



NEWS YOU CAN USE

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Calcium: Critical For Women Of All Ages



Approximately 150,000 people in the United States are diagnosed with colorectal cancer each year—and half of them are women.¹

According to a recent study conducted at the University of Minnesota Cancer Center, calcium supplementation can significantly reduce the risk of colon cancer, and the combination of dietary and supplemental calcium resulted in the greatest effect. While women consuming more than 800 milligrams of dietary calcium each day reduced their risk of colon cancer by 26%, women who consumed more than 800 milligrams of calcium through a

combination of diet and supplements reduced their risk of colon cancer by 46%!

“It is especially notable that the risk reduction was present regardless of the source of the calcium, and that simultaneously consuming high levels of calcium from both diet and supplements further reduced risk,” said Dr. Andrew Flood of the University of Minnesota Cancer Center and School of Public Health. Flood continued, “These observations suggest that it was the calcium per se, and not merely dairy products or some other variable, that accounted for the reduction in risk.”

The data from this study is substantial:

More than 45,000 women were included in the study, which lasted ten years. Dr. Flood admits that more research is needed to determine specifically how calcium works to prevent this disease. (Colorectal cancer is the second-leading cause of cancer death in the United States.) One theory Flood offers is the idea that, “Calcium has a direct impact on a whole series of biochemical pathways within the cells that line the colon and rectum. These pathways play important roles in regulating how these cells grow and mature, and thus can be important components of the cancer process.”

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In addition to cancer prevention, calcium has longed been linked to the prevention of osteoporosis, and new research indicates that calcium supplements should begin at an earlier age than previously believed. Over a period of seven years, Dr. Velimir Matkovic, Director of the Osteoporosis Prevention and Treatment Center and the Bone and Mineral Metabolism Laboratory at Ohio State University,² conducted a clinical trial of girls aged eight through thirteen to determine the impact of calcium supplementation on bone density.³ Dr. Matkovic explains, “The pubertal growth spurt accounts for about 37 percent of the gain in the entire adult skeletal mass, meaning inadequate calcium intake during the period compromises the bone mineral accumulation rate.”



Researchers found that calcium supplementation significantly increased bone mass development. Of the 354 girls in the study, the calcium-supplemented group showed a faster rate of bone mass development.³ These findings suggest that elevated calcium use by pre-adolescent girls is likely to help prevent fractures and osteoporosis later in life.

“Because most bone mass is accumulated during this phase of growth, pre-adolescence may represent the time of

highest need for calcium in a female’s lifetime,” concludes Matkovic.⁴

GNLD has understood the importance of calcium supplementation for many years. For that reason, calcium is included in several GNLD products, and GNLD has formulated three calcium-specific products that combine calcium with other nutrients designed to enhance calcium absorption: Chelated Cal-Mag™, Neo-Cal™, and Vitality Calcium Plus™.

As new research continues to affirm the importance of quality nutritional supplements, GNLD once again finds itself at the forefront of nutritional science.

References:

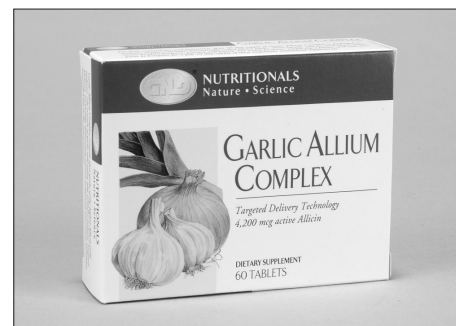
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Garlic—Not Just Good For Your Pasta!



While many studies have shown that garlic, a heart-healthy nutrient, is effective in maintaining healthy blood pressure and cholesterol levels, new research suggests that garlic could also play a critical role during pregnancy.

Researchers in London have conducted tests on the impact garlic may have on such pre-natal conditions as pre-eclampsia and slow fetal development. “Our results suggest that garlic may help to alleviate complex pathophysiological conditions such as pre-eclampsia and growth retardation,” explains lead researcher Dr. S. Hirani Sooranna. Although the studies are ongoing, early results also indicate that garlic may arrest the initiation of pre-term labor. Garlic—It’s not just for pasta anymore! [“Garlic and Nitric Oxide Metabolism: The implications during pregnancy,” Sooranna, Dr. S, Hirani, Ms. J, et al www.garlictrials.co.uk]





The SAB Has The Answers!

GNLD's Scientific Advisory Board Answers Your Important Health Questions

Q. I read the articles in the *News You Can Use* about children and obesity, and the GR² Control™ diet program. At what age can children use the GR² Control diet program?

A. Childhood obesity is of great concern due to its increased rates in the U.S. and other developed countries. However, young children often go through cycles when they gain weight then lose it during growth periods. We suggest discussing weight loss with the child's physician before starting the GR² Control Weight Loss Program. Should the child's physician agree weight has become a concern, GR² is a perfect solution.

