



# FAST FACTS ABOUT VITALITY ALOE VERA PLUS™

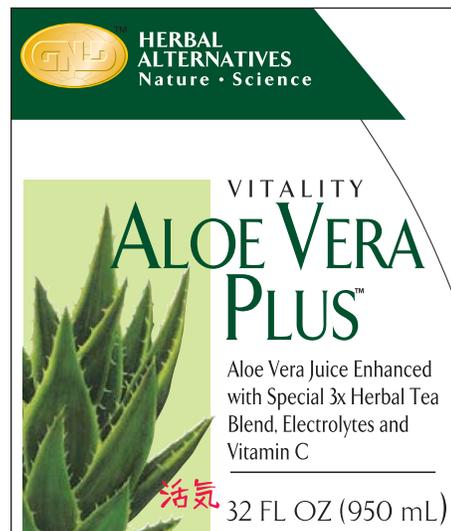
Used worldwide in natural beverages and traditional remedies, the soothing aloe vera plant has been employed — both topically and internally — for about 4,000 years to support health, stamina, and vitality. Research is beginning to validate many traditional uses of this succulent plant, including its internal use to support gastrointestinal health, a strong immune system, and normal blood sugar levels, and to help prevent inflammation. A refreshing break from daily stress, GNLD's Aloe Vera Plus features pure aloe vera juice, GNLD's special 3x Herbal Tea Blend (ginseng, "nature's energizer," plus chamomile and passion flower to calm and relax), important electrolytes, and vitamin C. A "glycemic edge" beverage, Aloe Vera Plus is a delicious, natural way to revitalize so you can best meet the mental and physical challenges of your day.

## WHY AN ALOE VERA BEVERAGE?

- Aloe vera has been safely used worldwide, both topically and internally, for about 4,000 years to support health and vitality.
- Scientific studies support healthful roles for aloe vera in constipation, peptic ulcers, immune system enhancement, diabetes, asthma, and other conditions.

## WHY GNLD VITALITY ALOE VERA PLUS™?

- "Gel only" filleting process avoids undesirables found in whole-leaf aloe.
- GNLD's Special 3x Herbal Tea Blend. Includes ginseng/ Eleuthero, plus chamomile and passion flower to calm and relax.
- Important electrolytes. Potassium and magnesium for metabolic support of the body, especially the cardiovascular and nervous systems.
- Vitamin C. Each serving provides 170% of the Daily Value for vitamin C, an antioxidant that supports immunity, cardiovascular health, skin tone, and more.
- "Glycemic edge" beverage. Sweetened with fructose for quick and sustained energy.
- Great natural flavor. Pleasant-tasting aloe gel, delicious herbal tea blend, natural lemon flavor, and natural sweeteners add up to great taste.
- Only 16 calories per 2-ounce serving.



## ALOE VERA PLUS™

Fine Aloe Vera Juice enhanced with GNLD's Special 3x Herbal Tea Blend, important electrolytes and vitamin C.

- Aloe Vera
- Metabolic Electrolytes
- 3x Herbal Tea Blend
- Great Natural Flavor

**SUGGESTED USE:** Drink 60 to 120 mL (2 to 4 oz.) per day.

- SHAKE WELL
- REFRIGERATE AFTER OPENING

**NOT SOLD IN RETAIL STORES**  
Available Exclusively From GNLD Distributors

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

**Golden Neo-Life Diamite International, Ltd.**  
Bridgetown, Barbados, W.I.  
Kingston, Jamaica, W.I.  
Port of Spain, Trinidad, W.I.

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**Nutrition Facts**

Serv. Size 60 mL (2 oz.)  
Servings 16  
Calories 16  
Fat Calories 0

\*Percent Daily Values (DV) are based on a 2,000 Calorie Diet

Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b> 0 g	<b>0%</b>	<b>Total Carb.</b> 4 g	<b>1%</b>
Sat. Fat 0 g	<b>0%</b>	Fiber 0 g	<b>0%</b>
Trans Fat 0 g	<b>0%</b>	Sugars 4 g	
<b>Cholest.</b> 0 mg	<b>0%</b>	<b>Protein</b> 0 g	
<b>Sodium</b> 10 mg	<b>0%</b>		
Vitamin A 0%		Vitamin C 170%	
Calcium 0%		Iron 0%	



