

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!

## No-Carb vs. Smart-Carb

**Y**ou or someone you know may be thinking of losing weight based on a low- or no-carb diet program. But before you jump onto the bandwagon, there are some important facts you should know about carbohydrates. Yes, we eat too many, and yes it's best to eliminate some carbohydrates from your diet. But you want to be "carb-smart" before you begin. Here are some facts to help You Decide.

**Fact: All carbohydrates are not created equal!** The body reacts differently to highly processed or "refined" carbohydrates than it does to whole-grain, and unprocessed carbohydrates. Your body was designed to eat carbohydrates in their unprocessed forms. Completely eliminating all carbohydrates from the diet is not the answer to weight loss. Including plenty of "smart carbs" such as whole grains, fruits and vegetables in your diet is what the body needs to operate at its best.

**Fact: You need carbohydrates!** When carbohydrates are not present in the diet, your body goes into a survival mode and produces just enough glucose to help your brain remain active. Sure, you will lose weight, but the downside is lower energy to get you through your busy day, and lower motivation to exercise or to stay with your diet program. GR<sup>2</sup> Control™ provides your body with plenty of the right "smart" carbohydrates to help keep your body and your brain energized.



**Fact: No-carbohydrate diets do not produce long-term results!** Most no or low-carb dieters re-gain the weight they lose! Why? Because it's not a diet that one can maintain for life. Simply eliminating a major nutrient group from your daily diet is not a long-term solution! GR<sup>2</sup> Control always includes whole grains, fresh fruits and vegetables--while reducing fats and processed carbohydrates—which is the key to long-term success!

You have a choice. You can follow the latest craze and eliminate all carbo-

hydrates from your diet, or you can choose a program that is based on science, and will safely guide you through all the hype. It's your body, it's your health, it's up to you—You Decide!

The GR<sup>2</sup> Control program revolves around controlling your glycemic response with a balance of protein, carbohydrates, and fats. By eating smart-carbs, you can achieve your long-term successful weight-loss goals.