

Solid nutrition and supplementation are major keys to optimal health and wellness. However, with so many products on the market, all claiming to deliver exactly what you need, you must exercise your mind in order to make the right choices for your body.

# you decide!

## CAROTENOID COMPLEX™ SAVES TIME, MONEY, AND YOUR HEALTH!

Research shows that people who eat the most fruits and vegetables are healthier and may live longer. Of course, GNLD wants everyone to eat a wide variety of fresh fruits and vegetables daily. But we know that most people simply don't. The USDA has found that the vast majority of Americans fail to eat the recommended daily amounts of fruits and vegetables. To provide an effective and sensible way to bridge the nutritional gaps between what you eat, and what you should eat, GNLD scientists developed GNLD's Carotenoid Complex.

Each Carotenoid Complex capsule delivers carotenoids equivalent to an optimal serving of carotenoid-rich fruits and vegetables: tomatoes, carrots, spinach, red bell peppers, strawberries, apricots, and peaches. If one were to go to the store to buy and then prepare each of these foods, every day, it would be more expensive in terms of time and money than taking GNLD's Carotenoid Complex.

### Trading health for convenience

Our modern, hectic lifestyle puts a premium on our time. Getting to the grocery store on a regular basis to purchase fresh foods is often a

low priority. We've come to rely on packaged and processed foods and the plethora of fast foods that have become an integral part of our society. In addition, preparing 5 servings of fruits and vegetables every day can be a bothersome daily task.

What's more, when it comes to many of the foods we eat today, purity and nutrient content are often questionable, and can cause concern. How much do you know about the food you buy, especially when it may be grown in a region with less stringent standards? Do you REALLY know if the foods you get at the grocery store are free from dangerous contaminants?

### From the time it's picked, the clock ticks

Even after you purchase all these fresh foods, they only stay fresh for a limited time. Some foods lose much of their nutritional value within hours of harvest. And the truth is, most of us end up throwing out much of the food we purchase simply because it spoils before we can eat it.

Everyone needs to take Carotenoid Complex, regardless of your intake of fresh fruits and vegetables. Carotenoid Complex has been clinically proven by USDA researchers to



provide health benefits to those who follow a healthy diet. For those who do not follow a healthy diet, Carotenoid Complex should be an even more important part of your daily routine.

### Don't gamble with your future

When you add up all the advantages of Carotenoid Complex, compared with the lack of effort that most of us put into eating 5 daily servings of fruits and vegetables, you'll see that Carotenoid Complex makes nutritional and financial sense.

*But now, you decide...*

## CAROTENOID COMPLEX AND FRUITS/VEGETABLES COMPARISON

| Nutrient Advantages and Benefits           | Carotenoid Complex | Fruits and vegetables to make Carotenoid Complex |
|--|--------------------|--|
| Optimal amount of carotenoids in a serving | Yes                |  |
| No time needed to prepare                  | Yes                | No   |
| Take anywhere                              | Yes                | No   |
| Never out of season                        | Yes                | No   |
| Price will not fluctuate due to harvest    | Yes                | No   |
| No risk of pesticide contamination         | Yes                | No   |
| Guaranteed nutrient amounts                | Yes                | No   |
| Retail cost for one day                    | \$1.59             | \$5+   |

Cost determined by considering cost of foods, time spent traveling to and from grocery store, preparation time, and transportation costs.