



## GNLD's Bio-Tone

### Lose weight while you sleep!

- 2 Main Ingredients – L-Arginine and L-Ornithine.
- No Appetite suppressers, drugs or binding agents.
- Non-addictive.
- To be taken at night on an empty stomach – (At least 3 Hours after last meal) before sleeping.

**Dosage: 3 tablets daily, in the evening at bedtime. For best results, take on an empty stomach (approximately three hours after a meal).**

**Each tablet contains:**

|                   |        |
|-------------------|--------|
| L-Arginine .....  | 400 mg |
| L-Ornithine ..... | 200 mg |
| L-Tyrosine .....  | 25 mg  |
| L-Cysteine .....  | 20 mg  |
| L-Lysine .....    | 10 mg  |

#### Bio-Tone AMINO ACID BODY TONER

With the introduction of Bio-Tone in 1984, GNLD established the industry standard for amino acid supplementation. Based upon scientific research into the body's normal function of tissue generation and lipid metabolism, Bio-Tone creates a dietary abundance of specific amino acids at pre-selected times and under controlled conditions. This allows us to influence the conditions and relative amino acid balances that support the utilization of fat for energy and the production of lean body tissue. Bio-Tone supports the efforts of those seeking to decrease their body fat content.

- ◆ How DOES IT WORK? During the development years of childhood and adolescence, our bodies exist in a state of continuous growth. In order to support this growth and control the utilization of nutrients, our pituitary gland produces a substance called human growth hormone (hGH). This hormone is the "controller" of the whole growth process and, for the vast majority of us; it does a very good job. Later in life, usually in our early twenties when our bodies have reached adult form, the pituitary cuts back on its production of hGH. For many of us, this signals a slowing of the metabolic activities that utilize energy to support growth. This creates unneeded energy that our bodies begin to store as fat. As we accumulate fat, our body tone (fat to lean tissue ratio) begins to slip away.
- ◆ Bio-Tone provides the body with the same amino acids and other nutrients that work with hGH, supporting the utilization of fat for energy and the production of lean body tissue. These nutrients combine to create an amino acid balance similar to that of our youthful growth and development period.
- ◆ It's important to know that these two Amino Acids L-Arginine and L-Ornithine feeds and nourishes and stimulates the Pituitary gland in the production of hGH.... Human Growth Hormone which amongst many roles, reams the fat from of the cells into the circulatory system where they convert into Amino Acids which in turn feeds the muscle... so initially, rather than weighing one self, one should measure oneself as one will experience centimeter loss as apposed to weight loss as muscle is heavier than fat...
- ◆ It's also important to know that in most cases, the Pituitary Gland has slowed right down (to even a complete halt). This happens as one gets older... and causes what we know as the middle age spread... Have you ever wondered why young people can eat like a horse and hardly ever gain weight or when the do diet they can lose the weight very quickly... and why older folk in their



40's, 50's and older hardly eat but gain weight and when they diet never seem to lose... and that's why in most cases with Bio-tone always expect to use the second bottle before you see results as its like 'starting up an old Ford motor car' that is... getting the Pituitary gland working like it should... Some people will see results with the first bottle ... but in most People will see dramatic results with the second bottle...

### **L-ARGININE AND L-ORNITHINE**

Each Bio-Tone tablet contains a unique blend of naturally occurring free form amino acids, chelated minerals and herbal extracts that combine to support body's natural metabolism. Its two primary components are the amino acids L-Arginine and L-ornithine. Both are present because of their direct relationship to the body's ability to convert stored fat into a usable energy form and because of their roles as precursors (building blocks) for hGH. OTHER COMPONENTS PLAY IMPORTANT ROLES Also present in each Bio-Tone tablet are the naturally occurring free form amino acids L-tyrosine, L-Cysteine and L-lysine. These act as natural chelating and complexing agents for minerals present and support overall energy utilization. Amino acids, chelated calcium, magnesium and zinc, plus complexed potassium, contribute to the body's overall electrolyte balance. This is another function important to weight management. Finally, the herbs valerian and chickweed are added for their overall contribution to product performance.

### **WITH BIO-TONE, TIMING Is EVERYTHING**

At certain times of the day and when certain conditions exist within the body, the absorption and utilization of amino acids can be influenced. Two such timing factors are important with Bio-Tone.

First, GNLD researchers know that amino acids "compete" for absorption within the intestinal tract and utilization once in the bloodstream. It is because of this that the directions for taking Bio-Tone state it should be taken on an *empty* stomach (about 3 hours after a meal and at bedtime) :Under these circumstances, there should be little or no other amino acids present in the intestine when the Bio-Tone arrives. Thus, the amino acid in Bio-Tone should be absorbed promptly, influencing blood levels and utilization accordingly.

