



- **Selenium** promotes normal thyroid function, normal tissue growth, immune system health, and cardiovascular and eye health.*¹
- **Vitamin C** generates antioxidant activity, and supports immune function and healthy connective tissue. Vitamin C is also involved in neurotransmitter synthesis and lipid metabolism, and protects other vitamins from oxidative damage.*³
- **Vitamin E**, nature's "master" antioxidant, is an essential nutrient, supporting overall health and vitality, immune power and cardiovascular and circulatory health.*³
- **Zinc** helps you utilize vitamins, assists in healing; supports healthy skin, bones and hair; promotes normal prostate health; and supports healthy immune function. Zinc also triggers more than 70 different enzymatic reactions, including fatty acid metabolism.*^{1, 2}

Living younger, longer

Counteract the effects of time!



Active 40+ — your age-defying answer for a lifetime of good health!

References

- 1 Sadler MJ, Encyclopedia of human nutrition, Academic press, 1998.
- 2 Hamilton EMN et al, Nutrition concepts and controversies, fifth edition, 1991.
- 3 Groff JL et al, Advanced nutrition and human metabolism, West Coast Publishing Company, 1995.
- 4 Devine A et al, Ost... Int'l, 1997;7(1)23-28.
- 5 Aloia J et al, Ost... Int'l, 1996;6(1):55-62.
- 6 DeStefani E et al, Nutr C 1997;29(1):83-89.

Why you need targeted nutrition

So you're over 40 — the *last* thing on your mind is how you'll look and feel 30, even 40 years from today. The way you treat your body right now directly impacts how you'll look and feel decades

from now. That's why you need the ultimate age-fighter: *optimal nutrition*. It's the critical key to slowing the aging process and maintaining your vitality and wellness for life.



Exercise and eating right are not enough — you must also have

a targeted nutritional foundation if you want to stay younger longer. Exclusive Active 40+ delivers a powerful combination of the nutrients and cell-nourishing food factors you need every day to stay healthy, active and energetic. It's the closest thing yet to a Fountain of Youth!

Contact your independent GNLD Distributor:

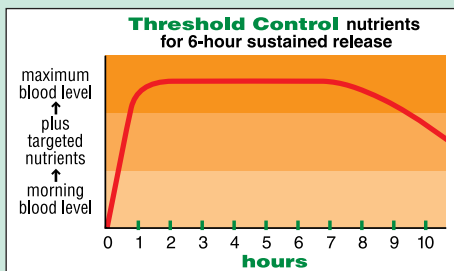


PEOPLE EMPOWERING PEOPLE



10 ways to stay younger longer with Active 40+

- 1 Targeted, broad-spectrum.** Delivers whole-food vitamins, minerals, phytonutrients and enzymes in balanced ratios for a strong foundation.
- 2 Lipids and sterols.** Contains energy-promoting Tre-en-en® Grain Concentrates from wheat, rice, and soy — rich sources of cell-nourishing lipids and sterols that are stripped from processed foods.
- 3 Iron-free.** The need for iron dramatically drops off as we age.
- 4 Protective antioxidants.** Vitamins A, C, E, zinc and selenium support your immune system and cardiovascular health, and promote overall long-term wellness.*
- 5 Bio B+C, with Neo-Plex Concentrate,** a unique blend of whole citrus fruit that enhances the body's use of vitamin C, and **Threshold Control nutrients** for controlled release over a 6-hour period.



- 6 B-vitamins from biologically-bound yeast.** A natural, high-potency B-complex source derived from a unique process of growth, harvesting and drying.
- 7 Heart-smart nutrients and lipotropic factors** for cardiovascular health and brain vitality.*
- 8 Lipozyme digestive tablets** promote easy digestion and help your body utilize macro- and micronutrients.*
- 9 Potassium and magnesium** function as electrolytes to help fuel your energy-filled day.
- 10 Custom-targeted packets** hold your daily supply of vital nutrients, with take-anywhere convenience!

The science behind the supplement

Why GNLD's Scientific Advisory Board created Active 40+

Whatever your age, there will always be nutritional gaps to fill. Complete nutrition is more important than ever, because you're building your future on it! Your body is changing, too. Among other things, your digestive system is gradually becoming less efficient. But you have a secret weapon to close nutritional gaps and quell the ravages of time: Active 40+.

GNLD scientists designed Active 40+ to give your body and mind all the right tools to stay healthy and active — and perhaps prevent some of the obstacles you could face down the road. Active 40+ can't turn back the clock, but it certainly can help "slow it down" and minimize the effects of aging! Rediscover youthful energy to live life to its fullest; look, think and feel your healthy, vivacious best — with Active 40+!

Take charge of your future health

A nutrient-dense diet has been linked to cardiovascular health, a strong immune system, and healthy aging in general. The diversity of nutrients in Active 40+ have been shown in scientific studies to benefit health and longevity:

- **Antioxidant** nutrients A, C, E, zinc and selenium promote healthy DNA and cellular lipids, and play critical roles in cardiovascular health and normal tissue growth.*¹
- **Calcium** promotes healthy bones, teeth, heart, lungs and blood pressure, and supports colon and rectal health.* Diets rich in calcium support lower risk for developing osteoporosis.^{4, 5, 6}
- **Tre-en-en** delivers lipids and sterols, which contribute to normal cellular health and hormonal processes. Healthier cells help you feel more energy from the nutrients you consume.*¹
- **B-vitamins**, especially vitamins B₆, B₁₂, choline and folic acid, support healthy homocysteine levels and heart health.*^{1, 2}