



FAST FACTS ABOUT SUPER EASE®

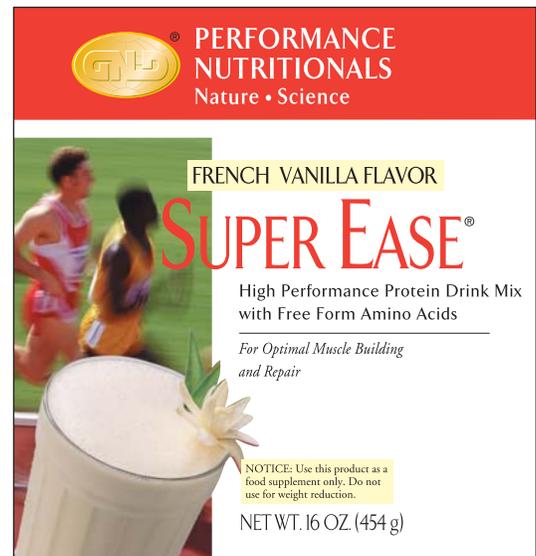
To attain and maintain a peak level of fitness, the body must be able to sustain energy during exercise and efficiently build and repair muscle tissue after training or performance. GNLD's Super Ease provides superior quality protein with all 22 amino acids involved in human nutrition, formulated to match the amino acid profile of whole egg.

WHY A NUTRITIONAL DRINK FOR MUSCLE BUILDING?

- **Muscles get stronger by responding to stress.** The process of exercising muscles causes cellular damage; to repair cells and create new muscle tissue, the body must be supplied with high-quality dietary protein which provides all 22 amino acids involved in human nutrition. In addition, protein can serve as a valuable, long-term energy source, enhancing endurance levels.
- **Some of the best sources of protein — milk, cheese, eggs, and meat — often contain high levels of cholesterol and fat.** What's more, not all foods offer complete protein, with balanced amounts of the essential amino acids you need to get from your diet.

WHY GNLD SUPER EASE?

- **Exceptionally high-quality protein.** Formulated to match the amino acid profile of whole egg, one of nature's "perfect" protein sources. The PDCAAS of Super Ease is greater than 1.49
- **Added natural free-form amino acids** support energy and muscle development.
- **Exclusive Protogard Process.** Low-temperature processing and an exclusive plant-derived enzyme blend protect proteins and improve their digestibility.
- **"Glycemic Edge" provides both quick and sustained energy.** Whole-food sourced fructose won't stimulate the release of energy-robbing insulin.
- **Protein-sparing.** Readily available fructose supplies energy, so protein is spared for the specialized functions of cellular maintenance, repair, and growth.
- **Mixes easily with milk or juice.**
- **Two delicious flavors.** French vanilla, Dutch chocolate.
- **Complete protein.** Supplies the proper ratio of all 22 amino acids involved in human nutrition; matches the amino acid profile of whole egg 100%.
- **Supplies 38% of the Daily Value for protein** when mixed with milk.
- **Naturally sweetened with fructose.**
- **Plant-derived enzymes** for easy digestion.
- **Less than 200 calories per serving** when mixed with 1% lowfat milk



Nutrition Facts			
Serving Size: 20 g (2 Rounded Tablespoons)			
Servings Per Container: 22			
Amount Per Serving	Shake Mix	Shake Mix with 8 fl. oz. 1% Lowfat Milk	
Calories	80	180	
Calories from Fat	10	35	
Amount in Mix % Daily Value**			
Total Fat	1 g	2%	6%
Saturated Fat	0 g	0%	0%
Trans Fat	0 g		0%
Cholesterol	0 mg	0%	3%
Sodium	105 mg	4%	10%
Potassium	120 mg	3%	14%
Total Carbohydrate	7 g	2%	6%
Dietary Fiber	0 g	0%	0%
Sugars	7 g		2%
Protein	11 g	22%	38%
Vitamin A		2%	10%
Vitamin C		*	4%
Calcium		15%	45%
Iron		*	*
Vitamin D		*	25%
Thiamine		*	6%
Riboflavin		4%	30%
Vitamin B6		*	6%
Folic Acid		*	2%
Vitamin B12		2%	15%
Pantothenic Acid		*	6%
Phosphorus		10%	35%
Magnesium		*	8%
Zinc		*	6%
*Contains less than 2 percent of the Daily Value of these nutrients.			
**Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium	Less than	3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

INGREDIENTS: CALCIUM SODIUM CASEINATE, FRUCTOSE, NONFAT DRY MILK, EGG ALBUMIN, WHOLE EGG POWDER, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, L-METHIONINE, L-THREONINE, GARRAGENAN, L-VALINE, PAPAIN, BROMELAIN, AMYLASE, LIPASE, LACTASE.

THE HIGH PERFORMANCE PROTEIN FOR HIGH PERFORMANCE METABOLISM

- **Perfectly matches the amino acid profile of "whole egg."** Based upon the exacting science of human protein utilization, GNLD's Super Ease provides the best possible protein nutrition for your body. Using one of nature's finest natural sources of protein—the whole egg—as a nutritional "blue-print," Super Ease combines excellent protein ingredients with specific natural free form amino acids, resulting in a superior amino acid profile that supports optimal muscle building and repair.
- **Proper ratio of all 22 amino acids involved in human nutrition.** The lack of even one essential amino acid limits the body's ability to utilize a protein food. That's why GNLD Super Ease includes all 22 amino acids in the amounts and ratios necessary to guarantee your body receives optimum protein nutrition. Each 20 gram serving provides:

Isoleucine*	649.80 mg	Arginine**	465.40 mg
Leucine*	845.40 mg	Aspartic Acid & Asparagine	765.80 mg
Lysine*	779.60 mg	Cystine & Cysteine	125.40 mg
Methionine*	485.40 mg	Serine	637.40 mg
Phenylalanine*	564.80 mg	Glutamic Acid & Glutamine	2001.20 mg
Threonine*	512.00 mg	Proline & Hydroxyproline	978.40 mg
Tryptophan*	149.70 mg	Glycine	261.40 mg
Valine*	718.80 mg	Alanine	409.80 mg
Histidine*	272.20 mg	Tyrosine	524.80 mg

 *Essential Amino Acid
 **Considered essential for children.
- **Protein Sparing.** Formulated with fructose, Super Ease provides quick energy while sparing protein for the specialized functions of cellular maintenance, repair, and growth that ONLY protein can fulfill.
- **Glycemic Edge.** Sweetened with fructose, Super Ease promotes a steady supply of blood sugar without the "sucose spike" that can initiate insulin release and result in subsequent "sugar blues."
- **Exclusive Protogard Process.** GNLD selects the highest quality protein sources, and then protects and improves digestibility by utilizing low-temperature processing and an exclusive natural blend of protein-digesting enzymes.
- Backed by 4 decades of nutritional expertise, scientific research, and consumer testing.

DIRECTIONS: Using shaker or blender, mix 2 rounded tablespoons (20 g) of Super Ease in 8 fl. oz. of chilled 1% lowfat milk or your favorite juice. For an even thicker, frothier drink, add a few ice cubes while blending.

Taken 2-3 hours before a workout. Super Ease will provide a "timed energy release" in four distinct phases, due to the varying intervals of availability of the fructose and proteins supplied. **Taken after a workout,** fructose spares the protein in Super Ease to be used for cellular building and repair.

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