# THE ALOE VERA PLUS™ STORY

## ALOE VERA: A HISTORY OF GLOBAL HEALING

Throughout history, humans have looked to plants for both food and medicine. From primitive peoples who looked to pain-killing willow bark for their “aspirin” to modern peoples who look to antibiotic penicillin processed from simple bread molds, humans have always made good use of healing plants. The aloe vera plant — a globally popular succulent used to soothe upset stomachs and to help heal burns and scrapes — has been a prized part of nature’s “medicine cabinet” throughout the ages. It is a member the Lily family, which includes asparagus, garlic, onion, and turnip, and has been safely used for about 4,000 years to support health, stamina, and vitality.



While scientific research of aloe vera is in its infancy, this plant has a long history of use as a delicious natural beverage and a time-honored folk remedy. Topically, it has been used for wound healing, sunburn, and minor skin irritations. Internally, it has been consumed for constipation, peptic ulcers, immune system enhancement, diabetes, and asthma. While research scientists have published more than 1,000 papers about aloe vera, they still do not know all the details about how the plant confers the many benefits with which it has been credited. Yet, each day they find out more and more about this soothing plant, and the facts tend to substantiate the folklore.

Is this confirmation surprising? Not at all! Consider the importance with which aloe vera has been held throughout history. Medicinal use of aloe vera is depicted in Mesopotamian clay tablets dated 1750 B.C., and it is mentioned in the Codex Ebers of 1500 B.C., an ancient Egyptian medical papyrus. Its healing properties are so well-renowned that when Alexander the Great began his conquests, Aristotle urged him to first conquer the Isle of Socotra, off East Africa, to ensure he would have enough aloe vera to treat his soldiers’ wounds. In the first century A.D. the Greek herbalist Dioscorides wrote what is considered to be the first book of medicine. This book recommended aloe vera for wound healing, constipation, insomnia, stomach disorders, pain, hemorrhoids, itching, headache, hair loss, blisters, skin care, sunburn, and beauty care.

Traders, explorers, and missionaries, traveling under perilous conditions with limited cargo space, chose to include aloe vera with the other valuable commodities they brought to trade or share with other cultures. This healing plant has since made its way around the world, growing in warm regions such as Africa, the Caribbean, the “sunbelt” of the United States, Mexico, Central and South America, India, and other parts of Asia.

## ALOE VERA USAGE TODAY

In 1934, a medical radiologist tried aloe vera gel on victims of x-ray burns and found it more effective than any other agent. Many people keep potted aloe vera in their homes as a “medicine” or “burn” plant. When someone has a cut, scrape, or burn, an aloe vera leaf is broken and the soothing gelatinous juices therein are spread over the injury to reduce pain and swelling.

Today, however, more and more people are consuming aloe vera internally. Nutrient-rich natural aloe vera beverages may be a soothing way to deal with daily stress by refreshing and revitalizing the body.

## WHAT’S IN ALOE VERA?

Aloe vera leaf contains two chemically and physically distinct substances. The outer leaf, or rind, contains a bitter sap with irritant and laxative properties. It may confer a survival benefit to plants by repelling animals that attempt to eat the leaves. In contrast, the inner leaf, or gel, has a pleasant taste. It is the gel from the inner leaf which has gained popularity in beverages and herbal remedies. Extremely safe, Aloe gel has been extensively tested and has no known toxicity.

The gel is more than 95% water and contains more than 200 different constituents, notably mucopolysaccharides, enzymes, sterols, prostaglandins, fatty acids, amino acids, proteins, vitamins (vitamin A, vitamin C, thiamine, riboflavin, niacin, etc.), and minerals (calcium, phosphorus, potassium, magnesium, iron, boron, copper, zinc, manganese, chromium, etc.).

Research indicates internally consumed aloe vera may aid the body in dealing with:

- Gastrointestinal distress, including peptic ulcer and constipation
- Wound healing
- Allergy, asthma, and inflammation
- High blood sugar, including diabetes
- Immune challenges
- Bacterial, fungal, and viral infections
- Intestinal worms
- Pain
- Detoxification

How might aloe vera exert many different effects? Some scientists think the key may be its *polysaccharides*, by far the largest group of aloe constituents. Think of polysaccharides as simple sugar units linked together like beads in a necklace. Just as a string of beads may have different colors and lengths, the simple sugars units may be of different types (glucose or mannose) and the polysaccharide “necklaces” may be of different lengths, each of which may have different biochemical activities.



