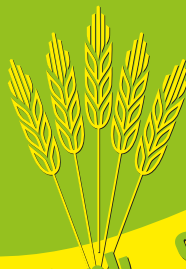




# G-S-S



gesund - schlank - schön



## Energy – Ideal Weight Fitness – Performance

Promotion of health and a sense of well-being  
Increase of athletic performance and fitness  
Reduction of hunger feelings

Order and learn about the gold standard formula from the Austrian Alps:

[www.gesund-schlank-schoen.at](http://www.gesund-schlank-schoen.at)

Shipping possible worldwide. Also available in all Austrian and German pharmacies under the following central pharmacy numbers (PZN) 3173853 (Austria) and/or 3448770 (Germany).

**Expert information and advice provided upon request.**

Instructions for use listed on pages 3 and 10

# » The Most Important Ingredients of our Products

**NO**

chemicals, pesticides, fertilizers or GMOs

100g Powder = 12 Tbsp.  
340 Calories from...  
Healthy Fat: 8%  
Wholegrain Carbs: 76%  
Vegan Protein: 15%

Heart Healthy...  
No Cholesterol  
Low in saturated fat  
No added sodium  
High in fiber  
With ALA omega-3

Tyrolean Primal Grain Mix Powder Nutrition Facts	Units	Value per 100 grams	%DV
Energy	Calories	340	-
Calories from fat	Calories	30	-
Total lipid (fat)	g	3	5
Fatty acids, total saturated	g	0.5	3
Fatty acids, total monounsaturated	g	0.5	-
Fatty acids, total polyunsaturated	g	1.5	-
ALA (Omega-3 fatty acid)	mg	50	-
Cholesterol	mg	0	0
Sodium	mg	150	6
Potassium	mg	1400	39
Carbohydrate	g	70	23
Naturally sugars	g	6	-
Dietary Fiber	g	9	37
Protein	g	15	30
Vitamin A (100% as beta-Carotene)	IU	450	9
Vitamin C (ascorbic acid)	mg	43	72
Calcium	mg	296	30
Iron	mg	6.7	37
Vitamin E (alpha-tocopherol)	IU	4	14
Vitamin K (phyloquinone)	mcg	3	3
Thiamin (vitamin B1)	mg	0.50	34
Riboflavin (vitamin B2)	mg	1.6	94
Niacin (vitamin B3)	mg	4.4	22
Vitamin B6	mg	6.0	300
Folic acid (folate, vitamin B9)	mcg	63	16
Vitamin B12	mcg	22	358
Pantothenic acid (vitamin B5)	mg	4.5	45
Phosphorus	mg	330	33
Magnesium	mg	280	71
Zinc	mg	2.4	16
Selenium	mcg	73	104
Copper	mg	0.5	25
Manganese	mg	2.9	147
Chromium	mcg	150	128

Other Nutrients			
Silica	mg	15.8	-
Boron	mg	2.6	-
Lutein + zeaxanthin	mcg	186	-
Phytonutrients			-
Phytoprotectants			-
Polyphenols/Antioxidants			-
Bioflavonoids			-
Auxins			-
Bitter constituents			-
Stored solar energy			-
Amino Acid Profile			
Essential Amino Acids (The body does not produce them)			
Isoleucine	mg	551	-
Leucine	mg	1020	-
Lysine	mg	464	-
Methionine	mg	246	-
Phenylalanine	mg	700	-
Threonine	mg	454	-
Tryptophan	mg	137	-
Valine	mg	668	-
Conditionally Essential Amino Acids			
Arginine	mg	748	-
Cystine	mg	294	-
Glycine	mg	768	-
Glutamine and precursors	mg	4194	-
Histidine	mg	365	-
Proline	mg	1415	-
Serine	mg	799	-
Tyrosine	mg	353	-
Nonessential Amino Acids			
Alanine	mg	574	-
Aspartic acid	mg	849	-

» Available Products  
**Product Overview**

The recommended dosages are flexible based on individual nutritional and health requirements. The amount consumed can also be distributed into smaller quantities over the course of the day.



