



NEWS YOU CAN USE

SPRING 2004

More Fish Facts!



OMEGA-3 FATTY ACIDS CONTINUE TO GENERATE EXCITING RESEARCH!

We've talked about the critical role omega-3s play in the optimal function of the heart, blood vessels, balanced auto-immune response, brain development, and even mental health—but research on the benefits of fish oil just keeps mounting.

Breathe Easier!

Omega-3 fish oil reduces exercise-induced asthma symptoms! Science has shown that omega-3 polyunsaturated fatty acids found in fish oils can produce anti-inflammatory effects. For this reason, recent studies were conducted to determine whether omega-3 supplements can reduce the severity of exercise-induced asthma by allowing the lungs to dilate. Dr. Timothy Mickleborough of Indiana University recently designed a randomized, double-blind, crossover study testing the effects of omega-3 fish oil supplements on ath-

letes who suffer from exercise-induced asthma. ("Fish Oil May Help Elite Athletes," Mickleborough, T., *American Journal of Respiratory and Critical Care Medicine*, November 2003; vol. 168: pp 1181-1189.)

Over a three-week period, athletes were given either a fish oil supplement or a placebo capsule of olive oil. Before exercise, there were no significant differences in lung function between the fish oil group and the placebo group. After exercise, however, there was a significant difference.

The decline in lung function that normally occurred after exercise was reduced by almost 80% in athletes taking the fish oil supplements! Additionally, these athletes needed less asthma medication when taking the fish oil supplements.

This is just one more reason that modifying your diet to include GNLD's high quality Omega III™ supplements can help you feel better right away. GNLD's Omega III Salmon Oil provides omega-3 fatty acids from nature's rich-

est source, salmon. Omega III Concentrate is an exclusive GNLD combination of omega-3 rich fish, all of which contain naturally high levels of omega-3 fatty acids. Both products are derived from healthy, fresh fish that are carefully screened, certified, and selected for human consumption.

Once again, the very latest scientific research has strengthened the already powerful GNLD story. Now *that's* News You Can Use!



Wait! There's More!

A Better Way to Lose Weight!

With summer weather approaching, many thoughts are turning towards weight loss. As demonstrated through GNLD's GR² Control™ program, our Scientific Advisory Board believes in a balanced approach to diet with an emphasis on foods with a low glycemic response which promote a more efficient metabolism.

A study cited in the *American Journal of Clinical Nutrition*¹ indicates that

omega-3 fatty acids have a beneficial effect on glucose-insulin metabolism.¹ During a 16-week period, the addition of fish oil to subjects on a weight loss regimen resulted in a higher success rate compared to that of participants whose diets did not include the omega-3 supplements.

This important research suggests that augmenting your GR² Control program with GNLD's omega-3 supplements can enhance your weight loss results.

1. "Dietary fish as a major component of a weight loss diet; effect on serum lipids, glucose and insulin metabolism in overweight, hypertensive subjects," Mori, T.A., et al, *American Journal of Clinical Nutrition* 1999; 70:817-25