

HEALTH TIP #14 – TRE EN EN ARE YOU TIRED OF FEELING TIRED?

By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED THIS PRODUCT:

- Energy, hormonal balance & better absorption of your diet
- Because of today's "modern" food processing, critical lipids & sterols have been stripped from our food supply
- Without these essential food factors, energy & vitality are lost
- Studies show less than one serving of whole grains are consumed each day & many don't even eat that
- Factoid: Legally, for a food to be considered "whole-grain," only 51% of its ingredients need to be from whole-grain sources!
- Cell membranes need lipids & sterols from whole grains to stay healthy, glandular activity & overall growth & development

BENEFITS:

- Improve cellular efficiency – you absorb 50% more out of your diet with these essential fatty acids in your diet*
- Support cardiovascular health
- Enhance energy & vitality

WHY GNLD TRE EN EN?

- At the foundation of Formula IV and Formula IV Plus is Tre-en-en Grain Concentrates. This unique and exclusive whole-food blend of extracts from wheat, rice, and soy "feeds your cells" with important phytonutrients.
- Developed and introduced by GNLD in 1958, Tre-en-en Grain Concentrates is the original phytonutrient supplement.
- It provides phyto-lipids, including omega-6 and omega-3 fatty acids essential for optimum health and cellular function, plus the plant sterols beta-sitosterol, gamma-oryzanol, stigmasterol and campesterol.
- Besides optimizing cellular nutrition, plant sterols may have other beneficial effects as well. These include reducing cholesterol levels, lowering the risk of atherosclerosis and inhibiting tumors. Octacosanol, which is a closely related component, is also included to aid in critical biological functions.



HOW TO TAKE:

Take 3 a day with food

Note: Tre en en is also contained in Formula IV and Formula IV Plus. Take 2 Tre en en a day if taking these products. Vita-squares & Liquivite for Children also contain Tre en en.

TESTIMONIES:

I am Elisabeth Anniehs and live in Brampton for the past 15 years.

I met Maryellen a little over one year ago when I joined a Business Networking group in Brampton and was introduced to GNLD products.

At that time, the business of living was difficult. I felt constantly tired. It was very difficult to get up in the morning and I had little energy, to the point I could not go out in the evenings. My mind was in a fog and I had to fight sleepiness all day long.

Maryellen introduced me to Tre-en-en and the benefits of its nutrients. I started taking the supplements faithfully. The change was gradual, but it did not take long for me to wake up rested, have and keep my energy level through the day and I started going out in the evenings again. I feel better today than I did even 20 years ago!

Tre-en-en works and changed my life. It is with confidence that I recommend Tre-en-en and its benefits to all of you.

C. Maiorano, Georgetown, ON: For a year and a half after my second child was born I suffered from constant fatigue. I had to take a nap every afternoon or else I could not function for the rest of the day. I would go the gym and “fake” a workout because I did not have the energy for it. Then a friend at the gym recommended GNLD supplements and I started taking **Formula IV** and **Nourishake**. My third week on the products – WOW – I felt a surge of energy and have not taken a nap in the afternoon since! I have energy, feel healthy, my mood is more constant, have more confidence with people, and I am back to doing aerobic classes at the gym!

It has been life changing for me. Without these products I probably would have severe depression by now, due to the constant fatigue. Instead, thanks to my increased confidence, I am sharing the information about the supplements with my family and friends and have created my own little “store” from home. All my family and friends are having great results on the products and so it makes me want to tell *everyone* about them!

Recently, I wanted to loose that last 10 pounds of “baby-weight” so I went on the GNLD **GR2 Control Weight Loss Program** and lost 10 pounds in 2 weeks! I got to eat 5 times a day, didn't feel hungry and had lots of energy. Best of all, it taught me how to maintain my weight because I feel so good eating the way it has taught me. My husband and children also have enjoyed the change in menu items, so I will never go back to my old eating habits!

Thanks GNLD for improving the quality of my life, allowing me to have my own home-based business and helping me lose weight! The results: a healthier, happier me!

“Tre-en-en® helps me feel great, young, and energetic!”

“After having three children while still in my mid 20’s, I was diagnosed with chronic fatigue syndrome. I could hardly get out of bed in the morning, and it was a struggle just to get through the activities I had each day. Many of them went undone, and this was only the beginning. Soon I found myself suffering from insomnia, depression, irritable bowel syndrome, and exaggerated PMS. Not knowing what to do, I turned to the medical



establishment for help—and was quickly medicated. But they didn’t quite know what to do to truly help my body recover from whatever had caused the problem in the first place. I could tell, while being on the prescription medication for several months, that these drugs were giving me only a ‘band-aid’ effect, covering up the symptom of my problems rather than addressing the real cause. Upon realizing that ‘medicine’ was not the real answer, I continued to search for another solution and began trying a more ‘natural’ approach. After seemingly trying every “snake oil” cure known to man, I was fortunate enough to be introduced to GNLD products.

In the beginning, my husband and I were very skeptical. We had seen so many other companies out there selling cheap, imitation, ‘me too’ products that did not work. However, after seeing the science and research behind GNLD’s nutritionals—along with the company’s philosophy of following Nature’s Blueprint by only including in their products whole-foods found in the human diet—I excitedly got started on a nutritional supplement program. Well, the rest is history. Within weeks, I began feeling better and having more energy, and within a few months I began feeling better than ever before! (And all my other problems subsided, as well!) I actually was able to effectively take care of my children and do the other things I had neglected in the past due my poor physical health. It’s amazing what happens when we give our bodies the nutrients we are so desperately lacking in our modern day diets. Thank you, GNLD!

—Nicole Blain

Atlanta, Georgia

Hi Mary Ellen

I wanted to let you know that I suffer from PMS and take Formula IV. I have found that formula IV balances my hormones as well as minimizing the fatigue I can get. It has regulated



my periods, and reduces the severity. I have had times when I decided to go with just the pro vitality pack but I really do need the formula IV. I can become extremely tired, light headed and dizzy, Formula IV helps to keep me balanced. I highly recommend it.

Hope this helps!

Kimberly Huisson

* This study conducted at Texas A & M University compared the effects of Tre-en-en use in the test group to a control group, and the results were dramatic in terms of the effect on cardiovascular development, nutrient utilization efficiency and overall growth and development See attached article on Tre en en for more details.