**G-S-S Tyrolean Primal Grain Mix Powder**  
 Contents:.....1000 g (2.20 lbs.)  
 Price:.....\$74.95



**G-S-S Tyrolean Primal Grain Mix - Tablets**  
 Contents:.....150 tablets  
 Price:.....\$59.95



**G-S-S Tyrolean Primal Grain Mix Powder + Natural Vanilla**  
 Contents:.....1000 g (2.20 lbs.)  
 Price:.....\$99.95



**G-S-S Tyrolean Primal Grain Mix - Tablets Big Container**  
 Contents:.....500 tablets  
 Price:.....\$169.95

Our products are Austrian organic and all natural. They contain no preservatives, chemical additives, artificially manufactured substances, taste enhancers or GMOs.

**NO SUGAR OR OTHER SWEETENERS ADDED!**  
**Suggested serving:**  
 5 Tbsp. 3 times daily 20-30 minutes before major meals with half a liter (500 ml) of water.

Suitable for diabetics and those with food allergies.

**NO SUGAR OR OTHER SWEETENERS ADDED!**  
**Chew 5 Tablets 3 times daily with water 20-30 minutes before major meals. As a meal replacement, chew 10 tablets with water.**

All prices include VAT (sales tax).

## » The Healthy and Natural Way to Ideal Weight

**O**besity is a disorder that does not allow our body to function normally. Having this disorder assures the development of additional unwanted symptoms and illnesses. If one wants to be healthy, one is required to maintain an ideal weight. Ideal weight varies for every individual based on their age, sex, and body type. Our powder mixture and tablets contain over 40 vital substances in a patented formula that works against obesity and promotes the achievement of one's ideal weight.

The effectiveness of synthetic products is not as great as the effectiveness of natural products. The natural ingredients achieve their advantage by a proper combination of different substances which cannot be reproduced artificially. These substances are essential for the overall well-being of every individual regardless of their weight. Even our brain needs these substances to work properly. Stressful situations can be handled easily and the individual becomes



less moody. Regulated/reduced hunger is a sign that the body has been adequately supplied with the required substances. The desire for sweets, snacks, and junk food is reduced and over time eliminated. When consumed 20-30 minutes before every meal, the natural grain and herbal formula of the powder and tablets safely block the mechanisms of the body that cause hunger which reduces the amount of food one needs to eat to feel satisfied. Even after eating smaller meals, you will feel satisfied and notice that your feelings of hunger have clearly decreased. Although food intake is significantly reduced, the body is fully supplied with all vital substances such as vitamins, minerals, trace minerals, enzymes and fiber.

Enzymes play an important role in the functioning of our intestines as they regulate intestinal flora, remove toxins, prevent constipation and regulate bowel movement. The immune system is strengthened which means one achieves a greater ability to fight off bacteria and viruses, and prevent infections. This means one burns more fat, has more energy and attains an overall sense of well-being. You will feel fitter and more physically capable. Most importantly you do not have to starve or go on a diet as you feel like you have had enough to eat.

**Tyrolean Primal Grain Mix is consumed 3 times daily: 5 tablespoons of powder and/or 5-10 tablets 20 minutes before every meal along with enough water/unsweetened tea.**

When the desired weight has been achieved, 5 tablespoons and/or 5-10 tablets are enough once a day at the time of your choice.

## » High Performance and Endurance Sports

In contrast to those who exercise in moderation, high performance and well-conditioned athletes put a lot more strain on their bodies. Through daily competition-focused training and maintaining specific exercises over an extended period of time, the body regularly performs at its limit. As a result high levels of strength and performance should be maintained if not increased.

One's metabolism also increases under these conditions. Due to a short recuperation period, high performance athletes tend to suffer from exhaustion and are susceptible to different infections. A higher oxygen transfer rate facilitates the formation of muscle cells. Unfortunately free radicals are simultaneously produced, weakening the immune system and putting the athlete at risk of contracting an illness.

