

The GR² Control[®] Weight Loss Program



A Whole New Way to Look Better Every Day!

GR² CONTROL



INTERNATIONAL

GR² Control Meal Replacement Shake

Keeps your glycemic levels in a safe range and satisfies your cravings!

GR² Control GR²eat Bars

The new go-anywhere, high-protein, low-carb, 150-calorie mini meal bar!

GR² Control Appetite Reducer

Exclusive formula enhances your feeling of fullness!

GR² Control Thermogenic Enhancer

Unique herbal blend naturally re-energizes your metabolism.

With GR² Control you can...

Enjoy a wide range of delicious food choices and eat 5 times a day!

Based in Nature, Backed by Science!

GNLD's Scientific Advisory Board members are recognized around the world for their leading-edge research. The SAB Seal guarantees you the finest, safest, most effective products in the world!



GR² CONTROL[®]

Don't Feel Hungry,
Feel GR²eat!

Contact your independent GNLD Distributor:

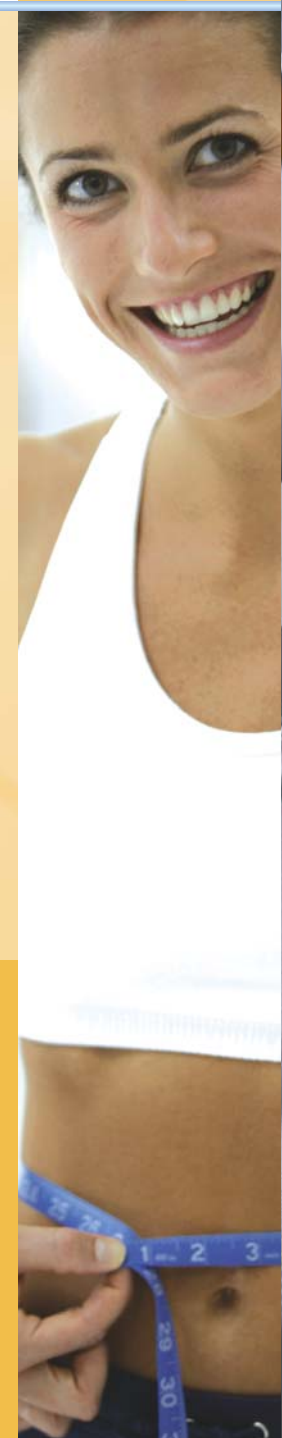


PEOPLE EMPOWERING PEOPLE

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The last weight loss program you'll ever need.



Welcome to your new life

You're not alone in your desire to lose weight. In fact, you've got plenty of company. More than 60% of all American adults are overweight or obese. But that's about to change! With GR² Control, you'll not only lose the weight and inches you want, you'll learn how to keep them off for life! You'll be amazed at how great you'll feel, and people will notice a change before you even finish your first two-week program.

What's even more remarkable is that, as you lose weight, you'll reduce your risk of high blood pressure, diabetes, elevated cholesterol levels, coronary artery disease, and osteoarthritis. Almost 80% of obese adults suffer from one of these serious conditions, and nearly 40% suffer from two or more.

With GR² Control, you get science you can trust in a weight loss program that will reduce your risks and change your life!

Understanding weight

In spite of the widespread availability of low-fat and fat-free foods, weight gain has increased dramatically over the past 10 years.

GNLD's Scientific Advisory Board investigation pointed to "high-glycemic-response carbohydrates" as the culprit. Every time you consume high-glycemic-response (insulin-inducing) carbohydrates, your blood glucose levels skyrocket, exceeding the "glycemic control zone." In response, your body secretes insulin to lower the levels, causing a **Glycemic Roller Coaster** as blood glucose levels move from high (hyperglycemia) to low (hypoglycemia).

This Glycemic Roller Coaster sends out two signals:

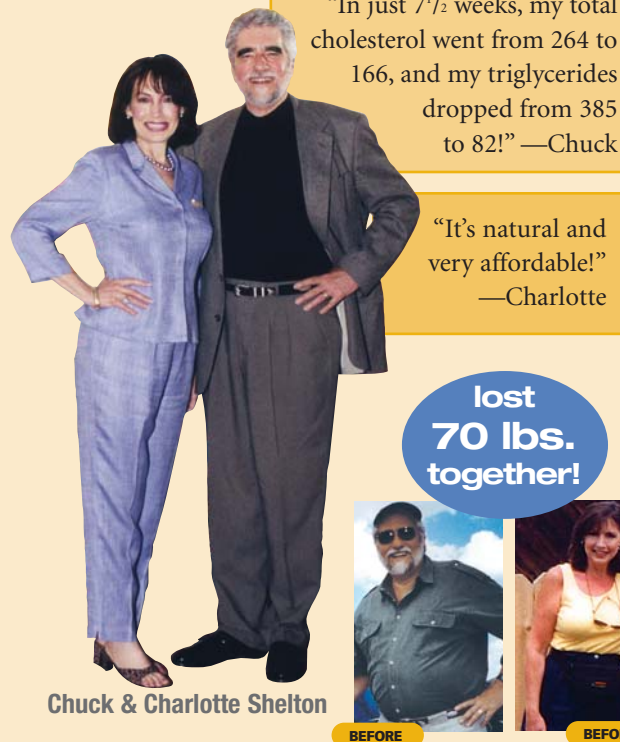
1. Store fat! The body can't just leave excess glucose lying around, so it converts it to fat and stores it.
2. Stop fat-burning! With blood glucose levels running high, the body knows there is no need for more energy to be provided, and so it shuts down fat utilization for energy purposes.

