



## Forever Lite® Ultra™ Vanilla and Chocolate

Forever Lite Ultra is the perfect addition to your healthy Forever Living lifestyle. With 55% more protein and less than 1/2 the carbohydrates of regular Forever Lite powder, Forever Lite Ultra integrates new thinking with new technologies to help you maintain a healthy diet and lifestyle.

Two servings each day of Forever Lite Ultra, added to 10 ounces of skim milk, supply a full 100% of the Reference Daily Intake (RDI) for the vitamins and minerals shown in the Nutrition Facts section. And Forever Lite Ultra supplies more of the 18 important amino acids, including essential, non-essential and the branch-chain amino acids. With Forever Lite Ultra, you can rest assured that you are getting the latest advancements in nutrition science, without having to sacrifice taste.

Available in Vanilla or Chocolate, Forever Lite Ultra is an integral part of the Forever CLEAN 9 and LIFESTYLE 30 diet and exercise program. It will help you take charge of your health and put you on the path to effective and sustained weight management.

### INGREDIENTS

Forever Living Protein Blend (Consisting Of Whey Protein, Soy Protein Isolate And Calcium Caseinate), Cocoa Powder\*, Fructose, Dicalcium Phosphate, Natural And Artificial Flavors, Guar Gum, Disodium Phosphate, Soybean Oil, Fructooligosaccharide, Ascorbic Acid, D-Alpha Tocopheryl Acetate, Sucralose, Biotin, Niacinamide, Soy Lecithin, Zinc Oxide, Vitamin A Palmitate, D-Calcium Pantothenate, Chromium Chloride, Vitamin D3, Pyridoxine Hydrochloride, Potassium Iodide, Brewer's Yeast, Thiamine Hydrochloride, Riboflavin, Spirulina, Folic Acid, Cyanocobalamin And Sodium Selenate.

Contains: Milk And Soy.

\*Only in Chocolate Ultra

### CONTENTS

18.5 Oz. (525g)—approximately 21 servings per can

### DIRECTIONS

Blend or mix 1 level scoop with 10 fluid ounces of skim milk. (Use scoop provided.) For a special treat, mix with crushed ice or fruit. Shake can before each use.



- For your low-carb lifestyle
- Two shakes provide 100% RDI of numerous vitamins and minerals
- 55% more protein and less than 1/2 the carbohydrates of regular Forever Lite powder
- Approximately 21 servings per can

PRODUCT #237 (Vanilla)  
PRODUCT #266 (Chocolate)

### SEE REVERSE SIDE FOR NUTRITION FACTS

*The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.*

# Weight Management

## VANILLA

### Nutrition Facts

Serving Size 1 Scoop (25g) Servings Per Container 21

Amount Per Serving	Powder	Powder with skim milk (10 fl.oz.)
<b>Calories</b>	90	200
Calories from fat	10	10
% Daily Value**		
<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 15mg	<b>5%</b>	<b>5%</b>
<b>Sodium</b> 160mg	<b>7%</b>	<b>13%</b>
<b>Potassium</b> 70mg	<b>2%</b>	<b>16%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>
Sugars 2g		
<b>Protein</b> 17g	<b>34%</b>	<b>54%</b>
Vitamin A	40%	50%
Vitamin C	50%	50%
Calcium	20%	55%
Vitamin D	30%	50%
Vitamin E	50%	50%
Thiamin	40%	50%
Riboflavin	15%	50%
Niacin	50%	50%
Vitamin B6	50%	50%
Folate	50%	50%
Vitamin B12	30%	50%
Biotin	50%	50%
Pantothenic Acid	40%	50%
Phosphorus	20%	50%
Iodine	35%	50%
Zinc	40%	50%
Selenium	50%	50%
Chromium	50%	50%