### **FEATURES**

- ◆ 100% naturally occurring free form amino acids for rapid absorption and utilization.
- ◆ Complete formula containing free form amino acids, chelated minerals and selected herbs; supports the bodily functions of muscle protein retention, fat mobilization, lean tissue development and overall body toning.
- ◆ Chelated calcium, magnesium and zinc for improved absorption of these metabolic electrolytes.
- ◆ Valerian and chickweed for their energy and stamina related benefits.



- ◆ Timed dose, taken 3 hours after last meal and before bedtime, allows for specific amino acid blood level increase while sleeping.
- ◆ The amino acids in this formula are of plant origin.

### **BENEFITS**

- ◆ Your body does the work.
- ◆ Sensible eating and regular, moderate exercise will improve success.
- ◆ Bio-Tone is SAFE.
- ◆ You can use it with confidence.
- ◆ Helps assure a pleasant, restful sleep.
- ◆ Works in sync with body's natural cycles: timed dose, taken at bedtime, utilizes regular, nightly fluctuations of amino acid blood levels.

### **COMPOSITION**

Each tablet supplies:

- ◆ L-Arginine 400mg
- ◆ L-Ornithine 200mg
- ◆ L-Tyrosine 25mg
- ◆ L-Cysteine 20mg
- ◆ L-Lysine 10mg

Biologically supporting nutrients include: Chelated calcium, chelated zinc, chelated magnesium and complexed potassium. No Preserves, Sugars, Starch or Sodium.

### **USE INFORMATION**

As a dietary supplement, 3 tablets per day in the evenings at bedtime. For best results, take on an empty stomach (approx. 3 hours after a meal). Additional tablets can be taken as desired. (NB. For instance... During this time Drinking of Tea for instance which if taken with milk... will upset the balance of the Amino Acids in Bio-Tone... as milk contains other Amino Acids... so only water or Black tea during these 3 hours is recommended)...

### **Other information on Bio-Tone....**

- **L-Arginine** - Increases sperm count in males (spermatogenesis), aids in immune response and healing of wounds, helps metabolise stores body fat and tone up muscle tissue. Any physical trauma increases your need for arginine. Plays an important role in post- injury problems such as weight changes, nitrogen balance and tissue healing. Indispensable for optimum growth, important for muscle metabolism, acts as a vehicle for transport, storage and excretion of nitrogen. Increases muscle mass while decreasing the amount of body fat. Combats mental and physical fatigue. It is used in treatment of liver (hepatic) disorders. Promotes detoxification of Ammonia, which is poisonous to all living cells.
- **L-Ornithine** - Helps build up the immune system, promotes liver functions and regeneration. Important in the formation of urea, detoxifying ammonia, this is poisonous to living cells! Promotes healing. Ornithine stimulates insulin secretion and helps insulin work as an anabolic (Muscle Building) hormone



- **L-arginine and L-ornithine are the 2 amino acids involved in the release of Human Growth Hormone** - what hGH can do for you. Help burn fat and convert it into energy and muscle. Helps you to slim down and shape up whilst you sleep, acts as a mobiliser of fat helping you to not only look trimmer but to have more energy as well.

**Would you like to experience the following health and appearance benefits?**

- Reduce body fat and build lean muscle without exercise
- Lose weight whilst you sleep
- Lower blood pressure and improve cholesterol profile
- Remove wrinkles and cellulite
- Improve skin tone and texture
- Improve heart function
- Improve kidney function
- Improve resistance to disease.
- Accelerate wound healing
- Enhance protein synthesis for muscle growth.
- Increases energy and cardiac output
- Improve sexual drive and performance naturally
- Improve sleep, vision and memory
- Restore hair colour and growth.
- Improve immune system function
- Prevention or reversal of osteoporosis
- Aid in tissue repair, strengthens connective tissue for healthier tendons and ligaments
- Repair of cells and metabolic functions
- Reduce Urea levels in blood and urine.
- Strengthen the immune system
- Turn back your body's biological time clock

All of this is possible – GNLD's Ami-tone consists of a blend of Amino Acids and minerals that provides the Body with the ingredients necessary **for body's natural production of hGH (Human growth hormone).**

This product has been available and backed up by 30 years of research. Our state-of-the art formula is more effective, than hGH injections, at a fraction of the cost. Start reversing the aging process today! In thousands of clinical studies (with no negative side effects) Growth Hormone has been shown to accomplish the all of the benefits listed. Reverse your biological clock and regain your youth the natural way by using GNLD's natural Bio-tone.

**Bio-Tone can also be used very effectively by Sports People** ... Take 3-4 Tablets before training or before racing to assist in the conversation of fat to energy! Accelerate muscle tone and weight loss.