A balanced low fat diet is good for overall fitness, as it isn't heavy on the stomach, does not affect breathing and does not cause drowsiness or thirst. Regrettably, it does not necessarily prevent a decrease in energy and performance.

In spite of a high requirement, fewer vitamins and minerals are absorbed and are at the same time excreted due to a high rate of liquid loss through sweating. We see a substantial drop in sodium, but at the same time zinc is also reduced at a rate of 1 mg per liter of sweat.

A greater amount of nutrients such as certain minerals are required by high performance athletes for a number of important reasons. For example, a large proportion of minerals are lost during intense physical activity. Some minerals are crucial for maintaining or increasing physical performance because they are catalysts required in anabolic processes such as muscle cell formation. This is why the levels of zinc present in well-trained muscles are higher than those in untrained muscles. During athletic training, minerals are not "burnt" like carbohydrates, but are discharged from their depots.



## » High Performance and Endurance Sports (Continued)

For this reason, the level of zinc rises when the body undertakes a strenuous activity. Conditions for the athlete's body become dangerous however, due to the fact that significant amounts of its minerals may be lost while sweating.

A deficiency of vitamin C, E, and minerals (ex. zinc) is often seen among soccer players, handball players, bodybuilders and endurance athletes. High performance athletes require additional amounts of potassium, phosphorous and zinc which can reach a level twice as high as the average person's intake. The need for essential vitamins and minerals is higher among high performance and endurance athletes due to high liquid loss and depletion of reserves. If this requirement is not met, the resulting consequences include various diseases, longer recovery times and decreases in performance.

Fortunately, taking "Tiroler Ur-Getreidemischung" (Which means "Tyrolean Primal Grain Mix" in English) 3 times a day 20 minutes before every meal, provides the necessary amount of vital vitamins and minerals. Opposed to artificial supplements, the nutrients are provided safely in an easily absorbable form as naturally occurring parts of the powder's ingredients.

**Performance and endurance will be improved... legal doping so to speak!**

*The chewable tablets are used instead of bars and gels during training and competition!*

**One's race/competition body weight can be achieved and maintained by minimizing your hunger without your body foregoing vital substances.**



## » Muscle and Strength Building

In pure power sports the quantitative and qualitative development of muscles is most important. This increase in mass and strength is the result of a combination of regular training with different load intensities, repetitions and an optimum diet. The muscle, depending on the type of exercise, increases in width and at the same time becomes more elastic.

To speed up this process, different synthetic agents such as protein shakes or artificial supplements are typically consumed. These supplements adversely affect one's health and can cause long term damage.

During longer training breaks the muscles are converted back to fat and flabby tissue. On the other hand if muscle development is enhanced in a natural way, a reduction in size and unhealthy side effects will not have to be feared.

By taking Tyrolean Primal Grain Mix after a meal (5 table-spoons), the body receives the nutrients and healthy vegetarian protein needed to facilitate muscle growth. It should be noted that our powder contains an impressive 15g of vegetarian protein for every 100g of powder without the use of soy-based products!

If a reduction in weight is desired (ex. before tournaments), the powder should be taken 3 times a day 20 minutes before each meal in order to curb one's appetite.

None of the natural contents have been changed or artificially manipulated. It is also comforting for one to know that unhealthy side effects are not risked if the dosage is increased to fit one's individual circumstances.



## » **Balanced like Nature** **Health and Well-being**

**T**he patented formula in our powder and tablets is the result of over a decade of research and experience by experts in the fields of sports nutrition and medicine. The products are optimized in a way that provides advanced nutrition necessary and beneficial for everyone regardless of the level of one's training or fitness program. Whether one is a competitive athlete seeking gains in performance or an "average Joe or Jane" seeking health and a sense of well-being, our products support impressive results. The nutrients contained are all naturally occurring components of the various grains, botanicals and medicinal herbs (i.e., no artificial supplementation or enrichment). Only nature can provide the various ingredients and compounds so perfectly balanced which cannot be duplicated by humans in a laboratory. Secure for yourself optimal health and a sense of well-being, even in the midst of your stressful life – achieve and maintain your ideal weight and natural balance.

