



# Fast Facts About NouriShake

Protein is one of the most critical nutrients in your body. Remove all the water from your body and 80 percent of what remains is made up of protein. Everything, from the proteins that make up your muscles, the antibodies that power your immune system, to the hormones and enzymes that regulate metabolism, are made up of proteins. And, from a dietary perspective, you need to make sure your protein intake is optimal every single day to repair, renew or regrow the 70 – 80 trillion cells that make up your body.



## Why a protein drink?

To ensure you consume protein that your body can effectively use, you must make sure that it contains all 22 amino acids (the building blocks of protein) involved in human nutrition. Nine (ten for children) of these amino acids are essential: your body cannot make them, so it is essential you obtain them from the diet. Some of the better sources of dietary protein are animal foods, such as meats, eggs and dairy products, but these can also be a significant source of the 'bad' fats. Plant foods can be good sources of protein, but need to be combined with other plant foods to provide all 22 amino acids needed.



## Why GNLD NouriShake?

- **Excellent source of high quality protein**, essential for growth and renewing cellular tissue. NouriShake protein contains all 22 amino acids, including the nine (ten in children) essential ones, involved in human nutrition, MINUS the fat! The Protein Digestibility Corrected Amino Acid Score is a measure of a food's protein quality based on human needs. A score of 1.0 or above is excellent: NouriShake has a score of 1.3!
- **Powers your day, longer!** Balanced with sustained energy-releasing carbohydrates, NouriShake gives your body the fuel it needs to power it through the day, without the sugar blues associated with many carbohydrate-containing foods.
- **Nutrition from wholefood sources.** Exclusive blend of high quality protein from low-fat dairy sources and soy protein, combined with the goodness of fruit powders to provide subtle sweetness and energy-boosting carbohydrates and other beneficial phytonutrients.
- **Exclusive ProtoGard Process.** High temperature processing can destroy many beneficial nutrients, including proteins. GNLD's ProtoGard process employs low-temperature processing and an exclusive plant-derived enzyme blend to protect the proteins and enhance their digestibility (enzymes in New Zealand formulation only).
- **Ideal for all family members**, especially children, physically active people, older people and those working under stress.
- **Versatility Plus!** Convenient for any time of the day and mixes easily with water, milk or juice.
- **Provides 1/3 of the protein and 1/2 of the calcium** required daily by adults, when mixed with low-fat milk.
- **Low fat, low cholesterol.**
- **Low lactose** when mixed with juice, water or lactose free milk.

## NouriShake Recipes

NouriShake is available in three delicious flavours - Chocolate, Vanilla and Strawberry. Try a few of these NouriShake recipes for even more energy and flavour.

All recipes are suitable for the blender and should be made as follows -

1. Place fruit, rice, ice or other ingredients such as nuts, grains and oatmeal in a blender first.
2. Add pre-measured liquid.
3. Blend at low speed thoroughly until mixture is smooth.
4. Add NouriShake and blend for another 20 seconds.

Each recipe makes a large shake of approximately 500 - 700mls

### Cherry-Apple

1 cup Cherries (without pips)  
250ml Apple juice  
2 tsp Fibre Supplement  
2 Tbsp NouriShake  
(Vanilla or Strawberry)

#### Approximate Nutritional Boost:

805 mg potassium  
300 mg calcium  
150 mg sodium

### Strawberry-Rockmelon

1/4 cup Rockmelon  
(approx. 1/4 small fruit)  
1 small punnet Strawberries  
250ml low-fat milk  
2 Tbsp NouriShake  
(Strawberry or Chocolate)  
**Approximate Nutritional Boost:**  
2600 IU pro-vitamin A activity  
100 mg vitamin C

### Banana-Apricot

1/2 cup Bananas  
2/3 cup Apricots  
3 Tbsp white rice (cooked)  
250ml Pineapple juice  
2 Tbsp NouriShake  
(Vanilla or Strawberry)  
**Approximate Nutritional Boost:**  
1250 mg potassium  
88g carbohydrates (complex: 20g)  
2015kj 480 calories



## The GNLD Protein Challenge:

Delivers all 22 amino acids involved in human nutrition from wholefood-sourced ingredients, as Nature intended.

GNLD's NouriShake is superior to its market competitors, and we are so confident that our product is without peer that we dare the competition to brave the "GNLD Protein Challenge". For a protein supplement to be equivalent to GNLD's NouriShake, it must meet the following criteria:

	GNLD's NouriShake	Competitors Products
<b>Protein Digestibility Corrected Amino Acid Score greater than 1.0.</b> Provides an amino acid profile (including essential amino acids) that meets the needs for human nutrition.	✓	?
<b>Delivers all 22 amino acids</b> , including the nine (ten for children) essential amino acids involved in human nutrition, to be used where they are needed: tissue building and repair, enzyme synthesis, and more.	✓	?
<b>Wholefood-sourced.</b> Using the best protein sources Nature can offer.	✓	?
<b>Very low fat, low cholesterol.</b> Quality protein, minus the undesirable fats.	✓	?
<b>Protogard Process.</b> Protects the amino acid integrity by blending the high quality raw materials at low temperatures. In addition, the Protogard Process uses a unique blend of natural protein-digesting enzymes to maximise the digestibility and bioavailability of the protein (enzymes in New Zealand formulation only).	✓	?
<b>The Glycaemic Edge.</b> Sustained energy-releasing carbohydrates from wholefood sources steadily supplies energy without the highs and lows associated with sucrose.	✓	?
<b>Protein Sparing.</b> Scientific blend of carbohydrates ensures the proteins are 'spared' from being converted into energy, and instead used where they are needed: to renew and repair cells.	✓	?



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For more information contact: