

GR² Control



INTERNATIONAL



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Introduction to Weight Loss

Obesity: A Global Health Threat

Doctors all around the world regard obesity as a global health threat. Unfortunately, the number of overweight people around the world has climbed to 1.1 milliard – and that number is quickly rising! In the Nordic countries 40-60% of adult population is overweight.*

Why is weight gain on the rise?

The number one cause for weight gain is taking in more calories than are expended. Most people are fairly active when they're young, and activity generally slows as the years pass. Sedentary jobs, modern conveniences, tight schedules, and lack of interest in exercise contribute to this pattern. Generally, metabolism slows as age increases, while activity usually decreases.

Another factor in weight gain is food availability. Modern day supermarkets feature every imaginable food a person could want. But time being in short supply causes many to opt for high-sugar, high-fat, high-sodium convenience foods, often at the expense of nutrition and health. Add to that the enticements of fast-food establishments to “super-size” already large portions of unhealthy foods, plus busy schedules that favor take-out and pizza a little too often, and you have a recipe for disaster!

Serious Health Risks

Excess weight carries with it some serious physical and emotional health threats. Whether you've put on a few pounds over the years, or have struggled with your weight all your life, your weight gain is associated with greater health risks.

Emotional Stress

Besides the health risks, weight seriously affects self image, ensuring that overweight people suffer considerably more often from low self-esteem than those who fall within standard weight levels. It's hard to feel good about yourself when you don't like how you look, plus it's tough to do the things you want to do when you don't have the energy to do them.

Understanding Your Body

Weight has a way of “creeping on” over the years from taking in more calories than you burn. In fact, most people are fairly sedentary, which can easily add 10 pounds or more to your ideal body weight every decade of your life.

Furthermore, for many, their body has been “taught” to eat a certain way over the years, developing habits that encourage weight gain without even realizing it. By choosing certain foods, which might even be

considered relatively healthy but are, in fact, high in sugars or starches (carbohydrates), the body is automatically set-up for the “roller coaster” effect of uncontrolled glycemic response, as blood sugar levels go through peaks and valleys throughout the day.

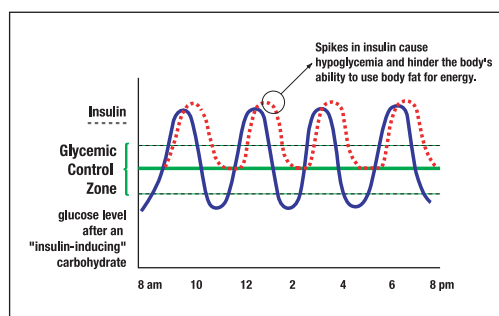
Glucose: A Doubled-edged Sword!

The key to losing weight successfully stems from an in-depth understanding of how the body produces, uses and controls glucose. The body recognizes blood glucose as both an essential partner of energetic health and a potentially lethal adversary as well. The reason is that glucose is the basic carbohydrate energy unit that circulates through the bloodstream to our cells.

However, it also has the potential to damage that same circulatory system if levels remain too high for too long. Thus, when blood glucose levels exceed certain predetermined upper limits, the body needs to lower those levels rapidly. To do that it secretes insulin, which enters the bloodstream and causes glucose to be lowered.

Glycemic Response and Overall Health

As we have learned more and more about how the body responds to carbohydrates, many leading scientists have come to believe that specific advantages can be gained by keeping the body's glycemic response as controlled as possible. Eating a lower glycemic response diet results in lower, less dramatic elevations of blood glucose. This in turn means less insulin needs to be secreted.