### Typical Amino Acid Profile

Isoleucine	1,038mg†	1,698mg†
Leucine	2,061mg†	3,131mg†
Lysine	1,816mg†	2,676mg†
Methionine	386mg†	646mg†
Phenylalanine	620mg†	1,150mg†
Threonine	968mg†	1,448mg†
Tryptophan	394mg†	544mg†
Valine	977mg†	1,707mg†
Alanine	874mg†	1,254mg†
Arginine	418mg†	818mg†
Aspartic Acid	1,061mg†	1,891mg†
Cystine	486mg†	586mg†
Glutamic Acid	1,970mg†	4,250mg†
Glycine	305mg†	535mg†
Histidine	366mg†	666mg†
Proline	887mg†	1,947mg†
Serine	664mg†	1,264mg†
Tyrosine	599mg†	1,129mg†

\*Amount in Powder. Ten fl. oz. of skim milk contributes an additional 110 calories, 150mg sodium, 15g total carbohydrate (14g sugars), and 10g protein.

†Daily Value not established.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	26g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

## CHOCOLATE

### Nutrition Facts

Serving Size 1 Scoop (25g) Servings Per Container 21

Amount Per Serving	Powder	Powder with skim milk (10 fl.oz.)
<b>Calories</b>	90	200
Calories from fat	10	10
% Daily Value**		
<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 15mg	<b>5%</b>	<b>5%</b>
<b>Sodium</b> 150mg	<b>6%</b>	<b>13%</b>
<b>Potassium</b> 150mg	<b>4%</b>	<b>18%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>
Sugars 2g		
<b>Protein</b> 17g	<b>34%</b>	<b>54%</b>
Vitamin A	40%	50%
Vitamin C	50%	50%
Calcium	20%	55%
Vitamin D	30%	50%
Vitamin E	50%	50%
Thiamin	40%	50%
Riboflavin	15%	50%
Niacin	50%	50%
Vitamin B6	50%	50%
Folate	50%	50%
Vitamin B12	30%	50%
Biotin	50%	50%
Pantothenic Acid	40%	50%
Phosphorus	20%	50%
Iodine	35%	50%
Zinc	40%	50%
Selenium	50%	50%
Chromium	50%	50%

### Typical Amino Acid Profile

Isoleucine	983mg†	1,643mg†
Leucine	1,994mg†	3,064mg†
Lysine	1,772mg†	2,632mg†
Methionine	373mg†	633mg†
Phenylalanine	597mg†	1,127mg†
Threonine	898mg†	1,378mg†
Tryptophan	393mg†	543mg†
Valine	926mg†	1,656mg†
Alanine	835mg†	1,215mg†
Arginine	401mg†	801mg†
Aspartic Acid	876mg†	1,706mg†
Cystine	475mg†	575mg†
Glutamic Acid	2,075mg†	4,355mg†
Glycine	290mg†	495mg†
Histidine	354mg†	654mg†
Proline	832mg†	1,892mg†
Serine	606mg†	1,206mg†
Tyrosine	584mg†	1,114mg†

\*Amount in Powder. Ten fl. oz. of skim milk contributes an additional 110 calories, 150mg sodium, 15g total carbohydrate (14g sugars), and 10g protein.

†Daily Value not established.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4



## Forever Lite® – Chocolate Chiffon, Vanilla Delight

For a meal on the go, whether you're looking to lose weight, gain muscle or just need an energetic boost, reach for Forever Lite Nutritional Diet Program. Mixed with milk or your favorite fruit juice, Forever Lite delivers a nutritious kick of vitamins, minerals, proteins and carbohydrates. Rich in proteins for bodybuilding, growth and repair, two shakes a day provide 100% of the RDI of vitamins and minerals. Each shake contains 18 amino acids (including all 8 essential ones) and trace elements including iron, selenium, chromium and iodine, providing you with soluble and insoluble fiber. To protect against free radicals, we've added antioxidant Beta Carotene and vitamins A and E, and used the natural fruit sugar fructose, instead of sugar or aspartame.

Forever Lite is available in two delicious flavors - chocolate and vanilla. Mixed with low-fat milk, soy milk or fruit juice, a Forever Lite shake can be a healthy, tasty way to manage your weight. If used as a meal replacement, eat at least one nutritiously complete, low-calorie meal a day, including fresh fruit, vegetables, whole grains and lean protein.

