)	150 mcg	200%
Potassium (as potassium carbonate and as potassium gluconate)	76 mg	2%

†† Federal Regulations require this statement on certain products containing iron.

Amount Per Serving		% Daily Value
Desiccated liver	1000 mg	†
Inositol	190 mg	†
Choline bitartrate	125 mg	†
Rutin	50 mg	†
Rosehips (*Rosa canina*)(fruit)	45 mg	†
Lecithin (from soy)	30 mg	†
Lemon Bioflavonoid	25 mg	†
Hesperidin	25 mg	†
Mixed non-alpha tocopherol	20 mg	†
Betaine hydrochloride	10 mg	†
TRE-EN-EN® Grain Concentrate Blend	675 mg	†
Rice Bran Oil; Soya Bean Oil; Wheat Germ Oil		
Neo-Plex Concentrate Blend	84 mg	†
Orange Juice powder (Citrus sinensis)(fruit); Orange powder (Citrus sinensis)(peel), Citrus Bioflavonoid		
Phyto Enzyme Blend	45 mg	†
Lipase; Protease; Diastase; Amylase		

* Percent Daily values are based on 2,000 calorie diet.
† Daily Value not established.

Other Ingredients; Glycine, stearic acid, microcrystalline cellulose, hydroxypropyl methylcellulose, gelatin, magnesium silicate, powdered cellulose, laminaria digitata, sodium croscarmellose, silicon dioxide, glycerin, food glaze, yellow beeswax, dulse, gum acacia, magnesium stearate, titanium dioxide, water, irish moss, natural color, wheat germ powder, rice bran powder and triacetin. Contains milk, soy and wheat.

Each serving of Sports 30 contains GNLD's unique four-factor food supplement, Formula IV® Plus including Tre-En-En® Grain Concentrates with whole grain lipids and sterols, Selenium E with 100% natural mixed tocopherols, Bio B+C enhanced with Neo-Plex Concentrate, biologically bound yeast and with high potency, Threshold Control nutrient release over a 6 hour period, Chela-Sea M with chelated and complexed minerals from sea vegetation, and energy-promoting Liver Plus C with defatted liver.

SUGGESTED USE: 1 Packette daily with breakfast or lunch.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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Active 40+

We are living longer than any generation that has come before us, and nutrition is the most powerful tool we have to help us stay healthy throughout life. After age 40, nutritional supplementation is more important than ever in filling dietary "gaps." Research links a balanced diet with lower risks for numerous diseases, including cardiovascular disease, cancer, degenerative diseases of the eyes and brain, and declining immune function.

Good nutrition plays an important role in keeping the body's intricate and wondrous "metabolic machinery" running smoothly. After 40, however, you may be getting fewer of the nutrients you need to stay healthy. Many people over 40 have eliminated some foods from their diets, reducing the nutrient diversity and nutrient density available to them. What's more, as you age, your body becomes less efficient at freeing and utilizing nutrients from the food you eat.

GNLD's exclusive Active 40+ is a complete and responsible program to meet the special nutritional needs of people over 40. It provides a stable supply of nutrients to support health, including:

- **Antioxidants** to boost the immune system.
- **Digestive enzymes** to enhance the body's utilization of nutrients.
- **Lipotropic factors** to help keep lipids in the blood circulating to prevent accumulation and to promote elimination through metabolism.
- **Lecithin** to support brain functions, such as learning and memory, and nerve transmission.

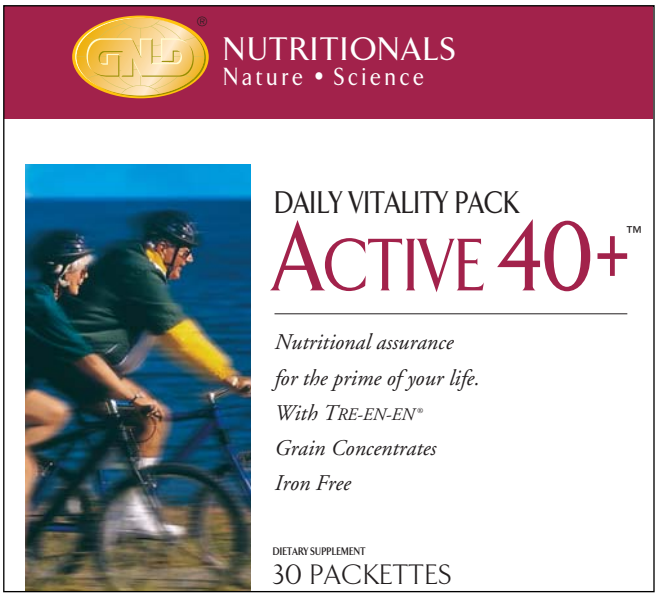
GNLD's Daily Vitality Packs provide unsurpassed nutrition to fill dietary "gaps." Scientifically formulated to meet the needs of diverse lifestyles, they may be your best choice in nutritional supplementation. If you're just guessing about nutrition, take Daily Vitality Pack and be sure your body is getting what it needs.

