

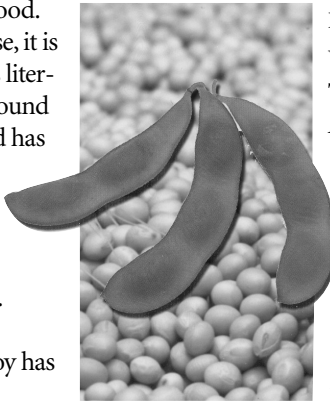


NEWS YOU CAN USE

NOVEMBER / DECEMBER 2002

Soy: More than Just a Food Fad

Soy has gained great popularity in the last few years as *the* food to eat. If one didn't know better, it would seem as if soy was a new food. But of course, it is not. Soy has literally been around for ages, and has been a staple food in many cultures for generations.



Although soy has been a food source for centuries, scientists have only recently begun to sing its praises. Science has shown soy to be one of the healthiest sources of protein available. Soy consumption has been attributed to helping to prevent osteoporosis, reduce cancer risk, and cut heart disease. Here's some of the latest research on soy:

SOY MAY REDUCE BREAST CANCER RISK!

Exciting new research from the University of Southern California in Los Angeles shows that regularly eating soy foods—especially during adolescence—may lower breast cancer risk in women. A 47% reduction of breast cancer risk was noted in women who regularly ate soy during both teen and adulthood. And even those women who ate very little soy during adult life, but were regular soy eaters dur-

ing adolescence, showed a 23% reduction.

SUPPLEMENTAL SOY PROMOTES CARDIOVASCULAR HEALTH!

The October issue of *Diabetes Care* published the results of a 12-week study of older women with type 2 diabetes.

Women who took a daily soy supplement showed improvements in cholesterol and insulin levels,

according to preliminary study findings. The findings suggest that soy may reduce the risk of cardiovascular disease, such as heart attack and stroke, in women after menopause. Additionally, there were no side effects associated with the supplements.

SOY REDUCES PAIN AND INFLAMMATION!

Johns Hopkins researchers reported at the annual meeting of the American Pain Society that rats fed a diet which included soy protein were more tolerant of pain and inflammation when compared to those that did not have soy protein. The researchers theorized that individuals who rely on strong painkillers with harsh side effects, to treat chronic pain, may be able to decrease the dosage of their drugs, or discon-

tinue their use altogether, by adding soy to their diet.

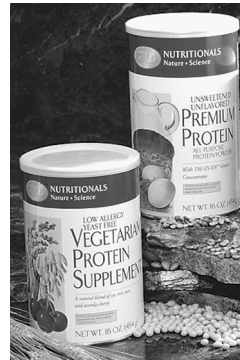
How to add healthy soy to your diet!

If you're not into tofu, soymilk and the like, supplements are a convenient and intelligent choice for adding soy to your diet, and GNLD has soy supplements that fit every need.

Vegetarian Protein Supplement:

100% natural and a complete protein that provides all 22 amino acids involved in human nutrition. Made with low fat and cholesterol free soy and rice proteins, Vegetarian Protein

Supplement is delicious as a drink or when added to your favorite dishes. Rich in isoflavones, Vegetarian Protein Supplement is a wonderful choice for vegetarians and non-vegetarians alike.



Premium Protein: A versatile protein that can be added to many foods, it contains GNLD's exclusive Tre-en-en Grain Concentrates. Premium Protein mixes easily with everything from beverages to baked goods, for a healthy protein boost. Made with soy and other high quality proteins, Premium Protein is blended using GNLD's exclusive Protogard Process to preserve maximum nutrient quality. Low in fat and neutral in taste, Premium Protein can

help you add soy protein to every meal you eat.

All of GNLD's soy protein is certified non-GMO, and in addition to the above products, NourisShake, GR² Control™ and Lecithin also contain

soy-based ingredients. Support your good health with delicious soy products from GNLD. Join the fad that won't fad(e) away!

Tre-en-en® Grain Concentrates:

The complete lipid and sterol profile from wheat, rice and soy. Soy grain concentrate provides valuable nutrients normally removed from the bean when processed. Scientifically proven to enhance cardiovascular growth and development.