### INGREDIENTS

Forever Living Protein Blend (Consisting of Soy Protein Isolate, Calcium Caseinate, and Whey), Fructose, Dutch Processed Cocoa\*, Cellulose Gel and Cellulose Gum, Carob\*, Soy Lecithin, Calcium Phosphate, Magnesium Oxide, Natural and Artificial Flavors, Soybean Oil, Carrageenan, Pectin, Ascorbic Acid, Ferrous Fumarate, Brewer's Yeast, Guar Gum, D-Alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, Calcium Pantothenate, Vitamin A Palmitate, Copper Sulfate, Bromelain, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin D3, Folic Acid, Biotin, Potassium Iodide, Beta Carotene, GTF Chromium Yeast, Selenium Yeast, Spirulina, Cyanocobalamin. Contains milk and soy.

\*Only in Chocolate Chiffon

### CONTENTS

18.5 Oz. (525g) - approximately 21 servings per can

### DIRECTIONS

Shake can before each use. Blend or mix 1 level scoop (25g) with 10 oz. of low-fat milk or fruit juice.



- Two shakes provide 100% RDI of vitamins and minerals
- Healthy snack or meal replacement
- Provides the perfect balance of protein and carbohydrates
- Approximately 21 servings per can
- No added preservatives

PRODUCT #019 (Vanilla)  
PRODUCT #021 (Chocolate)

**SEE REVERSE SIDE FOR NUTRITION FACTS**

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# Weight Management

## CHOCOLATE CHIFFON

### Nutrition Facts

Serving Size 1 Scoop (25g) Servings Per Container 21

Amount Per Serving	Powder	Powder with skim milk (10 fl.oz.)
<b>Calories</b>	90	200
Calories from fat	10	10
% Daily Value**		
<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>	<b>12%</b>
Potassium 90mg	<b>3%</b>	<b>17%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>
Sugars 8g		
<b>Protein</b> 11g		
Vitamin A	50%	60%
Vitamin C	50%	50%
Calcium	20%	60%
Iron	50%	50%
Vitamin D	50%	80%
Vitamin E	50%	50%
Thiamin	50%	60%
Riboflavin	50%	90%
Niacin	50%	50%
Vitamin B6	50%	50%
Folate	50%	50%
Vitamin B12	50%	70%
Biotin	50%	50%
Pantothenic Acid	50%	60%
Phosphorus	20%	50%
Iodine	50%	50%
Magnesium	40%	50%
Zinc	50%	50%
Copper	50%	50%

### Typical Amino Acids Profile

Isoleucine	550mg†	1210mg†
Leucine	940mg†	2010mg†
Lysine	750mg†	1610mg†
Methionine	170mg†	430mg†
Phenylalanine	600mg†	1130mg†
Threonine	430mg†	910mg†
Tryptophan	150mg†	300mg†
Valine	560mg†	1290mg†
Alanine	460mg†	840mg†
Arginine	790mg†	1190mg†
Aspartic Acid	1270mg†	2100mg†
Cystine	130mg†	230mg†
Glutamic Acid	2370mg†	4650mg†
Glycine	450mg†	680mg†
Histidine	320mg†	620mg†
Proline	740mg†	1800mg†
Serine	590mg†	1190mg†
Tyrosine	460mg†	990mg†

\*Amount in Powder. Ten fluid ounces of skim milk contributes an additional 110 calories, 150mg sodium, 15g total carbohydrate (14g sugars), and 10g protein.

†Daily Value not established.

