



# FAST FACTS ABOUT GR<sup>2</sup> CONTROL® GR<sup>2</sup>EAT BAR

The GR<sup>2</sup> Control GR<sup>2</sup>eat Bar is more than just a delicious, nutritious snack—it's a perfect mini-meal for use in the GR<sup>2</sup> Control Weight Loss Program. Containing a perfect balance of protein, carbohydrates, and fat, GR<sup>2</sup>eat Bar provides your body with the energy-producing nutrients it needs, while keeping your "fat burning doors" open and fat storage doors closed.

## WHY A SNACK BAR?

### ■ Convenient

Everyone is busy, often times too busy to prepare a simple snack. Instead of choosing high fat, high calorie candies, a nutritious snack bar is a better choice.

### ■ Easy to control calories

A snack bar is consistent in size and calories, so you know exactly how many calories you are eating.

### ■ Delicious

Snack bars do not have to taste like cardboard.

### ■ Never out of season

Unlike many healthy snacks, there is no season for a snack bar—one can always be at your fingertips.

### ■ Good for the kids

A snack bar keeps the kids away from sugary treats, which are probably nutritionally poor choices.

### ■ High nutrient value

Snack bars can provide essential vitamins and minerals, as well as energy-producing carbohydrates and tissue-building protein.



## WHY THE GR<sup>2</sup> CONTROL GR<sup>2</sup>EAT BAR?

### ■ Part of the GR<sup>2</sup> Control Weight Loss Program—GR<sup>2</sup>eat Bar is a perfect mini-meal.

### ■ Contains the correct balance of protein, carbohydrates, and fat needed to nourish your body and keep your blood sugar and insulin levels stable.

### ■ Delivers Controlled Glycemic Response Nutrition

### ■ No Trans-fatty Acids!

### ■ Contains all 22 amino acids involved in human nutrition!

### ■ Low in fat and calories, but not in taste— GR<sup>2</sup>eat Bar is a wonderful alternative to candy bars and other high fat and sugary snacks. Kids love them as an after school treat or as a between-class energy bar.

### ■ Individually packaged- Just grab and go!

### ■ Two Delicious flavors everyone will enjoy. Creamy Caramel and Luscious Lemon.

## Nutrition Facts

Serving Size: One Bar (40.5 g)  
Servings Per Container: 7

### Amount Per Serving

Calories 150    Calories from Fat 40

% Daily Value\*

Total Fat 4.5 g    7%

Saturated Fat 2 g    10%

Trans Fat 0 g

Polyunsaturated Fat 1 g

Monounsaturated Fat 1 g

Cholesterol less than 5 mg    1%

Sodium 95 mg    4%

Total Carbohydrate 15 g    5%

Dietary Fiber 0 g    0%

Sugars 10 g

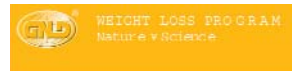
Protein 15 g    30%

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 8%

\* 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
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	65 g



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

**INGREDIENTS:** Protein Blend (calcium caseinate (milk), soy protein isolate, whey protein isolate and hydrolyzed gelatin), Fructose, Sugar, Polydextrose, Invert Sugar, Soy Nuggets (soy protein isolate, rice flour, malt, salt), Fractionated Palm Kernel Oil, Honey, Canola Oil, Sorbitol, Lecithin, Cocoa Powder (alkalized), Natural and Artificial Flavors (contains lactic acid, corn and tapioca starch, acetic acid, caramel color), Lactose, Ascorbic Acid, Salt, Potassium Sorbate.

This product is manufactured in a facility that uses peanuts and other nuts and seeds.

**SUGGESTED USE:** Each GR<sup>2</sup>eat bar™ is a perfect mini-meal, as part of the GR<sup>2</sup> Control Weight Loss Program. Or enjoy as a delicious, nutritious anytime snack bar.

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

MADE IN CANADA