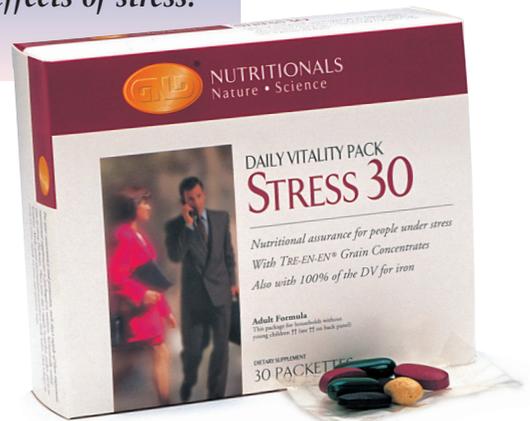




- **B-vitamins**, especially vitamins B₆, B₁₂, choline and folic acid, support normal homocysteine levels and heart health.*^{2, 3}
- **Calcium** promotes healthy bones, teeth, heart, lungs and blood pressure.*^{4, 5, 6}
- **Selenium** helps your body function under stress by promoting normal thyroid function, normal tissue growth, immune system health, and cardiovascular and eye health.*²
- **Iron** is instrumental in transport of oxygen from lungs to bodily tissues, and plays a vital role in immune function.*²
- **Vitamin C** generates antioxidant activity, and supports healthy immune function and connective tissue. Vitamin C is also involved in lipid metabolism, and protects other vitamins from oxidative damage.*⁴
- **Vitamin E**, nature's "master" antioxidant, is an essential nutrient, supporting overall health and vitality, immune power, and cardiovascular and circulatory health.*⁴

Thrive under stress

*Counteract
the effects of stress!*



Don't just survive, THRIVE with Stress 30!

References

- 1 Ensminger AH et al, Foods and nutrition encyclopedia, second edition, CRC press, 1994.
- 2 Sadler MJ, Encyclopedia of human nutrition, Academic press, 1998.
- 3 Hamilton EMN et al, Nutrition concepts and controversies, fifth edition, 1991.
- 4 Groff JL et al, Advanced nutrition and human metabolism, West coast publishing company, 1995.
- 5 Neumann JK et al, Thr... and hemostasis, 1997;77(3):604-605.

Contact your independent GNLD distributor:

Why you need targeted nutrition

Stress is a natural part of life you could do without, right? Trouble is, it's everywhere: deadlines, traffic, meetings, relationships, moving, parties, school conferences, promotions, illnesses, weddings, parking tickets, dinner guests, financial woes, holidays, car repairs — the list goes on!



Both positive and negative stresses take a toll on your body, depleting it of nutrients, causing physical and mental wear-and-tears, and threatening wellness. Fortunately, there's Stress 30 from GNLD to help your body deal effectively with daily stresses. Stress 30 delivers a powerful combination of nutrients and cell-nourishing food factors to support high energy levels and wellness so you can thrive under stress!

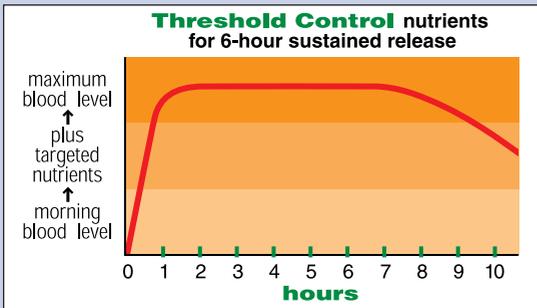


PEOPLE EMPOWERING PEOPLE



9 ways to stay healthy in times of stress with Stress 30

- 1 Targeted, broad-spectrum.** Delivers crucial vitamins, chelated minerals, phytonutrients and enzymes in balanced ratios for a strong foundation.
- 2 Lipids and sterols.** Contains energy-promoting Tre-en-en® Grain Concentrates from wheat, rice, and soy — rich sources of cell-nourishing lipids and sterols that are stripped from processed foods.
- 3 Protective antioxidants.** Vitamins A, C, E, zinc and selenium support your immune system, cardiovascular health, and promote overall long-term wellness.*¹
- 4 Stress B+C, with Neo-Plex Concentrate,** a unique blend of whole citrus fruit that enhances the body's use of vitamin C, and **Threshold Control nutrients** for controlled release over a 6-hour period.



- 5 Selenium-E** helps your body stand up to stress by supporting healthy immune response.*²
- 6 Heart-smart nutrients and lipotropic factors** for cardiovascular health and brain vitality.*
- 7 B-vitamins from biologically-bound yeast** — a natural, high-potency B-complex source derived from a unique process of growing, harvesting and drying yeast.
- 8 Potassium and magnesium** function as electrolytes to help fuel your energy-filled day.
- 9 Custom-targeted packets** hold your daily supply of vital nutrients, with take-anywhere convenience!

The science behind the supplement

Why GNLD's Scientific Advisory Board created Stress 30

There are three stages of stress: 1) Alarm - You prepare for "fight or flight" and experience a temporary burst of energy or alertness; 2) Resistance - Your body works to support health under ongoing stress; 3) Exhaustion - You lose energy and your immune function can be compromised. Each stage draws on your nutrient stores. What's more, during times of moderate stress, your body uses more zinc, copper, magnesium and calcium, and retains water and sodium. Stress results in altered blood levels of vitamins A, C, zinc and iron, and increases your need for B-vitamins. Stress also increases the production of free radicals.¹

How stress affects your health has a lot to do with your nutritional state. Knowing this, GNLD scientists developed Stress 30 to fill nutritional gaps, restore your lost energy, and give your body superior nutritional tools for optimal mental and physical wellness!

Take charge of your future health

A nutrient-dense diet has been linked to a strong immune system and overall health. The diversity of nutrients in Stress 30 has been shown in scientific studies to benefit health and longevity:

- **Antioxidant** nutrients A, C, E, zinc and selenium help promote healthy DNA and cellular lipids, and play a critical role in cardiovascular health and normal tissue growth.*¹
- **Zinc** helps you utilize vitamins, assists in healing, supports healthy skin, bones and hair, promotes normal prostate health, and supports healthy immune function. Zinc also triggers more than 70 enzymatic reactions, including fatty acid metabolism. Stress increases your body's need for zinc.*^{1,2}
- **Tre-en-en** delivers lipids and sterols, which contribute to normal cellular health and hormonal processes. Healthier cells help you feel more energy from the nutrients you consume.*²