\*\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

## VANILLA DELIGHT

### Nutrition Facts

Serving Size 1 Scoop (25g) Servings Per Container 21

Amount Per Serving	Powder	Powder with skim milk (10 fl.oz.)
<b>Calories</b>	90	200
Calories from fat	10	10
% Daily Value**		
<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>	<b>13%</b>
Potassium 60mg	<b>2%</b>	<b>16%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>
Sugars 9g		
<b>Protein</b> 11g		
Vitamin A	50%	60%
Vitamin C	50%	50%
Calcium	20%	60%
Iron	50%	50%
Vitamin D	50%	80%
Vitamin E	50%	50%
Thiamin	50%	60%
Riboflavin	50%	90%
Niacin	50%	50%
Vitamin B6	50%	50%
Folate	50%	50%
Vitamin B12	50%	70%
Biotin	50%	50%
Pantothenic Acid	50%	60%
Phosphorus	20%	50%
Iodine	50%	50%
Magnesium	40%	50%
Zinc	50%	50%
Copper	50%	50%

### Typical Amino Acids Profile

Isoleucine	560mg†	1220mg†
Leucine	950mg†	2020mg†
Lysine	760mg†	1630mg†
Methionine	180mg†	450mg†
Phenylalanine	600mg†	1130mg†
Threonine	440mg†	930mg†
Tryptophan	150mg†	300mg†
Valine	560mg†	1290mg†
Alanine	460mg†	840mg†
Arginine	790mg†	1190mg†
Aspartic Acid	1290mg†	2120mg†
Cystine	130mg†	230mg†
Glutamic Acid	2390mg†	4680mg†
Glycine	450mg†	680mg†
Histidine	320mg†	620mg†
Proline	740mg†	1800mg†
Serine	590mg†	1190mg†
Tyrosine	460mg†	990mg†

\*Amount in Powder. Ten fluid ounces of skim milk contributes an additional 110 calories, 150mg sodium, 15g total carbohydrate (14g sugars), and 10g protein.

†Daily Value not established.

\*\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

# Weight Management



## Forever Fast Break®

A great-tasting, low-calorie alternative to skipping meals, each Forever Fast Break Energy Bar contains at least 50% of the USRDI for vitamins and minerals, plus amino acids, enzymes and phosphorous. Phosphorous enhances energy levels by speeding up the metabolism of fats and carbohydrates, thus helping the body recover from over-exertion. Potassium is not only essential for proper cardiovascular system, nervous system and muscle function, it also helps to ease mental and physical stress.

A great meal replacement for today's "on the go" lifestyle, Forever Fast Break Energy Bars are an ideal way for active individuals to keep up in a fast-paced world!

**INGREDIENTS:** Peanut butter, protein blend (soy protein isolate, calcium caseinate, milk protein isolate, whey protein concentrate), carob coating (brown sugar, fractionated palm kernel oil, whey powder, carob powder, soy lecithin), corn syrup, high fructose corn syrup, maltitol syrup, fructose, peanuts, tricalcium phosphate, soy fiber, soy nuts, dipotassium phosphate, magnesium oxide, natural flavors, aloe vera gel, honey, choline bitartrate, para-aminobenzoic acid, ascorbic acid, ferrous fumarate, vitamin E acetate, zinc oxide, manganese gluconate, copper gluconate, vitamin A palmitate, calcium pantothenate, molybdenum amino acid chelate, chromium amino acid chelate, selenium amino acid chelate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, potassium iodide, and cyanocobalamin.

**Contains: Peanuts, milk and soy.**

### Nutrition Facts

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Serving Size 1 bar (57g)	
<b>Amount Per Serving</b>	
<b>Calories 230 Fat Cal. 70</b>	
	% Daily Value*
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Potassium</b> 300mg	<b>9%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 16g	
<b>Protein</b> 11g	<b>22%</b>
Vitamin A	50%
Vitamin C	50%
Calcium	60%
Iron	50%
Vitamin E	50%
Thiamin	50%
Riboflavin	50%
Niacin	50%
Vitamin B6	50%
Folate	50%
Vitamin B12	50%
Biotin	50%
Pantothenic Acid	50%
Phosphorus	35%
Iodine	50%
Magnesium	50%
Zinc	50%
Selenium	50%
Copper	50%
Manganese	30%
Chromium	10%
Molybdenum	35%
*Percent Daily Values are based on a 2,000 calorie diet.	
One serving also contains: PABA 75mg Choline 50mg	

### DIRECTIONS

Replace no more than two meals daily with Forever Fast Break Energy Bars. A third, well-balanced meal should be eaten.

Fast Break bars can help control weight as part of a calorie-controlled diet and exercise program.