**NO SUGAR OR OTHER SWEETENERS ADDED!**

**Suitable and recommended for diabetics and those with food allergies.**

## » **Promote the Optimal Growth and Healthy Development of your Children**



**P**rotect your children from excessive cravings for sweets, obesity and the diseases that result. Obesity often leads to social exclusion among peers in school and elsewhere. It has been proven that obese children have a below-average grade point average, which is often the cause of an unpleasant psychological burden. Our products are suitable for reducing children's cravings for sweets and encouraging the desire for healthy and nutritious whole foods. Children with a normal body weight will not experience a reduction in their weight because of their healthy metabolism, but they will still profit from the vital substances and healthy digestion. Their ability to perform mentally and physically increases and missing nutrients are provided. Use our products as a healthy alternative to typical sugar and caffeine-laden children's products and soft drinks that overstimulate them and promote hyperactivity. Provide your children with a healthy and natural path into their future.

**Children need half the dosage:**

**2-3 Tablespoons of powder or 5 tablets daily.**

## » How important is wholegrain and whole meal food for your Health?

**W**holegrain is indispensable to healthy living – it is the biggest source of B-complex vitamins, especially vitamin B1 – it contains all vital nutrients as well as unknown nutrients not yet researched. It also provides healthy and essential plant-based (vegetarian) protein. The consumption of whole grain products absolves us from “counting calories”.

**Most important is what you eat, not how much you eat!**

Natural foods, free of gene technology, home-grown and produced by local farmers are always the preferable choice!

**Foods which should be avoided:**

1. Refined carbohydrates (white bread, brown bread, rolls, pastas, cakes, pastries, puddings etc.)
2. Processed sugar, lactose, maltose, whole cane sugar, Sucanat (unrefined cane sugar), maple syrup, apple syrup, pear syrup, molasses, treacle, maltodextrin, fruit syrup, raw sugar, raw sweetener etc.
3. Processed fats (margarine and refined oils)

**If you have a sensitive stomach, intestinal tract, liver or gallbladder:**

4. Juices from fruits and vegetables as well as stewed and candied/crystallized fruits.

**Absolutely essential foods:**

1. Whole grain products - All refined flour products should be replaced by whole grain products. The bread you consume should be 100% whole grain and all cakes, pastries, etc. should be made with whole wheat flour. Rice used should be natural with the shell and unsalted.
2. The “Fresh Grain Porridge Dish” has significant nutritional value (see recipe below)
3. Naturally derived fat - meaning butter, cream and unrefined compressed oils.
4. Fresh side dishes made up of raw fruit salads and raw vegetables.

**Milk** – should be organic raw milk depending on circumstances and safety.

**Drinks** – only natural drinks – the amount determined by your thirst.

**Natural drinks** – clear water, mineral water (with or without carbonation) and a variety of tea (as long as it doesn't have pharmaceutical properties). There is nothing wrong with consuming juices as part of a fast or “juice-only days”.

**Recipe for the “Fresh Grain Porridge Dish” – courtesy of Prof. Kollath**

The fresh grain porridge dish can be made from any variety of wholegrain or wholegrain mixture. However the best option is to use a 50/50 combination of Kamut and spelt. Coarsely grind a minimum of 5 tablespoons of the selected grain in a grinder, food processor or coffee grinder. Larger amounts of grain can be used as desired. One does not have to worry about eating too much of this dish as it is healthy, nutritionally balanced, filling and a wise option for those seeking to achieve or maintain their ideal weight. The grinding should always be done at the same time as the dish is prepared. The ground grain is mixed with cold tap water to form a mushy consistency and is left to soak for 5 to 12 hours. There should be just the right amount of water so that after the soaking period, nothing needs to be poured away. After 5 to 12 hours the porridge is ready to eat after adding fresh fruit (seasonal) and lemon juice (half a squeezed lemon). Honey, cream (liquid or whipped) and ground nuts can also be added as desired in modest proportions. The time of day when the dish is consumed is not important.

