



# FAST FACTS ABOUT GR<sup>2</sup> CONTROL® MEAL REPLACEMENT PROTEIN SHAKE

Being 20% (or more) over your ideal weight as recommended by height/weight charts has been linked to increased risk of high blood pressure, diabetes, certain types of cancer, osteoarthritis, gallstones, and heart disease. Being overweight by even a few pounds can also lead to a host of physical and psychological challenges. GNLD's GR<sup>2</sup> Control Meal Replacement Protein Shake provides controlled-calorie, optimum nutrition, and our unique "glycemic edge" to promote good health and high energy. GR<sup>2</sup> Control Meal Replacement Protein Shake is scientifically tested and proven to be safe and effective.

## WHY A MEAL REPLACEMENT DRINK FOR WEIGHT LOSS?

- Over 1.1 billion people in the world are overweight, and that number is climbing.
- Obesity can increase your risk of high blood pressure, diabetes, certain types of cancer, osteoarthritis, gallstones, heart disease, and premature death.
- Because of strong societal pressure to be thin, overweight people often suffer feelings of guilt, depression, anxiety, and low self-esteem.
- The "insulin trap" can prevent your body from using stored fat as energy, causing weight gain and associated health problems.
- Fasting, skipping meals, extremely low-calorie diets, and other "fad" diet programs can seriously jeopardize your health. Restricting food consumption reduces both the density and diversity of nutrients we receive.
- We need a complete daily supply of nutrients to remain healthy and active in order to successfully lose weight and keep the extra pounds off.

## WHY GNLD GR<sup>2</sup> CONTROL MEAL REPLACEMENT PROTEIN SHAKE?

- Scientifically researched and formulated by the SAB/GSN. Includes correctly balanced amounts of vitamins, minerals, protein, fats, and carbohydrates to ensure fast, safe, controlled weight loss.
- Clinically tested and proven to deliver Glycemic Response Control.
- Exclusive glycemic response formula helps to minimize fat storage and increase the amount of fat your body burns.
- Contains "glycemic edge" carbohydrates that provide lasting energy and encourage your body to stay in a fat-burning mode.
- Delicious and satisfying. GR<sup>2</sup> Control Meal Replacement Protein Shake offers variety and taste satisfaction with two fantastic flavors: Chocolate Dream and Vanilla Whisper.
- Mixes in water for ease, convenience, and great taste.
- Complete meal replacement. Each serving supplies at least 1/3 of the Daily Value for 22 essential vitamins and minerals, plus a wide range of other important nutritional factors.
- Provides all 22 amino acids involved in human nutrition. Each serving provides approximately half the Daily Value for protein when mixed with water.
- PDCAAS score 1.31.





**GR<sup>2</sup> Control®**, GNL's scientifically developed weight loss program, is specifically formulated to help you gain **control** over your body's **Glycemic Response** and create a new, thinner you. **GR<sup>2</sup> Control®** products are designed to re-balance your nutrient intake, re-program your biochemical feedback network, and re-energize your metabolism to promote maximum weight loss and overall health.\*

**GR<sup>2</sup> Control®** Meal Replacement Protein Shake helps to minimize fat storage and increase the amount of fat your body burns. It contains "glycemic edge" carbohydrates that provide energy and encourage your body to keep those fat-burning fires fueled!\*

Our unique high-protein/low-carbohydrate formulation helps you control your glycemic response and keep your hunger cravings in check.\*

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Each serving is a delicious and complete low-calorie meal that contains essential vitamins and minerals and provides all 22 amino acids critical for human nutrition.



The Scientific Advisory Board seal is your guarantee that GNL products are researched by highly qualified scientists, developed with a respect for nature and manufactured to the highest standards for purity, potency and consistency.

Made in U.S.A.

## Nutrition Facts

Serving Size: 2 level scoops (36 g)

One cup (8 fl. oz.) as prepared.

Servings Per Container: 14

Amount Per Serving		Powder Mix
<b>Calories</b>		120
Calories from Fat		10
	Amount in Mix	% Daily Value**
<b>Total Fat</b>	1.5 g	<b>2%</b>
Saturated Fat	0 g	<b>0%</b>
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	<b>0%</b>
<b>Sodium</b>	350 mg	<b>15%</b>
<b>Potassium</b>	780 mg	<b>20%</b>
<b>Total Carbohydrate</b>	11 g	<b>4%</b>
Dietary Fiber	2 g	<b>8%</b>
Sugars	9 g	
<b>Protein</b>	18 g	<b>36%</b>
Vitamin A		25%
Vitamin C		35%
Calcium		30%
Iron		35%
Vitamin D		35%
Vitamin E		35%
Thiamine		35%
Riboflavin		35%
Niacin		35%
Vitamin B6		35%
Folic Acid		35%
Vitamin B12		35%
Biotin		35%
Pantothenic Acid		35%
Phosphorus		30%
Iodine		35%
Magnesium		35%
Zinc		35%
Copper		35%
Chromium		35%
Manganese		35%
Selenium		35%
Molybdenum		35%

\*\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram:	Fat 9	Carbohydrate 4	Protein 4

## DIRECTIONS:

**GR<sup>2</sup> Control®** Meal Replacement Protein Shake mixes easily in cold water. Simply combine two level scoops with 8 fl. oz. of ice cold water and mix in a shaker or blender. For an even thicker frothier drink, add a few ice cubes while blending. Use to replace two meals per day as part of the **GR<sup>2</sup> Control®** Weight Loss Program. Or use alone as a delicious, low-calorie meal replacement.

### Additional Nutritional Information:

Choline 10 mg  
Inositol 10 mg  
Neo-plex Concentrate 25 mg

**Ingredients:** Soy Protein Isolate, Calcium Sodium Caseinate, Fructose, Non-Fat Milk, Cocoa Powder, Soy Fiber, Potassium Chloride, Soy Lecithin, Natural and Artificial Flavors, Dicalcium Phosphate, Guar Gum, Carrageenan, Sodium Chloride, Safflower Oil, Magnesium Oxide, Acesulfame Potassium, Vitamin E (D-Alpha Tocopherol and Mixed Tocopherols), Neo-Plex Concentrate [Orange Juice Powder, Vitamin C (Ascorbic Acid), Orange Peel Powder, Citrus Bioflavonoids], Choline Bitartrate, Vitamin C (Ascorbic Acid), Ferrous Fumarate, Inositol, Niacinamide, Zinc Oxide, Calcium Pantothenate, Vitamin A Palmitate, Manganese Sulfate, Cupric Sulfate, Vitamin D, Bromelain, Papain, Malt Diastase, Pyridoxine Hydrochloride, Cyanocobalamin, Riboflavin, Thiamin Hydrochloride, Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Sodium Selenite and Molybdenum Trioxide.

Store in a cool, dry place, away from direct sunlight.

### NOT SOLD IN RETAIL STORES

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GNLD Distributors

Distributed by: **GNLD International, LLC**  
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