## REVITALIZE WITH GNLD'S VITALITY ALOE VERA PLUS™!

What makes Vitality Aloe Vera Plus one of GNLD's best-loved products? Its extraordinary quality, taste, nutrition, and value set the standard for natural beverages. Vitality Aloe Vera Plus is made with 50% pure aloe vera juice, obtained from the soothing, pleasant-tasting inner gel of the aloe leaf. Added to this is GNLD's delicious Special Herbal Tea Blend, which is traditionally steeped to bring out the best qualities of energizing ginseng, relaxing chamomile, and calming passion flower. Vitality Aloe Vera Plus also contains vitamin C for antioxidant support of the immune system, electrolytes for a balanced metabolism, and fructose for a delicious, natural energy boost.

Frankly, we cannot explain all of the healing powers that have been attributed to aloe vera throughout the centuries. But we do know this: Refreshing Vitality Aloe Vera Plus is a delicious way to revitalize and energize! Life can be hectic, and soothing Vitality Aloe Vera Plus can help minimize the impact of stress on your health.

### OUR STARTING MATERIAL: THE FINEST PURE ALOE VERA JUICE

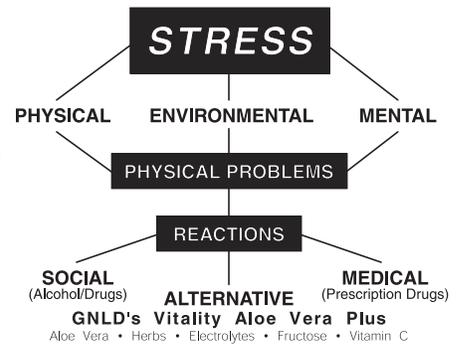
We painstakingly process Vitality Aloe Vera Plus to bring you the world's finest aloe vera juice. One part of pure aloe juice is mixed with one part of GNLD's Special 3x Herbal Tea Blend to produce a delicious natural beverage that is 50% aloe, 50% tea. We only use select 2-3-foot-long, farm-harvested leaves of aloe barbadensis Miller. After sanitizing the exterior, leaves are filleted to obtain the pure inner gel. The aloe polysaccharides stay intact during this process; there is virtually no degradation.

Citric acid is added to stabilize the aloe juice, and a small amount of organic, food-grade preservative is added to increase its shelf life after opening. If no preservatives are present, the natural flavor of the beverage degrades quickly. The preservatives are metabolized in the body exactly as they are in their natural sources. For instance, benzoic acid is naturally found in berries. Nature included benzoic acid in berries as a preservative to protect them from bacteria. A bowl of berries has many times more benzoic acid than Vitality Aloe Vera Plus.

We pride ourselves on the absolute purity of our aloe gel, as a problem plaguing the aloe industry has been a large number of mislabeled products. In fact, some products investigated by the International Aloe Science Council contained no aloe at all!

## GNLD'S SPECIAL 3X HERBAL TEA BLEND FOR TRADITION AND TASTE

Chamomile, ginseng, and passion flower make up GNLD's Special 3x Herbal Tea Blend. These ingredients have been used throughout the ages by herbal traditionalists for



their many purported health benefits. "Nature's energizer," ginseng is considered an adaptogen — a substance that protects against stress, both mental and physical. Chamomile has been used to induce a state of pleasant relaxation, and passion flower has long been employed as a calmative agent. We steep our Herbal Tea Blend the traditional way to bring out the full qualities of the herbs. The tea-brewing process also kills any microbes. To assure purity, we test both our raw materials and finished product for microbial contamination.

### ELECTROLYTES FOR METABOLIC SUPPORT DURING TIMES OF STRESS

Vitality Aloe Vera Plus features magnesium and potassium electrolytes for balanced support of the body's metabolism. Electrolytes can become depleted during periods of physical or mental stress. Magnesium and potassium provide metabolic support for several body tissues and organs, especially heart, muscles, nerves, and brain.

