

# Contract Newsletter

## SLIMMING, SLIMMING AND MORE SLIMMING!

Slimming and diets have always been "big business" and are more popular than ever, as shown by the rising demands and sales trends. We recently closed our biggest single sale on diet products.

**Statistics tell us that over 14 million people in the UK are on a diet or have been on a diet within the last 18 months.**

However most dieting programmes do not consider what a rigorous change of diet may do to the body's hair-trigger-sensitive metabolism\*. It is not unusual to hear people on a diet complaining of fatigue, stress, weakness and various emotional outbursts. The reason is very simple: every cell in our body needs a stable and complete supply of nutrients in order to feel properly fed and do its job. Many diets disturb this equilibrium.

## THE MOST SOUGHT AFTER SLIMMING SUPPLEMENTS

Amino Acids guard against malnutrition and energy loss. By making the body work more efficiently - metabolising fat and improving muscle tone - their ability to help lose weight is considered phenomenal by experts in this field of knowledge. They help release increased energy and vigour, and if all that was not enough: they keep working for us during the night, breaking down stored fat while we sleep.

## BENEFITS OF AMINO ACIDS

There are several types of amino acids, each with particular properties such as curbing the appetite, stimulating the body's metabolism, breaking down fat deposits, reducing craving for carbohydrates, keeping the collagen\*\* resilient and so avoid sagging of the skin. Your customers and clients will love these supplements! Why not sell your own brand range of slimming products? Call us and we will be happy to supply quotes for you.

## OTHER POPULAR SLIMMING INGREDIENTS

**Chromium Polynicotinate** is a popular

mineral for increasing fat metabolism. It is one of the few ingredients proven to help weight loss. **Citrus Aurantium** is one of the thermogenic herbs; it increases the cellular fat metabolism. **Dandelion**, an excellent diuretic, helps remove excess fluids and bloating. **Plantain** is as a general diuretic and detoxifier. **Glucomanan** is very effective as an appetite depressant. **Garcinia Cambogia** "dissolves" fat and cholesterol. **Chitosan** "absorbs" the excess fat from our fat-rich diets and is thought to then stop the fat from being stored as fatty tissue.

## ORGANICS & AYURVEDICS

More and more people are aware of the poor quality of our food, which contains all sorts of chemicals, traces of radiation or modified genes. A study has proven that our body contains around 500 chemicals, which are not supposed to be there! Suppliers of organic products are responding to this increasing demand of the consumer, and organic businesses are doing very well. Organic herbs and foods are not irradiated.

**Organic Week** is here (14 - 20 October 2002) and events are being held all over the UK.

Here at G&G in East Grinstead, the Mayor, Mayoress and Town Clerk lunched with our executives and were given a tour of our manufacturing facility. They were delighted and found it "informative and worthwhile".



*G&G is the only company in the UK to manufacture a range of encapsulated organic herbs that can be fully certified by the Soil Association. We can create a*

*range of organic herbs with your own label: GIVE US A CALL!*

## G&G Organic Ayurvedic Powders

Amalaki, Arjuna, Ashwagandha, Bibhitaki, Bhringaraj, Cinnamon bark, Cloves, Ginger root, Gotukola, Haritaki, Kapikachu, Neem, Nutmeg, Pepper (black), Punamava, Sariva, Shatarvari, Triphala, Tulsi, Turmeric.

**G&G Organic Herb, Fruit and Vegetable Powders (all available as "own label" and can be certified by the Soil Association).**

Agnus Castus, Alfalfa, Apple Powder, Artichoke, Astragalus, Avena Sativa, Barberry Root, Bilberry Fruit, Birch Leaf, Blackberry, Blackcurrant, Blessed Thistle, Carrot, Celery Seed, Chamomile, Clover, Cloves, Dandelion Root, Devil's Claw, Echinacea Herb, Echinacea Purpurea Leaf, Echinacea Purpurea Root, Elder Flower, Eyebright, Fennel, Fenugreek, Feverfew, Garlic (Deodorised), Gentian Root, Ginger Root, Ginkgo Leaf, Ginseng (Siberian), Goldenseal, Gotu Cola, Green Pepper, Guarana, Hawthorne Berry, Lemon Balm, Lemon Peel, Licorice Root, Milk Thistle, Olive Leaf, Peppermint Leaf, Pineapple, Raspberry Leaf, Rhubarb Root, Rosemary, Sage, Saw Palmetto, Self-Heal, Skullcap, Spinach, St John's Wort, Tomato, Turmeric, Valerian, Willow Bark, Wormwood.

\*Metabolism: chemical processes in the body to turn food and oxygen into energy

\*\*Collagen: protein found in connective tissues

**NOW IS THE TIME TO ORDER FOR WINTER. THIS IS ALWAYS OUR BUSIEST TIME, SO PLACE YOUR ORDERS NOW FOR DELIVERY BEFORE CHRISTMAS.**



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