## » Various Ways to Consume our Powder

Nutritional  
recommendations  
available  
on page 9



The powder is also available with natural vanilla flavour



Owing to the powder's natural ingredients, many American palates may be unaccustomed to its taste or consistency. Our products do not contain the sugar, sweeteners, refined carbohydrates, fat, salt, artificial flavors, synthetic taste enhancers and other unhealthy ingredients and additives used excessively by the corporate food industry to entice consumers and increase profits. Although consuming our products may take a little getting used to, they are very efficient in achieving the desired result of helping you switch to a healthier diet to achieve your health and fitness goals.

### Some tips on how to take the powder:

- ☼ Place one tablespoon of powder into your mouth and swallow it with enough water. Then repeat 4 more times.
- ☼ Place all 5 tablespoons in a bowl. Then mix it together with water or milk (hot or cold) and eat it like porridge.
- ☼ Mix it into a small cup of unsweetened natural yogurt.
- ☼ Add it to your muesli, whole grain cereal, salad or other dishes (even hot dishes are suitable - the ingredients are heat resistant up to 160 degrees Celsius).
- ☼ Mix it into soup or unsweetened tea.
- ☼ Shake/Stir it in a large bottle/cup of water and drink it.
- ☼ Add fresh fruit, lemon juice, cream, honey, nuts and/or spices (ex. cinnamon) in moderation for a treat or dessert!

Please note that because of its natural origin, adding extra liquid to the powder will cause it to swell and unfold. The sooner the powder is consumed the less it can swell up making consumption easier. Diet related symptoms and deficiencies are counteracted, intestinal flora regulated and the intestinal activity stimulated – this in turn has a detoxifying effect. Within the first few days of consumption, increased intestinal activity is possible due to the detoxifying effect, which the body will regulate within a few days.

## The Most Important Ingredients of our Products

### » **KAMUT® - The Ancient Grain**

**T**he nutritional analysis of KAMUT shows that it provides more energy than any other grain variety known today. Compared to normal wheat, it possesses a higher content of minerals (ex. up to 35 % more magnesium and zinc), it contains more essential amino acids (i.e., protein), significantly more mono- and polyunsaturated fatty acids (i.e., healthy fats) and a greater amount of the essential trace mineral selenium. Due to its high content of top-grade fatty acids, its easily digestible carbohydrates and high quality vegetarian protein, KAMUT can be characterized as a high energy whole grain.

**Not only competitive athletes**, but also people with a stressful lifestyle, children, elderly persons and anyone aspiring to improve their diet will find KAMUT products to be a valuable whole food supplement. KAMUT products satiate hunger and give energy without straining the body.

**KAMUT**, the grain rumored to be placed with treasures in the tombs of the Egyptian Pharaohs in their pyramids, was never crossed with other grain varieties nor genetically or artificially altered. Since the time of ancient Egypt 6000 years ago, it has retained its original properties along with its wonderfully light taste and high nutritional value.

**KAMUT** is cultivated exclusively according to organic farming principles and used in a variety of products. Continuous supervision guarantees that neither pesticides, chemical fertilizers nor chemical additives are used.

Considering the manifold advantages of KAMUT, it is no wonder that the ancient Egyptians are said to have worshipped it and called it the "Soul of the Earth".

(Our powder and tablets contain over 30% KAMUT)



## » Spelt – The Ancient Healing Grain:

In the Middle Ages St. Hildegard von Bingen used spelt as a dietary medicine in hospitals for the treatment of chronic diseases. In 90% of cases the treatment was successful. The positive effect spelt has on the body and skin is renown all over the world.



