



Antioxidants

GNLD's Antioxidants include :

- Carotenoid Complex,
- Flavonoid Complex,
- Cruciferous compounds,
- **The above three are also available in 1 x Phytodefence Pack x 30 sachets each containing 3 x Carotenoids, 2 x Flavonoids and 1 Cruciferous.**
- VA, VC, VE,
- Beta-Guard for Adults and Vita-guard for children contain a complex of antioxidants such as Beta Carotene VC, VE, zinc, selenium, chromium, VB3, VB6,

The most powerful health enhancers in food, antioxidants prevent disease, boost the immune system and even slow the ageing process. They attack the process of oxidation, the culprit behind many, if not most, of today's diseases, including cancer and heart disease. Oxidation causes cells, tissues and organs to break down or decay.

It harms your immune system by interfering with the delicate communication technology of the cell. Scar tissue is formed at sensitive locations throughout your body, including your skin, arteries, eyes and brain. This damaged tissue works against rather than for you, causing wrinkles around your eyes, cataracts, and in your brain, Alzheimer's or Parkinson's diseases. Oxidation in your bloodstream forms cholesterol plaque in the arteries that can lead to heart attacks and strokes, or inflammation in your joints and deformities in your bones, resulting in arthritis.

Most dangerous of all, oxidation can break down your cells DNA and cause cancer.

The villains in the oxidation process are single molecules, called free radicals, which cause cellular havoc as they race around your system.

Many are formed around your system. Many are formed during the normal course of events in your body (normal metabolic processes), but most of the oxidants that attack your cells come from poisons you take into your body. Many pollutants and toxins are known to depress the immune system, which may result in illness. Most are avoidable, so minimize your exposure to them where possible. These include: -

1. These toxins include Pharmaceutical drugs.
2. Alcohol and tobacco smoke.
3. Dietary fat, cholesterol.
4. Chemical pollutants.
5. Environmental toxins (for example, herbicides, used on food crops, car exhaust fumes and acid rain),
6. Radiation (including X-rays, excessive UV light).
7. Some heavy metals (Like Aluminium, lead and Mercury).



Antioxidants mop up the free radicals, thus slowing down and in many cases, stopping the oxidation process. Scientists believe this may halve the incidence of common diseases and may even help with preventing and/or shortening the duration of Aids related diseases.

Carotenoids

What they can do for you.

- Lipid-soluble antioxidants, Carotenoids are a natural source of red, yellow and orange pigments in many fruits and vegetables. Many provide vitamin A Activity.
- Classified by their chemical structure - carotenes (e.g. alpha, beta, gamma, and zeta-carotene), xanthophylls (e.g. Lutein, lycopene, cryptoxanthin and zeaxanthin). There are more than 600 known carotenes.
- GNLD's Carotenoid Complex – 1 capsules supplies approximately 3 servings a day: apricots, broccoli, butternut, pumpkin, rock-melon, paw-paw, peaches, pink grapefruit, red capsicum, spinach, strawberries, sweet potatoes, Swiss chard, tomatoes.
- Research suggests that diets with high levels of Carotenoids may offer several health benefits such as reduced risk of some cancers, reduced risk of heart disease and cataracts, enhanced immune function.
- Provides antioxidant protection from the free-radical damage for the lipid (fat) portions of the cells and tissues. Carotenoids are most effective when consumed as families, referred to as Super Antioxidants, the Carotenoids are the most potent antioxidants yet discovered. Works alongside vitamin A and E in protecting the fat portion of the cell against free radical damage.
- Scientists and Experts say - Eat 5-9 daily servings of fruit and vegetables a day to receive a rich source of protective Carotenoids. (This does not include bananas, potatoes and apples, as they do not contain Carotenoids. 6 mg of Carotenoids are needed per day. Current eating habits are estimated to provide 1, 5 mg per day.
- USDA CAROTENOID COMPLEX STUDY PUBLISHED in the "The American Journal of Nutrition" – March 1997 Volume 65 Number 3. This scientific testing was done by the United States Departments of Agriculture on GNLD Carotenoid Complex which contains all 600 known carotenoids.
- Carotenoid Complex increased the immune capacity known as "Lymphocyte Proliferative Response" by 37% in just 20 days compared to Beta Carotene alone. It is this aspect of our immune systems that keeps us healthy from day to day, and fights off bacteria, viruses and other health challenges. (United States Government Study).
- Carotenoid Complex increased the immune capacity know as "Natural Killer Cells" by more than 20% in just 20 days. Natural killer cells are known as our body's first line of immunologic defense against cancer.

Flavonoids

What they can do for you



- Water-soluble antioxidants, Flavonoids are a natural source of blues, purples, emerald greens and some reds and yellows in many fruits and vegetables.
- Polyphenols - broken into five classes according to chemical structure:
- Flavones, flavanones, catechins, flavanols, anthocyanins.
- There are more than 4000 known Flavonoids. Ellagic acid closely related to Flavonoids
- Research suggests that diets with high levels of Flavonoids may offer several health benefits such as reduced risk of some cancers and heart disease and enhanced immune function and anti-inflammatory action.
- 1 GNLD Flavonoid Complex containing all 4000 flavonoids supplies approximately 2 servings per day - apples, beets, berries, cherries, endive, French beans, grapefruit, grape juice, green tea, kale, leeks, lemons, oranges, parsley, pears, red onions, red wine.
- Antioxidant protection from free radical damage for the watery portions of both the inside and outside of cells and tissues. Flavonoids are most effective when consumed as families.
- Flavonoid Complex is scientifically proven to slow the spread of cancer by 90%.
- The Flavonoids Complex is all absolutely excellent for reducing inflammation of any kind.

Cruciferous Nutrients

What they can do for you.

- Lipid and water-soluble health protecting nutrients from cruciferous vegetables characterised by a pungent, biting taste.
- All contain glucosinolates, the cause of the pungent taste. Two principle groups are:
 - Indole Cabinols, Isothiocyanates, (e.g. Sulforaphane).
- 1 x GNLD Cruciferous Complex supplies approximately 1 serving a day - bok choy (Chinese cabbage), broccoli, brusselsprouts, cabbage, calabrese, collard greens, horseradish, kale, kohlrabi, mustard, mustard greens, radish, rutabaga, turnips, turnip greens, watercress.
- Research suggests that diets with high levels of cruciferous compounds may offer several health benefits like preventing hormonal mediated and other cancers, including: breast, prostate, digestive tract, uterine lining, colon and lung cancer.
- It is likely that cruciferous vegetables and related plants help because they - stimulate enzymes that neutralise problem compounds, detoxify carcinogens and flush them from the body. They prevent the conversion of good oestrogen to bad oestrogen. (Correlated with lower risk of breast cancer). Neutralise toxins and prevent chemicals from becoming active carcinogens. Block interaction of carcinogens with DNA.
- Closely related Phytonutrients - D-Limonene, a citrus terpene from oranges, chalcones from liquorice root, and isoflavones from soybean have similar activity as cruciferous nutrients.
- A study presented at the Experimental Biology meeting in New Orleans in Louisiana concluded that exclusive blend of extracts from Cruciferous vegetables found in Cruciferous Plus can inhibit the growth of breast cancer cells by more than 37%.