

HEALTH TIP #30 – SUPER EASE PROTEIN

For optimal muscle-building and repair!

By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED THIS PRODUCT:

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.

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.

BENEFITS:

- Supports energy and muscle development.
- Promotes steady blood sugar levels.
- Includes plant-derived enzymes for easy digestion.

A protein-rich diet is the foundation of optimal health and vitality, and an energetic and youthful lifestyle. A protein-deficient diet, or a diet that contains only poor quality protein, undermines that foundation

Protein within minutes after exercise boosts muscle!

When it comes to protein intake, minutes can make the difference.

A Danish study demonstrated that men who drank a high quality protein supplement 2 hours after a weight training session had no increase in muscle mass after the 12-week program. In contrast, men who drank their protein supplement within minutes of the training session had an increase in thigh muscle mass.

This study gives credence to the belief that ingesting a high quality protein soon after a weight training session helps one to maximize his/her weight training efforts. If you want to boost

muscle mass, try one of GNLD's many protein products right after exercise! GNLD proteins are of the highest quality and bioavailability, and provide the 22 amino acids needed for human nutrition.

Source: Reuters News Service

WHY GNLD SUPER EASE PROTEIN?

- **Exceptionally high-quality protein.** Formulated to match the complete amino acid profile of a whole egg without the fat or cholesterol. The PDCAAS of Super Ease is greater than 1.49
- **All 22 Amino Acids** – the lack of even one essential amino acid limits the body's ability to use protein in food.
- **Added natural free-form amino acids** support energy and muscle development and increase utilization efficiency.
- **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.
- **Supplies 38% of the Daily Value for protein** when mixed with milk.
- **Less than 200 calories per serving** when mixed with 1% low fat milk

HOW TO TAKE:

Using a shaker or blender, mix 2 rounded tablespoons (20 g) with 8 ounces of 1% low fat milk or your favourite juice. For an even thicker, frothier drink, add a few ice cubes before blending.

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

22 servings per container.



TESTIMONIES:

I have been using the Super Ease Protein for about 5 months and have noticed a marked difference in my strength and muscle recovery. It is a very clean and superior protein with all 22 amino acids. I have used many protein supplements over the years and this one by far is the best. If you are looking to put on size, take it 2-3 times a day and you'll see the difference for yourself. I stopped taking the Super Ease for about a week and I noticed a change in my strength. Getting back on it again I noticed my strength come back! It really works!

John Landolfi, Vaughan, On.