

NUTRITION

NEWS

Europe's #1 Diet

(NAPSA)—After becoming very popular in Europe, the Glycemic-index diet, or “GI diet,” is generating attention in the U.S. and receiving endorsements from such celebrities as Kim Cattrall, Naomi Campbell and Bill and Hillary Clinton.



Watching carbs can be more palatable with the proper nutritional supplement.

Recently, the Harvard School of Public Health researchers developed a nutrition concept labeled Glycemic load (GL), which indicates the amount of carbohydrates and fiber per serving of food.

To make the diet even more palatable, Health & Nutrition Systems created “Cemicore,” a diet aid which assists in the breakdown of the high glycemic sugars (bad carbs). The aid is designed to help people enjoy foods which otherwise might be prohibited on such a diet and still achieve their weight loss goals.

Cemicore is available at all GNC locations or by visiting www.cemicore.com.