- CONTAINS NUTS
- Provides 50% RDI of vitamins and minerals
- Great as a snack or meal replacement
- Only 230 calories per bar

PRODUCT #267



## Forever Garcinia Plus®

Forever Garcinia Plus is a revolutionary nutritional supplement, containing a number of ingredients that may aid in weight loss when combined with moderate exercise and a sensible diet. The primary ingredient is a natural substance derived from the fruit of a Southern Asian tree, the Garcinia Cambogia, also known as the Malabar Tamarind. The rind of this fruit is dried and used to produce Hydroxycitric Acid (HCA). Chemically, HCA is very similar to the citric acid found in oranges and other citrus fruits. The fruit of the Garcinia is about the size of an orange, but is more like a pumpkin in appearance. For centuries, this fruit has been used for culinary and herbal purposes in Southern India and in Thailand.

Specialists in plant compounds became aware of the remarkable qualities of HCA in the late 1960's, when they learned that this compound can reduce the body's production of fats from carbohydrates. During the normal metabolism of a meal, carbohydrate calories that are not used immediately for energy or stored as glycogen are converted into fats in the liver. HCA works by inhibiting the enzyme (citrate liase) which converts these calories into fat. As a result, the body will burn existing fat stores, thus aiding in weight loss.

When enough glycogen has been created and

stored in the liver, a message is sent to the brain indicating sufficient food has been taken. This action is called a satiety reflex, and quells the appetite, reducing the desire for more food.

### INGREDIENTS

Garcinia Cambogia Extract, Safflower Oil, Gelatin, Glycerin, Medium-chain Triglyceride Vegetable Oil (MCT or Thin Oil), Purified Water, Beeswax, Lecithin, Carob Extract, Titanium Dioxide, and Chromium Picolinate.

**Contains Soy.**

### Supplement Facts

Amount Per Softgel	% Daily Value
Serving Size 1 Softgel	
Calories 5	
Calories From Fat 5	
Total Fat 0.5g	<1%*
Trans Fat 0g	
Sodium 5 mg	<1%
Calcium 95 mg	10%
Iron 0.4 mg	2%
Chromium 100 mcg	80%
Garcinia Cambogia Extract, powdered (fruit rind) 500 mg † (Yielding 250 mg of [-] Hydroxycitric Acid per softgel)	
* Percent Daily Values are based on a 2,000 calorie diet	
† Daily Value not established	

CONTENTS  
70 softgels

SUGGESTED USE  
One softgel three times daily preferably 30-60 minutes before meals.



- Contains HCA, a natural appetite suppressant
- HCA inhibits the enzyme that converts calories into fat
- A useful tool in weight management

PRODUCT #071

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## Other Key Ingredients in Forever Garcinia Plus<sup>®</sup>

A significant ingredient in Forever Garcinia Plus is Chromium Picolinate. Chromium is rarely found in today's diets. Sugar and exercise cause the body to use more of the limited amount that is consumed. Three Forever Garcinia Plus capsules yield 300mcg of chromium, thus correcting this common deficiency. Chromium helps break down sugar for the body to use. Chromium deficiency can cause fatigue and excess fat production.

The two other important ingredients found in Forever Garcinia Plus are Medium Chain Triglycerides (MCT) and Safflower Oil. These are sometimes called "healthy fats" or "fatless fats". These oils help to keep the blood vessels flexible and have been shown to be important for overall cardiovascular health. They boost the metabolic rate, so the body burns these oils for quick energy. They energize the body quickly, making Forever Garcinia Plus an excellent supplement for any active or athletic lifestyle. The added benefits of these two healthy oils include their contribution to healthy skin, hair and nails.

### ADDITIONAL NOTES

- Forever Garcinia Plus is suitable for any metabolism, fast or slow. It is not necessary to adjust the suggested amount per body size or weight.
- While Garcinia is safe, it should not be taken by pregnant or lactating women.
- You should consult with your physician prior to taking Garcinia, particularly if you have high blood pressure, diabetes, heart, liver or kidney disease.

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