**Previous research** and experience have shed a very positive light on spelt. A diet containing spelt as the main grain supply is advisable for young and old people alike. Many allergies and illnesses are due to intolerance of wheat, barley, oats and rye. Our research shows that in these cases spelt is well tolerated. This grain possesses a highly balanced distribution of nutrients.

The high levels of naturally occurring nutrients in wholegrain spelt make it a superior choice to the cheap and refined wheat products of the corporate food industry which dominate American diets. Wheat has a lower nutritional value than spelt in addition to the fact that the nutrients are typically stripped from the wheat during milling and refining processes. A diet composed exclusively of spelt could be maintained for months without resulting in nutritional deficiencies. For example, the amount of essential amino acids is found in significantly higher levels in spelt than in wheat. Amino acids are important because they are the building blocks of protein and muscle synthesis.

**Owing to its excellent water solubility**, its easily digestible nutrients are absorbed just like liquid nourishment by the body. Ingredients: Lots of protein (15%), wholegrain-based carbohydrates, vitamins (A, E, and B-group) and minerals (especially iron, magnesium and phosphorous) are easily absorbed and provided to the entire body. Contrary to other grains, spelt and spelt-based products react as alkaline in the body which supports the immune system. A spelt diet increases athletic performance and a sense of well-being. Spelt stimulates cell regeneration and promotes detoxification since it helps the kidneys to function more efficiently. Spelt has a positive effect on skin and mucous membranes and presents a highly effective solution for those persons suffering from allergies to other grains and foods.

## » Amaranth - The “Miracle” Plant:

**A**maranth, used by the Aztecs and Incas as a food staple, is a grain-like crop (pseudo grain) similar to buckwheat and quinoa. It is undemanding in care during growth and even survives long dry spells.

**Amaranth** contains a high level of premium proteins rich in lysine, unsaturated fatty acids and fewer carbohydrates than other types of grain and corn. Its content of magnesium and iron is very high compared to most grains. Amaranth is therefore excellent for athletes, pregnant or nursing mothers and women deficient in iron. Owing to its high level of naturally provided calcium and iron, it is recommended to be included in the diets of children. As a gluten free grain, it is well suited for patients with coeliac disease (also known as coeliac sprue or gluten allergy).

**The light brown seeds**, a bit smaller than poppy seeds, have a light nutty taste. Amaranth is widely used in various forms. Varieties ranging from whole seeds to finely ground amaranth flour are used to make both sweet and salty dishes. For baking purposes, it needs to be mixed with other grain varieties since it is almost entirely gluten-free (which means that amaranth dough doesn't rise so well).

**Amaranth** is grown in Austria primarily in the “Waldviertel”. Austria is an ideal location to grow amaranth and other organic grains, herbs and botanicals due to its pristine alpine climate and quality organic farming practices. As the organic and whole food markets continue to rapidly increase in popularity, Austrian farming families continue to focus on improving the opportunities for health-conscious consumers both in Austria and abroad.



## » Yarrow – A Traditional Tyrolean Medicinal Herb



**T**he yarrow plant grows 15 to 60 cm high. Its flower blossoms are white in colour with an occasional reddish tint. Its leaves alternate, are bipinnate, dark green in color, and split dramatically from one another. The entire plant gives off a strong aromatic fragrance. It can be found anywhere on dry soil (i.e. meadows, alpine meadows, mountain pastures, and alongside paths). The herb contains ethereal oils which contain chamazulene, tannins (i.e., antioxidants) and minerals.

Yarrow is widely used for different symptoms and deficiencies and has a positive effect on organs as well as skin problems.

## » At a Glance: Selenium – The Protective Element



**S**ince our body does not produce selenium it needs to be supplemented through nutritious foods or supplements. That is if we want to avoid deterioration of our health and overall well-being. Selenium along with vitamins C, E and beta-Carotene, neutralize free radicals which classifies them as antioxidants. It is held by many experts that free radicals are chiefly responsible for the development of cancer cells.