This is known as the **Insulin Trap**. It leaves your body no choice but to store fat rather than burn it.

"In just 7½ weeks, my total cholesterol went from 264 to 166, and my triglycerides dropped from 385 to 82!" —Chuck

"It's natural and very affordable!" —Charlotte

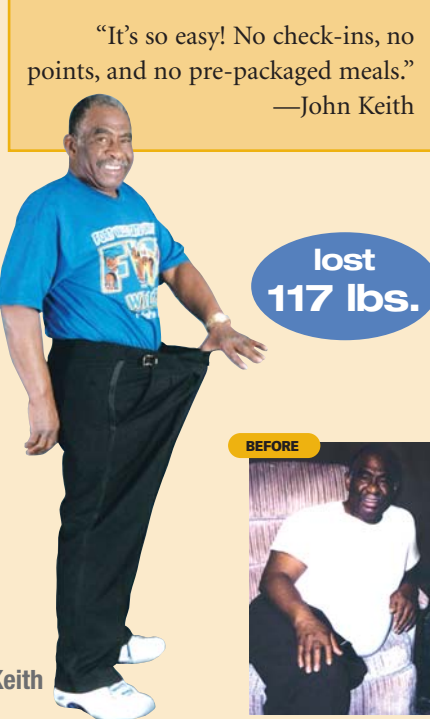
lost 70 lbs. together!



Chuck & Charlotte Shelton

"It's so easy! No check-ins, no points, and no pre-packaged meals." —John Keith

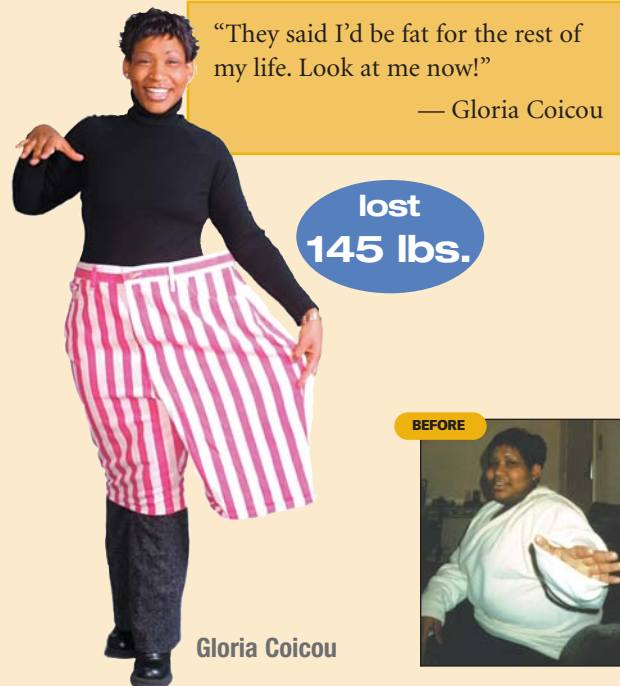
lost 117 lbs.



John Keith

"They said I'd be fat for the rest of my life. Look at me now!" —Gloria Coicou

lost 145 lbs.



Gloria Coicou

"There are no dangerous ingredients. I wasn't worried about stimulants like ephedra." —Ansie Zeeman

lost 40 lbs. in 18 weeks!



Ansie Zeeman

Exclusive benefits

Researched and developed by the world's top Scientific Advisory Board (SAB) and Global Science Network (GSN) nutrition experts, only GR² Control:

- Gets you off the **Glycemic Roller Coaster** and out of the Insulin Trap so you maximize fat burning and minimize fat storage!
- Is **clinically tested and proven** to deliver the power of Glycemic Response Control.
- **Re-educates your body** toward lifelong healthier eating habits.
- **Re-balances your nutritional intake** to give you more of the things you need and less of the things you don't.
- Allows you to **eat 5 times a day**, so you never feel starved for food.
- Helps your body to **achieve and maintain a healthy weight**, which helps reduce your risk for diseases of obesity, including diabetes, heart disease, and arthritis.

The GR² Control difference

- Leading-edge GR science gives you control of your body's energy utilization.
- Simple, safe, and easy to use; comprehensive Intro Pack includes full details, plus support and direction.
- No added caffeine, no fat blockers, no ephedra, no guarana, no ma huang, no stimulants, no label warnings, no dangerous ingredients.
- No calories or points to count, no check-ins or meetings to attend, no pre-packaged meals to buy.
- GNLD's Scientific Advisory Board backing guarantees performance, safety, purity, and quality.
- Controls your desires for sweets, chocolates, and starches.
- Support through the GNLD network to help you succeed.
- Based on years of research and development and analysis of world trends and dieting habits.
- Proven in scientific trials and human tests published in the *Journal of American College of Nutrition* (vol 20; No. 5, October 2001).
- Holistic approach to weight loss and weight management — at an affordable price.

More life-changing stories at www.gnld.com & www.gr2control.com