



HEALTH TIP #33 – VITAMIN A By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED THIS PRODUCT:

- A fat-soluble nutrient, vitamin A is **essential for normal growth and bone development.**
- Vitamin A **helps keep the skin and other epithelial tissues** (such as the lining of the nose, throat, respiratory system, and genitourinary tract) **healthy and free from infection.**
- Vitamin A is well known for its role in **preventing night blindness** and a serious eye condition called xerophthalmia.
- Vitamin A deficiency is a major health problem in developing countries, which has prompted a great deal of research into the vitamin and its roles in health. Emerging areas of interest include vitamin A's ability to **help reduce the incidence of infectious disease.**
- Vitamin A, a **natural antioxidant**, helps protect the lipid portions of cells and tissues from free-radical damage.

BENEFITS:

HELP FOR:

- allergies
- Acid reflux
- Acne
- Skin issues
- Sinus problems
- Pneumonia & bronchitis
- Infections
- Keeps urinary tract healthy
- Night blindness
- Gum health

WHY GNLD VITAMIN A?

- **Contains only pure, species-specific fish oil**, derived solely from pollack, a species of cod that yields the highest quality natural vitamin A.
- **Water-miscible for improved absorption.** Emulsifiers reduce the size of the lipid droplets containing vitamin A. The result is a water-miscible form of the vitamin which is more quickly absorbed.
- **Convenient serving.** Pure protein, soft gelatin capsules protect freshness and potency and eliminate “fishy” taste, then dissolve quickly for maximum availability.

HOW TO TAKE:

Take 1 capsule daily as a supplement source of Vitamin A.

Note: If severe allergies, you can take more.

Do not take if pregnant.

TESTIMONIES:

Laurie, Alliston, ON - Dec. 2009

Eight months ago I was experiencing major digestive problems. [It started with a feeling like I was having an anxiety attack. Then it turned into a burning in my throat, and I would lose my voice at night. I had a constant heaviness in my chest that would take my breath away.

I had to take antacids all day long. From the moment I woke up until I went to bed.

I had talked to Nada about it, but we had to wait to see if I had a Hiatus Hernia.

At the end of August I got the results back from my tests, and it was a very severe case of acid reflux. It had burned my esophagus, in two spots. The doctor said in 27 years of practice he had never seen such severe burns.

After one week on Aloe Vera Plus, and Vitamin A, I was already feeling relief. I was taking a lot at first. 3 ounces of Aloe (one once 3 times and day), and 5 Vitamin. A every morning. I started chewing one Neo cal and Vitamin C with every meal.

I then added Beta Gest and Enzymes with every meal, and I am 95% healed and feel great. I am going to continue for I know it will take time to completely heal.

Thank you GNLD

LEONIE McCULLOUGH - APRIL 29, 2008

My son, James is 14 years old and over the last 2 years, he has been suffering from allergies starting in the Spring. Last year, he was in pretty bad shape as he was constantly blowing his nose and had itchy red eyes, starting when he woke up in the morning till the evening. I even remember him sticking Kleenex tissues up his nose to stop the dripping. For the sake of this testimony, I will add that the mucous leaving his system was in vast amounts!! His throat was constantly itchy. My heart went out to my poor son. I gave him anti-histamines which sometimes helped.

My good friend and sponsor, Nada St. Germain told me to give James Vitamin A, Resp. 11 and Betagard. After about 2 months, James mentioned that he felt better. His morning sneezing ritual had dropped from “constant” to “sporadic”. His eyes didn’t look as bloodshot as they usually did.

Well, James started on the GNLD supplements last Fall 2007 and since it is now Spring 2008, he is starting his sniffles. So far, his symptoms are so minor - a few sniffles and nose blowing in the morning.

I know that GNLD has helped James with his allergies. James is also on other GNLD products which I know have contributed to his overall good health. He takes Nourishake (good for hormones since he is 14 years!!), Formula IV, Tre en en, Salmon Oil Plus, Carotenoid Complex, Neo Cal. To keep his digestive system in good order, I also give him Acidophilus and periodically Aloe Vera Juice.

JOANNE WATSON, BRAMPTON

GNLD has really changed my children’s health, ages 10, 7, 4. Since birth, all three have constantly been on antibiotics, puffers, over-the-counter medicine for fever and pain relief.

I am a stay-at-home mother, and have always made sure the kids got good homemade meals, exercise and fresh air. It was really frustrating as the kids were always getting sick. Every time I called the school to say that they wouldn’t be at school that day, I would feel embarrassed and was always going to the doctor’s office. They got their flu shot every year and took their vitamins.

When I heard through a friend, Susan, that she knew of whole food supplements that might help my children experience good health, I was really interested. I started the kids on the Vita-Squares and Vita-Gard, All-C and noticed a great improvement in their health.

The biggest change was with my oldest daughter. Angela – age 10, had been on puffers since she was three. She was prone to getting pneumonia, bronchitis, asthma and complained a lot about headaches, sore throat and stomach aches. She was resistant to most antibiotics and was prescribed stronger antibiotics the older she got and had to use inhalers a lot.

Angela is so healthy today and finds she can tolerate the cold weather better and will play out for hours without getting cold. No longer is she on constant antibiotics or puffers. She now takes

Formula IV, Carotenoid Complex, All-C, and Vitamin A. After looking at her last report card, she was pleased to tell the GNLD office that “she thinks the vitamins are making her smarter”.

I am so thankful to GNLD for giving my children back their health. We continue to eat healthy and needless to say, the kids never go without their daily supplements.

Robert, Orangeville, ON

I am really looking forward to sharing my story with you. For many years I have suffered from severe allergies and would get sick frequently. I have tried allergy shots and they did not work. In 2009 I was sick for 70 days in a row, twice not once!!!! This was very frustrating for I don't get paid for being off sick from work.

I was introduced to GNLD from Kareena Silvestre at a networking event in Orangeville. She started me on a program, including Resp 11, Vitamin A, Carotenoid Complex, Tre en en, Betagard, Salmon Oil Plus, and Aloe Vera Plus. It has been a year and I only got sick 3 times and only for a day each time!!! My allergies are improving too. I know that will take more time for I was really bad. Next year will be even better.

Thank you Kareena for introducing me to these great whole food supplements from GNLD.

D. & P. PRIOR, ALLISTON, ON

Our 15 week old infant son was diagnosed with Asthma. The doctor started him on a low dose inhaler, hoping that he would not have to remain on it for more than one year. By sheer coincidence, we had arranged to meet with a sales representative from GNLD during the same week we found out about our son's condition. So, in addition to the supplements we were looking at for ourselves, it was suggested that we give our son some Vitamin A, Acidophilus Plus and a children's multi-vitamin. After starting our son on these, it took only 6 weeks for our doctor to take him off the inhaler. Andrew is now 15 months old and continues to be free of any asthma symptoms. He is still taking his supplements and he is a healthy and happy little boy. We are so grateful for having found GNLD.