

**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*	945.40 mg	Aspartic Acid & Asparagine	765.80 mg
Lysine*	779.60 mg	Cystine & Cysteine	125.40 mg
Methionine*	495.40 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 "sucrose 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.

NOT SOLD IN RETAIL STORES  
Available Exclusively From GNLD Distributors

**GNLD International, LLC**  
Fremont, California 94538 U.S.A.

Leading edge nutrition since 1958 [www.gnld.com](http://www.gnld.com)



**PERFORMANCE NUTRITIONALS**  
Nature • Science

FRENCH VANILLA FLAVOR

**SUPER EASE**<sup>®</sup>

High Performance Protein Drink Mix  
with Free Form Amino Acids

*For Optimal Muscle Building  
and Repair*

**NOTICE:** Use this product as a food supplement only. Do not use for weight reduction.

NET WT. 16 OZ. (454 g)

**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
<b>Calories</b>	80	180
Calories from Fat	10	35
Amount in Mix		% Daily Value**
<b>Total Fat</b>	1 g	2% 6%
Saturated Fat	0 g	0% 8%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0% 3%
<b>Sodium</b>	105 mg	4% 10%
<b>Potassium</b>	120 mg	3% 14%
<b>Total Carbohydrate</b>	7 g	2% 6%
Dietary Fiber	0 g	0% 0%
Sugars	7 g	
<b>Protein</b>	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	*	8%
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, CARRAGEENAN, L-VALINE, PAPAIN, BROMELAIN, AMYLASE, LIPASE, LACTASE.



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Leucine*	939.00 mg	Aspartic Acid & Asparagine	769.80 mg
Lysine*	772.40 mg	Cystine & Cysteine	129.20 mg
Methionine*	493.80 mg	Serine	642.40 mg
Phenylalanine*	569.20 mg	Glutamic Acid & Glutamine	2001.80 mg
Threonine*	512.80 mg	Proline & Hydroxyproline	973.60 mg
Tryptophan*	150.10 mg	Glycine	270.20 mg
Valine*	720.20 mg	Alanine	415.20 mg
Histidine**	271.80 mg	Tyrosine	524.40 mg

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	Amount in Mix	% Daily Value**
<b>Total Fat</b>	1 g	<b>2%</b>
Saturated Fat	0 g	<b>0%</b>
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	<b>0%</b>
<b>Sodium</b>	95 mg	<b>4%</b>
<b>Potassium</b>	130 mg	<b>4%</b>
<b>Total Carbohydrate</b>	7 g	<b>2%</b>
Dietary Fiber	0 g	<b>0%</b>
Sugars	7 g	
<b>Protein</b>	11 g	<b>22%</b>

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%
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