**Intensive farming practices of the modern food industry** wash vital nutrients out of the soil. Studies have shown in Germany and Austria that the intake of selenium in about 96% of the population is not enough. A deficiency of selenium speeds up the aging process of all the cells in one's body. When ideally supplied to the body and absorbed through naturally rich sources, selenium can help to slow down the aging process, reduce the damage caused during the aging process and neutralize free radicals.

When the tiniest deficiency makes you ill – selenium, our most important trace element, is adequately supplied naturally through our products.

**Small amount – great effect!**

## » Ginkgo

### Good circulation is one of the secrets of good health!

**P**hysical and mental health is largely dependent on the supply to each cell of the body with essential oxygen and nutrients. This is possible only if microcirculation (i.e., blood flow in the capillaries) is perfect. Dangerous consequences to one's health result if microcirculation is hindered (e.g., narrowing arteriosclerosis conditions). Due to the resulting shortage of cells, important organs such as the heart and brain are harmfully affected. As a result concentration and memory disorders, intermittent claudication, as well as heart attack and stroke can occur. Ginkgo biloba helps counteract these dangers. It ensures that the blood circulates properly, unimpeded by bottlenecks in even the smallest veins. The optimal treatment of the body's cells is thus secured.



#### The advantageous effects of ginkgo have been scientifically proven

Scientists discovered in a number of studies that ginkgo can increase oxygen utilization which helps the blood circulate better in the brain. Thereby memory, concentration and other brain functions are improved. Ginkgo is also used for Alzheimer's disease. It was shown that ginkgo positively enhanced the function of the hippocampus, a brain region that is particularly affected by Alzheimer's disease. In a German study of elderly people with mild dementia, the use of ginkgo proved to be helpful.

Ginkgo biloba has antioxidant and blood thinning properties. Owing to its blood thinning property, ginkgo biloba can reduce the risk of developing cardiovascular disease (e.g., arteriosclerosis) and improve circulation in the brain and the function of the central nervous system. Ginkgo can also be used in the treatment of varicose veins and to prevent harmful blood clotting (i.e., thrombosis) and stroke. Ginkgo may even help one obtain relief for headaches and tinnitus (i.e., ringing in the ears).

Owing to its antioxidant property, ginkgo is a good free radical scavenger. Free radicals are substances that damage cells and are produced by stress and poor nutrition. Antioxidants are able to neutralize free radicals rendering them harmless. It was shown that ginkgo biloba may not only be helpful in the cardiovascular system as an antioxidant, but also in the brain and the retina of the eye.

Ginkgo may help protect the cells of the nervous system. Various studies have shown that ginkgo biloba may be helpful in the regeneration of damaged nerve cells. Furthermore, four studies showed that ginkgo biloba may have positive effects during the early stages of Alzheimer's.

Our chewable tablets contain over 3% ginkgo.



# G-S-S



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### » Summary – Contact Information

**O**ne who wants to be healthy is required to maintain one's ideal weight. Our powder and tablets contain over 40 vital nutrients in a patented Tyrolean Primal Grain Mix of wholegrains, medicinal herbs and botanicals from the pristine Austrian Alps. The formula works against hunger, lack of energy, obesity and nutritional deficiencies. Our formula is vital for the health and performance of every individual regardless of their weight – especially during a fitness program or performance enhancing regimen. The chewable tablets and powder contain highly effective medicinal herbs and substances that fortify your immune system. Gain access to the best that the whole, natural and health food markets have to offer. Provide yourself and those you love with the nutritional support required to live up to our company name and motto... healthy, slim and beautiful!



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Our products do not contain substances banned by the United States Food and Drug Administration and leading international sports organizations. These statements have not been evaluated by the FDA. Our products are not intended to diagnose, treat, cure or prevent any diseases. Despite proven research and experience, individual results may vary.