



# FAST FACTS ABOUT PREMIUM ALL-PURPOSE PROTEIN POWDER

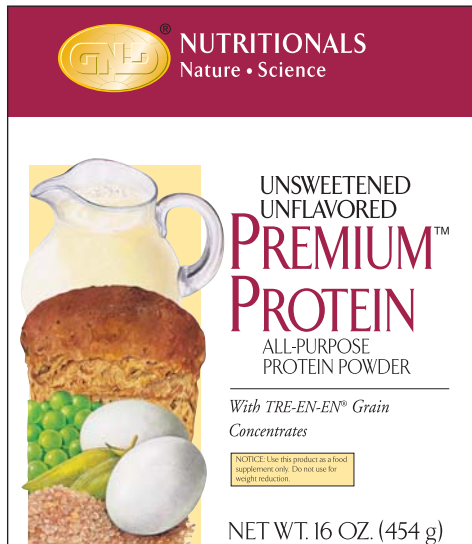
GNLD's Premium All-Purpose Protein Powder answers the demand for a versatile, high-quality protein which can be added to the foods you usually prepare. It's an easy and convenient way to increase the quality and quantity of the protein you consume.

## WHY A MULTI-PURPOSE PROTEIN SUPPLEMENT?

- By trimming fat and cholesterol from our diets, we may eliminate important sources of protein. A protein supplement provides a healthy way to boost your daily diet with high-quality protein — without the fat and cholesterol you don't want.
- Only complete protein provides complete nutrition. A high-quality supplement can guarantee that your diet contains balanced amounts of all the amino acids you need, especially the essential amino acids you must get from your daily diet.

## WHY GNLD PREMIUM PROTEIN?

- Exceptionally high-quality protein — Contains all 22 amino acids involved in human nutrition, including the essential amino acids that must be supplied by the diet.
- Exclusive Protogard Process. Low-temperature processing and an exclusive plant-derived enzyme blend protect proteins and improve their digestibility.
- Neutral taste. Made from naturally neutral and pleasant-tasting milk protein, egg protein, and a unique oil-free field pea protein.
- Unsweetened and unflavored.
- Mixes easily to boost the protein content of almost any food, including beverages, sauces, soups, casseroles, breads and other baked goods, cereals, and salads.
- Tre-en-en® Grain Concentrates. Includes nutritional elements often missing from processed foods: the vital lipids and sterols found in natural whole wheat, rice, and soy. Developed exclusively for GNLD and available only in GNLD products.
- Excellent PDCAAS advantage. Protein Digestibility Amino Acid Score (PDAAS) is greater than 1.40.
- Low fat — less than one gram per serving.



| Nutrition Facts                                     |                             |   |     |
|---|-----------------------------|---|-----|
| Serving Size: 13 g (2 Slightly Rounded Tablespoons) |                             |   |     |
| Servings Per Container: About 35                    |                             |   |     |
| Amount Per Serving                                  | Premium Protein Powder Only | Premium Protein with 8 fl. oz. 1% Lowfat Milk |     |
| Calories  | 50                          | 150   |     |
| Calories from Fat:                                  | 10                          | 30  |     |
|   | <b>Amount in mix</b>        | <b>% Daily Value**</b>                        |     |
| <b>Total Fat</b>                                    | Less than 1 g               | 1%  | 5%  |
| Saturated Fat                                       | 0 g                         | 0%  | 8%  |
| Trans Fat   | 0 g                         |   |     |
| <b>Cholesterol</b>                                  | 0 mg                        | 0%  | 3%  |
| <b>Sodium</b>                                       | 0 mg                        | 0%  | 5%  |
| <b>Potassium</b>                                    | 0 mg                        | 0%  | 11% |
| <b>Total Carbohydrates</b>                          | 1 g                         | 0%  | 4%  |
| Dietary Fiber                                       | Less than 1 g               | 2%  | 2%  |
| Sugars  | Less than 1 g               |   |     |
| <b>Protein</b>                                      | 11 g                        | 22%   | 38% |
| Vitamin A   | -                           |   | 10% |
| Vitamin C   | -                           |   | 4%  |
| Calcium   | 15%                         |   | 45% |
| Iron  | -                           |   | -   |
| Vitamin D   | -                           |   | 25% |
| Thiamine  | 2%                          |   | 8%  |
| Riboflavin  | 2%                          |   | 25% |
| Niacin  | 2%                          |   | 3%  |
| Vitamin B6  | -                           |   | 5%  |
| Folic Acid  | -                           |   | 4%  |
| Vitamin B12   | -                           |   | 15% |
| Pantothenic Acid                                    | -                           |   | 8%  |
| Phosphorus  | -                           |   | 15% |
| Magnesium   | -                           |   | 8%  |
| Zinc  | -                           |   | 8%  |

\* 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 | 2,400 mg | 2,400 mg |
| Potassium          | Less than | 3,500 mg | 3,500 mg |
| Total Carbohydrate |           | 300 g    | 375 g    |
| Dietary Fiber      |           | 25 g     | 30 g     |
| Protein            |           | 50 g     | 65 g     |

## PREMIUM PROTEIN All-Purpose Protein Powder

The perfect way to enrich your diet with high quality protein.

Premium Protein is GNLD's answer to the demand for a multi-purpose powdered protein of extremely high protein quality and digestibility — all from natural, whole food sources! Premium Protein is a unique protein food with a pleasant, neutral taste which makes it an ideal all-purpose protein for use in beverages, in cooking, in baking, or wherever protein enrichment is desired.

- Exceptionally high quality protein, featuring special high-grade milk proteins and field pea protein — a unique high-quality protein source developed exclusively for GNLD Premium Protein.
- Includes TRE-EN-EN® Grain Concentrates (derived from natural grain sources), developed exclusively for GNLD and available only in GNLD products.
- The nutritional benefits of fiber as it occurs naturally in bran.
- Absolutely no sweeteners or flavors.
- Exclusive Protogard Process. The digestibility of GNLD's high-quality protein is improved and protected by utilizing low-temperature processing plus an exclusive natural blend of protein-digesting enzymes.
- Backed by 4 decades of nutritional expertise, scientific research, and consumer testing.

**DIRECTIONS:** Mix 2 slightly rounded tablespoons (13 grams) of Premium Protein in 8 fl. oz. of 1% lowfat milk or your favorite juice and blend well. In your recipes for breads, cakes, cookies, etc., add 2 or more tablespoons of Premium Protein for extra nutrition. Premium Protein may also be used in sauces or gravies, stews, and casseroles.

**INGREDIENTS:** CALCIUM CASEINATE (MILK), VEGETABLE (FIELD PEA) PROTEIN, SOY PROTEIN CONCENTRATE, LACTALBUMIN, EGG ALBUMIN, SOY LECTHIN, YOGURT POWDER, SAFLOWER OIL, BRAN, YEAST, BUTTERFAT, PAPAIN, BROMELAIN, AMYLASE, LIPASE, LACTASE, TRE-EN-EN® GRAIN CONCENTRATES (RICE BRAN EXTRACT, SOY BEAN EXTRACT, WHEAT GERM EXTRACT).

NOT SOLD IN RETAIL STORES Available Exclusively From GNLD Distributors  
 © GNLD International, LLC  
 Fremont, CA 94538 U.S.A.  
 Leading edge nutrition since 1958  
 www.gnld.com