



# NEWS YOU CAN USE

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## Men, Eat 9 a Day!

The National Cancer Institute has launched a new program for men, especially African-American men, to eat not just 5 servings of fruits and vegetables a day, but 9 servings every day. <http://5aday.gov/9aday/>

The campaign is to inform men of the importance of eating phytonutrient-rich fruits and vegetables every day, in order to fight disease and maintain health. According to the **9 a day** website, most men eat only 1/3 of the recommended 9 servings daily, and only 4% of men eat 9 servings of fruits and vegetables every day.

A quote from the website mimics what GNLD has been saying for years, that the power of phytonutrients, especially carotenoids, in foods is critical to achieving long-term good health.

*“One thing is clear: the different colors of fruits and vegetables—green, yellow-orange, red and blue-purple—all contain a unique array of disease-fighting phytochemicals that work together with vitamins and minerals to protect our health.”*

Of course, we know that we do not always eat 9 servings every day. And we know that the servings we do eat often have their nutritional value compromised due to preparation, storage, or a variety of other factors. What’s the best way to bridge the gap between what we should eat and what we really eat? High quality nutritional supplements.

Bridge the nutritional gap with Carotenoid Complex™, Flavonoid Complex™ and Cruciferous Plus™, your “PhytoDefense®” for good health.

### **CAROTENOID COMPLEX: 250 POUNDS OF FRUITS AND VEGETABLES IN EVERY BOTTLE!**

GNLD’s exclusive and patented Carotenoid Complex contains the carotenoid equivalent of 250 pounds of raw fruits and vegetables in every jar. More than just beta-carotene, Carotenoid Complex provides a variety of carotenoid “family members” (from fruits and vegetables) as

they naturally occur in the human food. Our exclusive blend of carotenoid-rich extracts and concentrates is derived from whole tomatoes, carrots, spinach, red bell peppers, strawberries, apricots, and peaches, and it provides 15 powerful carotenoid family members, including alpha-, beta-, cis-beta-, gamma-, and zeta-carotene; lycopene; cislycopene; lutein, zeaxanthin; alpha- and beta-cryptoxanthin; violaxanthin; canthaxanthin; capsanthin; and cryptocapsin. Plus, one capsule of Carotenoid Complex equals the antioxidant power of 800 IU’s of vitamin E, or 400 mg of vitamin C.

### **FLAVONOID COMPLEX: PROTECTION FOR YOUR CELLS AND MORE.**

While Carotenoid Complex delivers lipid-soluble antioxidants from an optimal serving of fruits and vegetables, Flavonoid Complex provides the water-

soluble antioxidant diversity. Two tablets per day can help lower your risk of developing cardiovascular disease, support the body’s anticancer activity, enhance anti-inflammatory action, and improve immune response!

### **CRUCIFEROUS PLUS: NATURE’S PROTECTION AGAINST BREAST AND PROSTATE CANCERS**

Each Cruciferous Plus tablet provides 525 mg of bioactive ingredients, delivering protective phytonutrients from a broad spectrum of cruciferous vegetables. One tablet per day can help protect against breast and prostate cancers, lower your cholesterol, neutralize toxins and boost immunity. Taken together, Carotenoid Complex, Flavonoid Complex, and Cruciferous Plus form your strongest PhytoDefense against the health issues we all face!