A Guarantee You Can Offer Your Customers: Feel Better!

We feel so confident that our products will help the body be its healthy best that we offer a "Energy" Program that you can extend to your customers — complete with a full money back guarantee! Ask your customers to try the GNLD "Energy" Program for 30 consecutive days. If they don't feel better after a month using our products, we'll refund the money, no questions asked! Guaranteed!

GNLD's "Energy" Program

- **2 Formula IV® Food Supplements (or 1 Stress 30, Sports 30, or Active 40+ Daily Vitality Pack)**
- **1 serving of NouriShake®**
- **1-3 Carotenoid Complex™ capsules**



NUTRITIONALS Nature • Science

DAILY VITALITY PACK
ACTIVE 40+™

Supplement Facts

Serving Size 1 Packette
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	18	
Calories from fat	16	
Total Fat	1.8 g	3%*
Vitamin A (from retinyl palmitate)	4,000 IU	80%
Vitamin C (as ascorbic acid and from acerola cherry (*Malpighia punicifolia*)(fruit)	402 mg	670%
Vitamin D (from cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopherol)	115 IU	383%
Thiamin (as thiamine mononitrate and from yeast)	30 mg	2000%
Riboflavin (as riboflavin and from yeast)	30 mg	1765%
Niacin (as niacinamide and from yeast)	200 mg	1000%
Vitamin B6 (as pyridoxine hydrochloride and from yeast)	30 mg	1500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	35 mcg	583%
Biotin	20 mcg	7%
Pantothenic Acid (as calcium pantothenate and from yeast)	62 mg	620%
Calcium (as calcium carbonate and from dicalcium and tricalcium phosphate)	500 mg	50%
Phosphorous (from dicalcium and tricalcium phosphate)	82 mg	8%
Iodine (from kelp)	100 mcg	66%
Magnesium (as magnesium oxide)	205 mg	51%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as sodium selenite and from yeast)	200 mcg	286%
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese gluconate)	10 mg	500%
Chromium (from chromium yeast and chelated)	100 mcg	83%
Molybdenum (as molybdenum trioxide)	150 mcg	200%
Potassium (as potassium gluconate)	10 mg	<1%

Amount Per Serving		% Daily Value
Inositol	240 mg	†
Choline bitartrate	184 mg	†
Phosphatidyl choline (from soy lecithin)	93 mg	†
Betaine hydrochloride	60 mg	†
Phosphatidyl inositol (from soy lecithin)	52 mg	†
Lemon Bioflavonoid	50 mg	†
Hesperidin	50 mg	†
Rutin	30 mg	†
Rosehips (*Rosa canina*)(fruit)	25 mg	†
Desiccated ox bile	25 mg	†
Mixed non-alpha tocopherol	20 mg	†
Dehydrocholic acid	15 mg	†
TRE-EN-EN® Grain Concentrate Blend Rice Bran Oil; Soya Bean Oil; Wheat Germ Oil	675 mg	†
Active 40 Phyto Enzyme Blend Protease; Lipase; Amylase; Diastase	221 mg	†
Neo-Plex Concentrate Blend Orange Juice powder (Citrus aurantium)(fruit); Orange powder (Citrus aurantium)(peel), Citrus Bioflavonoid	38 mg	†

* Percent Daily values are based on 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin, microcrystalline cellulose, glycerin, stearic acid, hydroxypropyl methylcellulose, yellow beeswax, sodium croscarmellose, magnesium silicate, silicon dioxide, gum acacia, magnesium stearate, water, food glaze, natural color, titanium dioxide, wheat germ powder, rice bran powder and triacetin.