For a finicky eater, GR² Control Meal Replacement Protein Shakes can be a great start to a day. When children don't want to eat breakfast, or perhaps there is no time for a "traditional" breakfast, GR² is a healthy, delicious, and nutritious choice over fast food, doughnuts, or sugar-filled energy bars.

Q. How much soy protein should be consumed to benefit heart health? Which GNLD protein drinks contain soy protein?

A. Both the American Heart Association and the FDA recommend a diet containing 25 grams of soy protein a day to be beneficial to heart health. The unfortunate reality of this finding is that it lacks a recommended method to obtain the recommended amount on a daily basis. Fortunately, GNLD has addressed this issue with our Vegetarian Protein Supplement. A single serving of Vegetarian Protein provides over 16 grams of heart-healthy soy protein in a delicious, easy-to-consume drink.

GNLD also has several other protein products that contain soy protein. GR² Meal Replacement Shake, Premium Protein, and NouriShake can help you or your customers fill daily gaps in soy protein intake.

Q. I read that after menopause women have a higher risk of heart disease and osteoporosis. What do you suggest?

A. Women absolutely do run a higher risk of developing heart disease and osteoporosis after menopause, and it's currently a major health concern. The good news is that women who follow

diets rich in certain nutrients can decrease their risk of developing these diseases.

GNLD's Healthy Heart Program, along with one of our calcium products, can be an excellent start. For optimal heart protection, we suggest Omega III Salmon Oil or Concentrate, along with Vitamin E Plus, Garlic Allium Complex, Lipotropic Adjunct, Flavonoid Complex, Carotenoid Complex, and Multi Fiber Blend.

GNLD offers four different calcium products to meet the wide variety of our customer's needs for osteoporosis prevention. For example, Neo-Cal and Vitality Calcium Plus are formulated for high potency, whereas Chelated Cal-Mag (available in tablets or capsules) is formulated for optimal absorption.

Finally, we want to stress that prevention is the key to avoiding heart disease and osteoporosis; the role of nutritional supplementation is to prevent disease—not to treat it.

Q. I have been getting more requests for supplements that contain vitamin D. Why do you think that is? If we need vitamin D, why don't all GNLD supplements contain it?

A. Recent focus on osteoporosis and supplementing the diet has raised public awareness of vitamin D and its role in human nutrition. GNLD has known for years that this vitamin plays critical roles in health and disease prevention. Vitamin D is a unique and vitally important nutrient which can be obtained from two different sources: diet and sunlight. If you are a person who gets outdoors daily, you probably have enough vitamin D in your body to enhance calcium absorption. If you eat very little or no foods that are good sources of vitamin D, and you live in a geographical location that does not receive much sunlight, you may not get enough vitamin D. If you are unsure of your vitamin D status, it is always a good idea to take a supplement.

GNLD has a number of products that contain vitamin D: Formula IV®, Formula IV Plus, Stress 30, Sports 30, Active 40+, Cod Liver Oil, Cal-Mag® Capsules, Multi-Min, Vegetarian Multi, Vita Squares, Liqui-Vite®, and GR² Control Meal Replacement Protein Shakes.

Pregnancy & Omega-3 Fatty Acids—More Research, More Benefits!



According to an article by doctors Pia Saldeen and Tom Saldeen—published in the October, 2004, issue of *Obstetrical and Gynecological Survey*—research on omega-3 fatty acids continues to demonstrate the benefits of supplementing the diet with these valuable fish oils.¹ The research focused on the impact of omega-3 supplementation and reproduction, and the article suggests that supplementing the diet with omega-3 fatty acids can facilitate pregnancy in women with infertility problems by increasing uterine blood flow. Also, taking omega-3 fatty acids during pregnancy lowers the risk of premature birth, can increase the length of pregnancy and the birth weight, and can promote fetal growth by improving placental blood flow.

“There is also some evidence that supplementation with omega-3 fatty acids might help to prevent pre-eclampsia, post-partum depression, menopausal problems, post-menopausal osteoporosis, and breast cancer,” states co-author Dr. Tom Saldeen.

In a separate article, “Fish Oil and Health,” Dr. Saldeen notes the risk of obtaining omega-3 fatty acids through diet alone. “Fatty fish should be an ideal source of omega-3 fatty acids. However, most fish today are contaminated with environmental poisons. Another problem is that fatty fish become rancid immediately after death.”²

Evidence supporting the importance of omega-3 fatty acids continues to surface. While GNLD has long asserted the importance of these nutrients, it is exciting to review these new clinical studies. With Omega-3 Concentrate™ and Omega-3 Salmon Oil™, GNLD provides the tools needed for safe and healthy omega-3 supplementation. And with GNLD omega-3 products, you know you’re in safe hands—all source fish are health-screened, certified free of disease, and selected for human consumption.

1. *Obstetrical & Gynecological Survey*, vol. 59, no. 10, pp. 722-730, October, 2004

2. “Fish Oil and Health”; Saldeen, Tom, MD, PhD, www.positivehealth.com



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