Glycemic Roller Coaster

Glycemic Response and Weight Loss

One of the most interesting aspects of low glycemic response foods is that because they are converted to glucose and enter the bloodstream more slowly, they also provide more even and more lasting energy. Because they cause less insulin to be secreted, blood glucose levels stay within “safe” parameters and leave the blood more gradually and over a longer period of time. The result is a longer period of satiety (the state

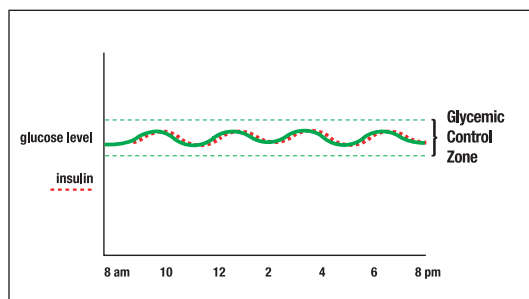
*Source: Anderson-Rissanen-Rössner: *Fetma/Fedme - en nordisk lärobok, Studentlitteratur, Lund 1998.*

of hunger satisfaction) before hunger signals return. The advantage is that the longer one remains in satiety, the lower the amount of food that is eaten overall.

The Insulin Trap

There is another important benefit of controlling the glycemic response of the diet when it comes to weight loss. The main line of reasoning for this relates to the “secondary” effects associated with glycemic response events.

Whenever a high glycemic response event occurs, blood glucose levels exceed the “controlled glycemic response zone” monitored by the body’s biochemical guard posts. When blood glucose value exceeds the upper limits of this zone, the body responds by secreting insulin. Frequently this causes a glycemic “roller coaster” as blood glucose levels move from high (hyperglycemia) to low (hypoglycemia). For many people, this occurs repeatedly throughout the day, month after month, year after year.



Glycemic Response Control

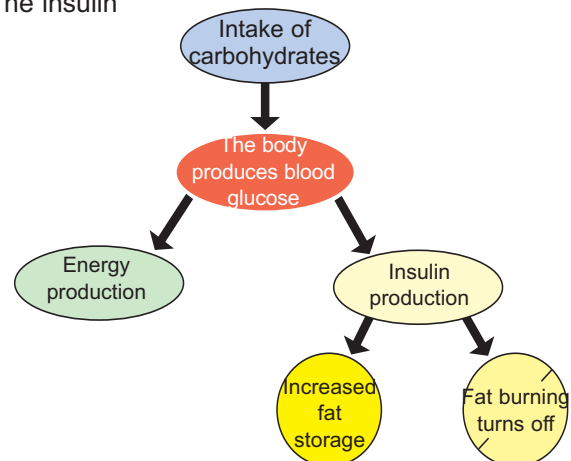
Aside from causing a near constant demand for insulin secretion, two important secondary signals are sent out. The first signal causes the body to go into fat storage mode. As the insulin secretions cause glucose to be cleared from the blood, the body must do something with it. It can’t just leave the glucose lying around somewhere. It is left with no choice but to convert it to fat and store it.

The second signal causes fat utilization for energy purposes to be curtailed. With blood glucose levels running high and fat storage signals occurring, the body knows there is no need for more energy to be provided and thus shuts down fat utilization for energy purposes.

If you visualize this as a warehouse, materials would be coming in at a more rapid pace than they would be leaving. As you cannot stop this process, the warehouse has no choice but to expand. In other words, with your body as the warehouse, you leave it no choice but to grow larger with stored fat.

When this process repeats itself over and over throughout the day, week after week, month after month, year after year, the body is predisposed to gaining fat. It has no choice.

The insulin



Keeping Carbs Under Control

The majority of the food people have come to crave are insulin-inducing carbohydrates — most of the food that has long been considered healthy, like white rice, most breads, baked potatoes and even pasta, can have a high glycemic response.

On the other hand, non-insulin-inducing carbohydrates actually help the body maintain a steady blood sugar level and do not create a strong glycemic response.

Carbohydrates: What’s normal?

The brain, nervous system and muscles need blood glucose for energy. The body gets most of its glucose from carbohydrates in the diet, and it can also manufacture glucose on its own.

Most people eat far more carbohydrates than they need to maintain a normal blood sugar level. The total amount of glucose in the blood of a healthy adult is about 5 grams (approximately 1 teaspoon). Compare that to a single, 300 ml soft drink, which packs about 40 grams, or 8 times that amount of sugar.

Break Free

If you’re caught in the insulin trap, GR² Control will set you free! With GNLD’s unique diet program, you can teach your body to eat in such a way that your energy requirements are met without falling prey to the glycemic roller coaster effect and insulin trap.