Each serving of Active 40+™ contains GNLD's unique four-factor food supplement, Formula IV® Plus including Tre-En-En® Grain Concentrates with whole grain lipids and sterols, Selenium E with 100% natural mixed tocopherols, Bio B+C enhanced with Neo-Plex Concentrate, biologically bound yeast and with high potency, Threshold Control nutrient release over a 6 hour period, unbleached Lecithin in wheat germ oil, and Lipozyme to assist with digestion and fat utilization.

SUGGESTED USE: 1 Packette daily with breakfast or lunch.

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THE DAILY VITALITY PACK STORY

PEOPLE HAVE DIVERSE NUTRITIONAL NEEDS

Just as no two fingerprints are alike, each of us has a lifestyle that is unique. Our habits, our activities, our work, our living environment — all are aspects of our personal lifestyle. No two lifestyles make the same daily nutritional demands on the body. While one person continuously deals with a high degree of mental stress, another must face physical demands on a daily basis. Each of these lifestyles drains the body of different types of nutrients at different rates. A more personalized program of supplementation may better help you achieve your specific nutritional goals. Such a program must be comprehensive enough to provide a strong foundation of basic nutrition, yet "customized" to meet the additional nutritional demands of your unique lifestyle.

DAILY VITALITY PACKS TAKE THE "GUESSWORK" OUT OF SUPPLEMENTATION

GNLD's Daily Vitality Packs provide a convenient, simple answer to complex questions about supplementation, such as "What do I really need? How much do I need?" Formula IV® Plus with Tre-en-en® Grain Concentrates is the nutritional base of each Daily Vitality Pack, providing important nutrients in healthful, balanced ratios and steady, reliable potencies. In addition, each Daily Vitality Pack supplementation system (Stress 30, Sports 30, Active 40+) provides added nutrients selected specifically to meet the extra demands imposed by diverse lifestyles.

NUTRITIONAL ASSURANCE FOR EVERY LIFESTYLE

GNLD's Daily Vitality Pack is the most comprehensive approach to supplementation in the industry. With nutrition that goes beyond the basics, each personalized supplementation system is simple yet complete. Whether you're stressed out and sedentary, athletic and on the go, or concerned about meeting your nutritional needs at every stage of life, we have a supplementation system for YOU!

Daily Vitality Packs provide a controlled release of vital nutrients to sustain a continuous supply over several hours. They include cofactors to support digestion and increase nutrient utilization. As with all GNLD products, nature's "blueprint" guides the development of each formula. Simply stated, Daily Vitality Packs offer the most complete, most balanced, most responsible form of nutritional supplementation available. Each day's supply is individually wrapped in a hermetically-sealed packet for ready-to-go nutrition that's perfect for busy lifestyles.

DAILY VITALITY PACKS PROVIDE "SUPER NUTRITION" AND THE "GNLD DIFFERENCE"

Each Daily Vitality Pack system is such a remarkably comprehensive nutritional program that it can only be described as "super nutrition." Its basic nutritional foundation is GNLD's exclusive Formula IV Plus, one of the world's most tested and proven food supplements. Formula IV Plus presents nutrients to the body in as natural a format as possible (for example, using whole-food ingredients) to maximize their benefits. Daily Vitality Packs include "helper" nutrients — some not available anywhere else in the GNLD product line — to achieve optimal nutrition for a specific lifestyle. GNLD is renowned for products which are made "up to a standard, not down to a price." A global benchmark for quality, Daily Vitality Packs have been carefully researched, insightfully designed, and clinically developed by the GNLD Scientific Advisory Board to achieve the highest nutritional standards possible. Other "GNLD Differences" include:

- **Threshold Control technology** for sustained nutrient delivery.
- **Mineral chelation*** for enhanced bioavailability.
- **Biologically-bound yeast** for natural potencies and balances.
- **Neo-Plex Concentrate** for the nutritional benefits of whole citrus.

FOR MORE INFORMATION

See the Introduction to Minerals for a thorough discussion of the benefits of mineral chelation, and refer to the Introduction to Vitamins to learn about GNLD's Threshold Control, biologically-bound yeast, and Neo-Plex Concentrate.

* This GNLD exclusive technology is present in both Stress 30 and Sports 30.