

Everyone knows the importance of good nutrition and the role supplementation plays in better health and wellness.

However, so many products today make so many claims that you need to exercise your mind before you make the right choices for your body.

you decide!

GNLD supplements or Noni Juice?

If you want to supplement your diet with a complete and comprehensive nutritional product, you may have been told that Noni Juice is a good

choice. According to Noni's proponents, it's a "rich" source of vitamins, minerals, antioxidants, and amino acids (protein), which is what one demands from a

complete nutritional supplement. Unfortunately for Noni, the actual quantities of these critical nutrients are very low.

Take a look at the numbers:

Nutrient	Nutrient amounts in a serving of GNLD products:	Nutrient amounts in a 1.0 fl. oz. serving of Noni Juice:	Amount and cost of Noni Juice you need to drink to match GNLD nutrient delivery:
Vitamins			
Folic Acid: Formula IV	400 mcg	7.35 mcg	54 servings or 1 1/2 quarts
Vitamin B12: Formula IV	10 mcg	.097 mcg	103 servings or 3 quarts
Niacin: Formula IV	50 mg	.147 mg	340 servings or 10 1/2 quarts
Vitamin A: Formula IV	4000 IU	5.88 IU	680 servings or 21 1/2 quarts
Vitamin D: Formula IV	400 IU	No value	No value
Minerals			
Iron: Formula IV	25 mg	0.11 mg	227 servings or 7 quarts
Magnesium: Cal-Mag	150 mg	3.08 mg	48 servings or 1 1/2 quarts
Antioxidants			
Vitamin E: Formula IV	10 IU	.235 IU	42 servings or 1 1/3 quarts
Vitamin C: Threshold Controlled C	430 mg	6.02 mg	71 servings or 2 1/4 quarts
Amino Acids			
Protein: GR ² Control	18 g	0.06 g	300 servings or 9 quarts

Will you spend your money on a nutritionally challenged product, or on the solid nutritional delivery and financially friendly supplements of GNLD? *You decide!*

