

# GNLD GOES GOLD!



**Krisztián Berki | Hungary, Pommel Horse**

## An Olympic Gold Medal crowning an amazing career!

The Hungarian pommel horse specialist and reigning World and European champion, Krisztián Berki, met all expectation and won the Olympic gold medal at the 2012 Games in London! We congratulate him for his outstanding achievement and share his joy for a well-deserved Olympic Gold Medal.

Krisztián was born in Budapest in 1985 and according to the Fédération Internationale de Gymnastique he is considered the best athlete of the pommel horse ever.

*"My life is based on a single sentence. Never be satisfied with what you are, make an effort to become what you could be."*

*During preparations, enduring the monotony of getting up at the same time to train and practice the same routines day after day is hard work and is the most difficult for me.*

*I don't consider myself as a person who gets particularly nervous; in general my competitors are more excited and nervous than I am. If I have done everything I can during trainings and preparations, there is no need to be nervous it is enough to give all your heart. For me the competition means relaxation. I love to compete; I can hardly wait to show my skills on the pommel horse, I wish so much to prove my abilities."*

After winning the World Championships in 2011 he described his feelings in a way that probably could be adapted to his emotions during the Olympic Games:

*"When I took the handles, the huge tension slipped away. I never felt such a thing before. Calmness laid on me and I started my exercise. I had only one thought in my mind,*

*if I have done it a thousand times almost perfectly, then I will do it also now."*



Krisztián has been using GNLDs products since 2007.

### His favorite products are:

Tre, Kal-Mag Plus D, Omega-3 Salmon Oil Plus, Acidophilus Plus and Carotenoid Complex.



- OLYMPIC GAMES**
- Gold | 2012 London
- WORLD CHAMPIONSHIPS**
- Gold | 2011 Tokyo
- Gold | 2010 Rotterdam
- Silver | 2009 London
- Silver | 2007 Stuttgart
- EUROPEAN CHAMPIONSHIPS**
- Gold | 2012 Montpellier
- Gold | 2011 Berlin
- Gold | 2009 Milan
- Gold | 2008 Lausanne
- Gold | 2007 Amsterdam
- Gold | 2005 Debrecen
- Bronze | 2004 Ljubljana

## Mahé Drysdale | New Zealand, Single Sculls Rowing the Olympic gold ashore!

World Champion single sculls rower Mahé Drysdale is a true fighter with will-power to conquer setbacks which appeared just a few weeks before arriving to London for the Olympics. He proved himself to be the best of the best and finally got to taste the noble Olympic Gold medal. We congratulate him for proving that hard work and a fighting spirit pay off having reached this glorious pinnacle in his sport.

In Olympic competitions, Gold had eluded Mahé at the Beijing Games due to his suffering from a chronic gastro condition, but a valiant effort saw Mahé through to the finals and even a Bronze Medal! Four years later Mahé's 2012 London campaign looked to be on shaky ground after being involved in a cycling accident only a few weeks before the Games. Fortunately, Mahé quickly regained his fitness and despite a highly competitive field of the world's rowing elite, Mahé once again proved his dominance and could finally realise a long held dream.

Mahé is a highly decorated New Zealand rower with a list of achievements and accolades an oar long. Many of these have been in spite of a few set-backs through misfortune and injury. In 2005 Drysdale won the World Championships at Gifu, Japan, despite having broken two vertebrae in a crash with a water skier earlier in the year. He then went on to successfully defend his title in 2006 Eton, UK and again in 2007 at Munich, Germany. Mahé then claimed his fourth title in Poznan, Poland in 2009 and his fifth in Bled, Slovenia in 2011.

Mahé has been using GNLD products for the past ten years. During this time Mahé has repeatedly proven himself to be the best of the best. An athlete's nutritional requirements are demanding to say the least and Mahé has had his fair share of injury. No doubt it's

Mahé's determination and talent that has made him so successful but to meet the high level of nutrition his body demands – Mahé chooses GNLD.

*"Being an Olympic Athlete I have to get my nutrition spot on to keep me in shape and to be able to train as hard as I need to. By using GNLD products for the last ten years, I have been able to get all the nutritional*



*supplements I need to prepare myself for sessions and recover quickly afterwards. When most races are won or lost by under a second it's important I can perform to my highest level at all times and GNLD products help me with this."*



### Mahé's products of choice:

Pro Vitality, Formula IV Plus, Tre-en-en, Omega-3 Salmon Oil Plus, PhytoDefense, Kal-Mag Plus D, NutriShake, Vitamin C.

- OLYMPIC GAMES**
- Gold | 2012 London, Single Sculls
- Bronze | 2008 Beijing, Single Sculls
- WORLD CHAMPIONSHIPS**
- Gold | 2005 Gifu | Japan
- Gold | 2006 Eton | England
- Gold | 2007 Munich | Tyskland
- Gold | 2009 Poznan | Poland
- Gold | 2011 Bled | Slovenia
- Silver | 2010 Karapiro | New Zealand