### VITAMIN C FOR ANTIOXIDANT AND IMMUNE SUPPORT

Every two-ounce serving of Vitality Aloe Vera Plus provides 170% of the Daily Value for vitamin C, an antioxidant nutrient essential to maintaining collagen, a protein that supports the structure of skin and body organs. It also supports the integrity of capillaries, our smallest blood vessels, and boosts immune function.

### A DELICIOUS "GLYCEMIC EDGE" BEVERAGE

GNLD's Vitality Aloe Vera Plus is sweetened with fructose, which provides a "glycemic edge" for both quick and sustained energy. The sugar component is very small: The product

STRING SIZE	ACTIVITY
<b>Small</b> about 70 to 650 "beads"	<ul style="list-style-type: none"> <li>• May lower blood sugar and help fight diabetes.</li> <li>• May alleviate inflammation associated with arthritis and ulcerative colitis.</li> </ul>
<b>Medium</b> about 1,500 "beads"	<ul style="list-style-type: none"> <li>• Antioxidant activity may lessen free radical damage associated with cardiovascular diseases and cancer.</li> <li>• Antioxidant activity may also protect against various environmental toxins.</li> </ul>
<b>Large</b> 4,000 to 5,000 "beads"	<ul style="list-style-type: none"> <li>• Provides anti-bacterial and healing properties.</li> </ul>
<b>Very large</b> 8,000 to 9,000 "beads"	<ul style="list-style-type: none"> <li>• Supports healthy immune responses: stimulating antibody production, increasing natural killer cells, releasing anti-tumor substances.</li> </ul>



contains only fructose and trace amounts of simple sugars normally present in the aloe plant (aloe contains more mannose than glucose, which may help lower blood glucose levels). At only 16 calories per 2-ounce serving, the calorie contribution from these sweeteners does not place any significant insulin demand on the body. Natural lemon flavor, the pleasant taste of aloe juice, and the refreshing blend of herbal teas add up to a great-tasting beverage!

## MORE ABOUT REVITALIZING HERBS

### NATURE'S "ENERGIZER": GINSENG/ELEUTHERO (*ELEUTHEROCOCCUS SENTICOSUS*)

Ginseng/Eleuthero (also known as ciwujia) has been used for 2,000 years in China as general preventative medicine and tonic. This century, it has been studied extensively by Russian scientists. Numerous clinical trials have established it as an *adaptogen* — a substance that protects against stress, both physical and mental. Siberian ginseng has been used by people seeking physical and mental endurance — deep-sea divers, long-distance drivers, mountain rescue workers, factory workers, athletes, submariners, and cosmonauts. Nearly a thousand studies show that it may increase energy and stamina and help the body resist infection and toxic assaults. In Chinese medicine it has been used to prevent respiratory infections, viral infections, provide energy and vitality, improve immunity, support the health of the blood vessels and brain, and aid memory, concentration, and other cognitive abilities which may be impaired by poor blood supply to the brain. Historically it has been a popular herbal remedy for weakness, depression, fatigue, nervous breakdown, and allergies. It may play a role in normalizing blood sugar levels.

### THE RELAXING NATURE OF CHAMOMILE (*MATRICARIA CHAMOMILLA*)

Traditionally, chamomile flowers have been brewed to produce a soothing tea that induces a state of pleasant relaxation without disrupting normal mental function or motor coordination. It has also been used to calm upset stomachs and ease digestion. Its effectiveness in this respect is due at least in part to its ability to reduce inflammation. Other historical uses include alleviating pain, reducing muscle spasms, calming the nerves, and detoxifying the body. It has antibacterial and antifungal activity as well. Research supports all of these applications, as well as its use in reducing menstrual cramps, preventing and treating ulcers and other forms of gastrointestinal distress, and lessening anxiety, insomnia, nervousness, restlessness, and stress.

### THE CALMING POWER OF PASSION FLOWER (*PASSIFLORA INCARNATA*)

Passion flower has been used for 200 years to calm nerves and induce relaxation during periods of stress and hormonal adjustment, such as during menstruation, after giving birth, and during menopause. People have used it to aid concentration and to soothe pain and inflammation.