



# NEWS YOU CAN USE

JANUARY 2001

## Breakthrough Science...

### New Hope for Aches and Pains

We all dread those aches and pains associated with aging and age-related diseases. However, scientists have discovered certain nutrients that can help reduce the aches and pains of various inflammatory responses in the body. Here's the buzz:

**Magnesium important for anti-inflammatory response!** A French study recently published in *Biochimica et Biophysica Acta* showed that magnesium deficiencies contribute to inflammatory response. Because many diets don't contain enough magnesium, and stress can deplete magnesium from the body, it's important to take a good multi-mineral supplement with magnesium, like GNLD Multi-Min.



**Omega-3 fatty acids essential for good health!** A review published in the *Journal of the Association of Physicians of India* showed that certain fatty acids not only have anti-mutagenic, anti-bacterial,

anti-fungal, and anti-viral properties, but they also appear to specifically benefit premenstrual syndrome and auto-immune disorders, like rheumatoid arthritis. The researchers believe that omega-3 fatty acids seem to play a fundamental role in inflammation and immune response. GNLD Salmon Oil and Omega III™ Concentrate deliver omega-3 fatty acids from healthy, fresh fish.



**Fish oil helps patients with rheumatoid arthritis!** A German clinical trial published in *Zeitschrift fur Rheumatologie* found that supplementation with fish oil fatty acids helped lower formation of mediators of inflammation in patients with rheumatoid arthritis. While fish oil supplementation was found to benefit both vegetarians and non-vegetarians alike, the researchers found that the vegetarian group experienced a more pronounced healthful effect. The researchers believe this is because vegetarians don't normally get enough essential fatty acids from their diets,

therefore the benefit was more apparent.

### Omega-3 fatty acids reduce pain and stiffness!

A review published early this year in the *American Journal of Clinical Nutrition* states that consumption of omega-3 dietary supplements has shown to consistently reduce both the number of tender joints on physical examination and the amount of morning stiffness in patients with rheumatoid arthritis. Moreover, many patients taking omega-3 supplements that had been taking non-steroidal anti-inflammatory drugs or disease-modifying anti-rheumatic drugs had their doctors permission to discontinue use because of the favorable results of the omega-3 supplements. The review also pointed out the importance of consuming a supplement with both eicosapentaenoic and docosahexaenoic acids, such as is found in GNLD Salmon Oil.

Scientists all over the world agree: certain nutrients offer hope to those living with the pain associated with certain age-related conditions, like arthritis. If you, or someone you love, experiences aches, pain, or joint stiffness, discuss supplementation with a doctor — it could just be the answer you're looking for!

Availability may vary in Canada.

## Take the Pain Out of Choosing!

Okay, now you've read the research and have decided to supplement, but what do you choose? There's no confusion when you turn to GNLD supplements. Made from only the finest ingredients and formulated for maximum absorption, GNLD supplements are the perfect choice for your supplementation program.

### OMEGA-3 FATTY ACIDS

Found in fatty fish, like salmon, herring, and sardines, omega-3 fatty acids play important roles in maintaining long-term good health. In fact, if you're not eating two to three servings of fatty fish each week, you may not be getting enough EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), the long-chain omega-3 fatty acids required for optimal function of the heart, blood and blood vessels, brain, nerves, eyes, joints, skin, and sex organs.

• **Salmon Oil:** Pure salmon oil from health-screened fish. Cold-press processed from body fillets, not organs where toxins may collect. Each three capsule dose provides 540 mg EPA and 360 mg of DHA, in balanced ratios as found in nature.

• **Omega III Concentrate:** An exclusive GNLD combination of fresh, health-screened cold water salmon, sardines, anchovies, and herring, all containing naturally high levels of omega-3 fatty acids. Each three capsule dose provides 540 mg EPA and 360 mg of DHA, in balanced ratios as found in nature.

### MAGNESIUM

This essential mineral is present in all human tissues, especially bone. Magnesium is needed for bone mineralization, protein synthesis, enzymatic reactions, muscular contraction and nerve transmission.

• **Multi-Min:** Delivers broad-spectrum mineral supplementation with GNLD's exclusive amino acid chelates and complexes for significantly higher absorption. Includes macrominerals such as magnesium, calcium, potassium, and phosphorus, plus microminerals such as zinc, copper, iodine, iron, manganese, selenium, chromium, and molybdenum for overall mineral support.

### SUPPLEMENTS YOU CAN COUNT ON!

There's enough pain in this world; don't cause yourself any more by agonizing over your supplements! When you choose GNLD, you choose the best. You can have confidence knowing that each product delivers the healthful benefits you need and desire for long-term health and wellness are guaranteed!