Take Control

The GNLD Scientific Advisory Board (SAB) and our Global Science Network (GSN) developed a state-of-the-art weight loss program based on breakthrough findings regarding the way the body uses and stores energy. Understanding that the glycemic response of the human body is a critically important process in energy utilization, GNLD created GR² Control, the scientifically engineered, nutritionally-balanced weight loss program that helps the body to process food and nutrients the most effective way for its best use.



“GR Control” stands for Glycemic Response Control. The “2” exponent represents the exponential benefits for long-term health by following a low glycemic response diet. It may even add years to your life!

Using a multi-phase strategy, GR² Control helps to instill proper eating habits using the right kind of low-glycemic-response foods, all supported by the three unique weight loss program products.

The program will help “teach” your body to take in the kinds of nutrients it needs in optimum ratios, then utilise them efficiently.

With GR² Control, you gain control of your eating habits and achieve your weight loss goals quickly, comfortably and safely.

This system focuses on the body’s own natural weight loss mechanisms. By helping the body to avoid the insulin trap, the fat-burning doors stay open and the fat storage doors stay closed. Additionally, while training to eat foods that maximize nutrient utilization and energy output, the body becomes a fat-burning machine in preparation for a lifetime of proper weight and good health!

Scientifically proven GR² control:

- Re-balances macronutrient intake.
- Re-programs the biochemical signal control network.
- Re-energizes the body.

The GR² Control Program consists of the GR² Control Meal Replacement Protein Shake to replace 2 meals a day, suggestions for low-glycemic in-between meal snacks (mini-meals), the GR² Control Fiber Supplement, the GR² Control Herbal Complex, and main meal recipes. Together, they work to:

Re-balance Nutrient Intake

By consuming a healthier ratio of protein, fats and carbohydrates, you can rebalance macronutrient intake to help control the glycemic response.

GNLD’s GR² Control Meal Replacement Protein Shake helps rebalance macronutrient intake with its specially formulated 2-to-1 ratio of protein to carbohydrates. Additionally, this delicious and nutritious shake delivers the nutrients your body needs to function at its optimum level, while helping to protect lean body mass.

Re-program the Biochemical Signal Network

The feeling of fullness or over-fullness are controlled by a complex network of neural, physical and psychological factors. Activating the “satiety signals,” which tell the brain the body’s satisfied, can help lessen food intake.

Receptors in the digestive tract “learn” to feel full. To stimulate the central nervous system naturally, GR² Control Fiber Supplement creates a sense of fullness on less food by swelling in the stomach after a contact with water. In this fashion Fiber Supplement works to re-program the biochemical signal control network. Fibers also play an important role in carbohydrate metabolism by delaying gastric emptying and slowing the release of carbohydrates into the bloodstream.

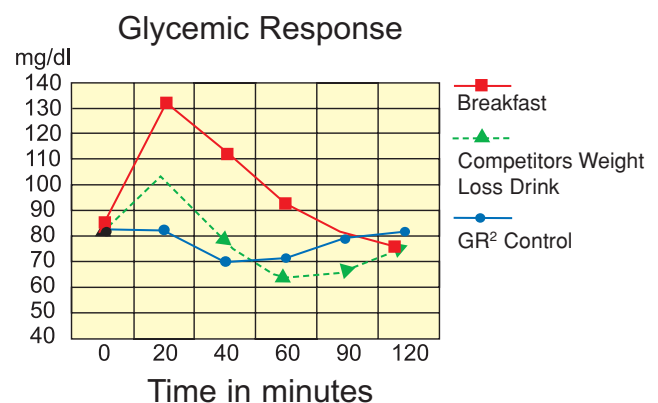
Re-energize Your Body

Components in certain foods can support the body’s natural energy production process. Plus, specific combinations of herbs also enhance energy levels and increase the body’s metabolic rate. GR² Control Herbal complex contains a specific combination of herbs known to enhance energy levels.

We have the Science to Prove it!

Human Clinical Trials. GR² Control has been tested in a leading research facility to prove that it does help the body to control its glycemic response.

