



- **Chalcones.** Scientists are exploring the possibility that chalcones may support the health of prostate cells and tissues.*^{12, 13}
- **Isoflavones** play an important role in prostate health. Research shows that isoflavones, such as **genistein**, may support healthy metabolism, normal cholesterol and estrogen levels, and normal, healthy cellular growth and activity.*^{14, 15, 16}

Powerful, concentrated nutrients in convenient, single-tablet servings — that's Cruciferous Plus!

References

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You'll also find Cruciferous Plus in GNLD's extraordinary PhytoDefense™ — 6 optimal servings of phytonutrients from 25 fruits and vegetables!

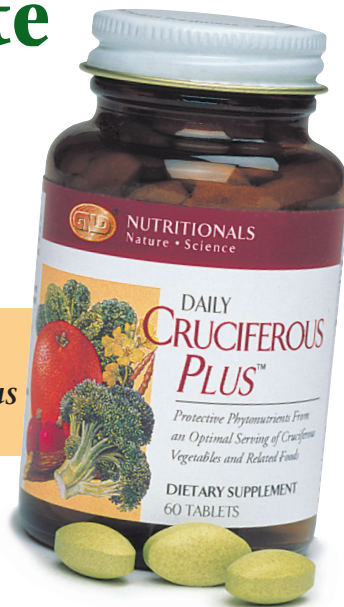
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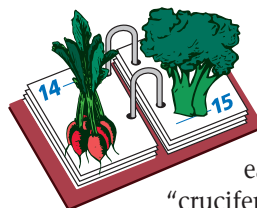
Healthy breast and prostate tissues

Optimal servings from 6 pungent cruciferous vegetables!



Why you need crucifers

Do you turn up your nose at broccoli, cauliflower, Brussels sprouts and collard greens? Even if they're not your favorites, they've got something you need: crucifers! Research links a cruciferous-rich diet with healthy, normal cells and tissues — primarily of the breast and prostate, as well as colon, uterus, ovaries, digestive tract and more.^{1,2} Crucifers also support



healthy cholesterol levels!³ For optimal health, experts recommend eating one serving of cruciferous vegetables per day. If you're eating fewer than that, meet the

"cruciferous challenge" with GNLD's revolutionary Cruciferous Plus™! Only Cruciferous Plus delivers the protective phytonutrients found in an optimal serving of cruciferous vegetables!



9 reasons to promote healthy cells and tissues with Cruciferous Plus™

- 1 Broad-spectrum phytonutrients** from cruciferous vegetables and other foods, including *isothiocyanates* and *indol carbinols*.
- 2 Whole-food ingredients.** Contains GNLD's exclusive cruciferous blend, derived from broccoli, radishes, kale, black mustard, brown mustard and watercress.
- 3 1 tablet = 1 optimal serving.** An important GNLD Difference, each tablet conveniently provides the phytonutrient value of an optimal serving from a wide variety of cruciferous vegetables!
- 4 Other bioactive phytonutrients:** The "plus" in *Cruciferous Plus* comes from antioxidant compounds: *d-limonene* from oranges, *chalcones* from licorice root, and *isoflavones* from soybeans — all shown to support optimal cellular health.*
- 5 Contains sulforaphane**, an important phytonutrient in cruciferous vegetables that has been shown to help neutralize toxins and promote cell health.*
- 6 Exclusive SAB-developed formula** combines the latest scientific research with cutting-edge technology! Using powerful, protective cruciferous compounds, the SAB designed this formula to help regulate normal cellular growth, especially in tissues of the breast and prostate, which are regularly impacted by hormonal activity.*
- 7 Scientific proof.** The active ingredients in *Cruciferous Plus* have been shown to inhibit the growth of breast cancer cells and block enzymes that stimulate cancer growth.*⁴
- 8 Standardized formula** ensures guaranteed consistency of laboratory-specified, concentrated cruciferous nutrients, serving after serving!
- 9 No artificial colors, flavors, preservatives or sweeteners.**



The science behind the supplement

Why GNLD's Scientific Advisory Board created *Cruciferous Plus*

What's in cruciferous vegetables that helps protect your health? Besides vitamins, minerals and fiber, crucifers are packed with powerful phytonutrients that are linked to healthy, protective hormonal responses. Researchers believe that these compounds:

- help your body neutralize and flush out environmental toxins*
- promote normal hormonal balance*
- help keep "good" estrogen uncorrupted*
- support healthy cholesterol levels*
- help regulate your immune system*
- promote normal metabolism, and more!*

GNLD scientists developed *Cruciferous Plus* to deliver the comprehensive range of potent phytonutrients found in an optimal serving from six cruciferous vegetables. If you're one of the millions of people who often avoid pungent cruciferous vegetables, multiply your cruciferous intake with GNLD's exclusive *Cruciferous Plus*!

Cruciferous benefits are sprouting up all over!

A mountain of research links numerous health benefits with cruciferous vegetables! *Cruciferous Plus* delivers a unique combination of powerful nutrients associated with optimal lifelong health⁵:

- **Indole carbinols** have been shown to promote a stable, healthy estrogen balance and support long-term breast tissue health.*^{6,7}
- **Isothiocyanates** support healthy DNA. **Sulforaphane**, an isothiocyanate, may neutralize toxins and promote normal, healthy cellular growth in tissues and organs of the lung, esophagus, stomach, small intestine, colon, breast, liver, and bladder.*^{8,9}
- **Antioxidants** promote healthy, normal cells and tissues, support DNA, protein and lipids, and play a critical role in cardiovascular health and normal tissue growth.*¹⁰
- **Terpenes**, such as **d-limonene**, are known to promote healthy cellular tissue, especially in the breast.*¹¹