Subjects were given a serving of GNLD’s Meal Replacement Protein Shake and blood samples were taken afterward to determine the glycemic response the body produced to process the drink. A mass market competitor’s weight loss drink and a typical American breakfast were also tested in the same manner. When the results were compared, GR² Control’s response was consistently more stable and lower than all of the other products that were tested.



“Real World” Human Trial. Tested in “real world” conditions, the GR² Control Weight Loss Program was used during an 8-week weight loss trial with over 50 volunteers. Results of the trial were amazing: the group lost a total of 275 kilos in only 8 weeks! In fact, one volunteer lost 16 kilos during the trial period. Volunteers reported feeling more energetic and not hungry while on the program. Even more importantly, they reported that the program was easy to live with on a day-to-day basis and provided a pleasant variety of meal recommendations.



GR² Control puts the Science of Glycemic Response to work for you!

With GR² Control, the GNLD Scientific Advisory Board has taken the science of healthy weight loss to a new level. The whole program focuses on and utilizes the latest understanding of the glycemic response to lower insulin secretion demands, keeping you off the Glycemic Roller Coaster and out of the Insulin Trap. It provides sustained feelings of satisfaction between meals, maintains balanced and controlled energy levels over longer periods of time, and keeps “fat storage doors” closed and “fat-burning doors” open.

Biochemical synergy. GR² Control products are specifically formulated to have a synergistic effect on the body’s mechanisms that control and influence fullness.

Leading-edge science is the basis for the entire GR² Control program. From our unique product formulations, to your exercise and lifestyle suggestions, GR² Control is an incredible program that can help anyone who wants to lose weight, improve their health, and feel better. Formulated with supervision and input from the Scientific Advisory Board and the Global Science Network, GR² Control is truly on the cutting edge of weight loss science.

Put the power of Glycemic Response Control to work for weight loss — not against it!

That’s the GNLD Difference!



GR² Control Meal Replacement Protein Shake

Being overweight by even a few pounds can lead to a host of physical and psychological challenges. GNLD's GR² Control Meal Replacement Protein Shake provides controlled-calorie, optimum nutrition, and our unique "glycemic edge" to promote good health and high energy. GR² 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 milliard people in the world are overweight, and that number is climbing.
- Because of strong social pressure to be thin, overweight people often suffer feelings of guilt, 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 GR² 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 safe and controlled weight loss.
- 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.
- Our unique high-protein/low-carbohydrate formulation helps control glycemic response.
- Delicious and satisfying. GR² Control Meal Replacement Protein Shake offers variety and taste satisfaction with two fantastic flavors: Chocolate Dream and Vanilla Whisper.

PRODUCT FEATURES

- The taste of a shake with the nutrition of a meal! Choice of two delicious flavors, which easily mix with milk!
- 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.
- Exclusive glycemic response formula supports weight loss and maximises energy.
- Tested safe and effective.
- Proven weight loss.



Declaration of content

**GR² Control Meal Replacement Protein Shake
with taste of Vanilla Whisper**

14 sachets x 37 g = 518 g

Contains fructose and sweetener. A lot of proteins, little carbohydrates.

Please see the label on the product for more precise declaration of content.

Declaration of content

**GR² Control Meal Replacement Protein Shake with
taste of Chocolate Dream**

14 sachets x 37 g = 518 g

Contains fructose and sweetener. A lot of proteins, little carbohydrates.

Please see the label on the product for more precise declaration of content.



GR² Control Fiber Supplement

Receptors in the digestive tract “learn” to feel full. For many people, these receptors have learned to feel full on too many calories, and the desire to overeat overrides all other neural signals. These receptors can be “re-programmed” to feel full on smaller portions of food. GNLD’s GR² Control Fiber Supplement uses glucomannan to help create the feeling of fullness, without the calories. GR² Control Fiber Supplement is a safe, natural alternative to chemical appetite suppressants.



PRODUCT FEATURES

- Unique mix of 6 fiber sources.
- Includes Konjac flour, a rich source of glucomannan fiber, which can expand up to 50 times its weight, providing a feeling of fullness.
- A natural way to control appetite — An important part of a sensible weight loss plan.
- Each serving provides 1 gram of dietary fiber and zero calories.
- Tested safe and effective.
- No artificial flavors, colors, or preservatives.

Declaration of content Fibre Supplement

84 tablets = 62,2 g

Please see the label on the product for more precise declaration of content.

Why Fiber to Curb Appetite?

- Fiber adds “bulk” without adding calories. Natural fiber absorbs water in the stomach and increases in volume, helping you to feel full faster, naturally.
- Fiber plays an important role in carbohydrate metabolism by delaying gastric emptying and slowing the release of carbohydrates.
- Non-habit-forming. Fiber provides a safe, natural alternative to potentially harmful “diet pills.”

Why GNLD GR² Control Fiber Supplement?

- Contains glucomannan (Konjac flour) which expands up to 50 times its weight in water, along with five other sources of fiber.
- Exclusive formula works with your body to create the feeling of fullness on fewer calories.
- Helps control glycemic response by slowing carbohydrate release into the bloodstream.
- Convenient. Taken 20-30 minutes before mealtime, two tablets provide fullness and satisfaction on less food.
- No added sodium, sugar, or other sweeteners. Zero calories per serving.
- No artificial colors, flavors, or preservatives.

GR² Control Herbal Complex

Successful weight loss involves the synergy of multiple body processes, like metabolism and energy utilization. Additionally, the act of losing weight can tax the body, resulting in a reduced feeling of wellness, such as sluggishness, tiredness, and irritability. Certain herbs work with the body to maximize these processes for effective weight loss, maximum energy, and a general feeling of well-being. GNLD's Herbal Complex is an effective blend of seven herbs to support your body's natural metabolic process of energy utilization without the use of potentially harmful stimulants.



Why Choose Herbs for Weight Loss?

- Herbs have been proven effective from centuries of use.
- Herbs are nature's solutions to wellness and weight loss challenges.
- Herbs work naturally and gently to support the body's natural metabolic process of energy utilization.
- Herbs have been shown to restore the body's balance and help the body perform at its vital best.

Why GNLD GR² Control Herbal Complex?

- Comprehensive formula. Our unique "complete family" formulation provides broad, synergistic effects of the herbal constituents, which optimizes their ability to support successful weight loss.
- Herbs are selected from many global traditions, bringing you the best herbal knowledge from around the world.
- Contains Brindall Berry, which has been shown to help stabilize appetite and inhibit lipid and cholesterol synthesis.
- Contains Green Tea and Cayenne, which have been shown to increase energy utilization.
- Contains Dandelion Leaf, which has been shown to help reduce water retention.
- Guaranteed purity, potency, and consistency.
- 100% natural herbal formula contains no chemical or animal products.

Declaration of content

GR² Control Herbal Complex

42 tablets = 18,1 g

Please see the label on the product for more precise declaration of content.

Herbs/Enzymes	Actions and Benefits
Brindall Berry – rind (<i>Garcinia cambogia</i>)	Promotes appetite stability. Helps inhibit lipid and cholesterol synthesis. Supports thermogenesis.
Gymnema – leaf (<i>Asclepiadiaceae</i>)	Promotes healthy insulin and blood glucose levels. Stabilizes appetite. Reduces fluid retention.
Bladderwrack – plant (<i>Fucus vesiculosus</i>)	Loosens bowels and gently eases constipation. Supports weight reduction and promotes satiety.
Dandelion – leaf (<i>Taraxacum officinale</i>)	Reduces fluid retention and helps eliminate waste and toxins from the body.
Green Tea – leaf (<i>Centella asiatica</i>)	Stimulates the body's natural fat-burning mechanism.
Butternut – leaf (<i>Juglans cinerea</i>)	Supports optimum liver function. Facilitates the elimination of waste products and toxins from the body. Stimulates digestive tract and associated glands. Promotes metabolic activities, including mobilization of body fat.
Cayenne – fruit (<i>Capsicum frutescens</i>)	Stimulates body metabolism. Promotes feelings of well-being.