



## Forever PRO X2™

Experts now find that adequate protein intake plays an important role in a healthy weight management program, when combined with a sensible diet and regular exercise. Forever PRO X2™ provides the PRO X2™ Proprietary Blend of Soy protein isolate and Whey protein isolate and concentrate, along with 2 grams of dietary fiber, in each delicious bar to help build muscle and achieve your weight management goals.

Protein helps to make you feel full, thereby helping to control appetite so you don't overindulge at your next meal or reach for high-calorie, carbohydrate laden snacks. In addition, since lean muscle is more metabolically active than fat tissue, supporting lean body mass through adequate protein consumption can help support metabolism and therefore weight management.

In addition to its role in curbing appetite, protein is essential for building muscle, especially as you increase exercise intensity. Some may worry that a combination of dieting and rigorous exercise may cause a loss of muscle mass. Since protein is the building block for muscle tissue, ensuring adequate protein intake can help to protect against muscle loss due to diet and exercise while on a healthy, weight management program. Quality protein helps you build and retain lean muscle tissue, reduce recovery time after workouts, and

improve muscle fitness through exercise. In addition, increased protein intake, along with resistance exercise, can help to support muscle mass as we age.

Soy and Whey are high-quality proteins well-researched for their benefits in building and supporting muscle tissues. Designed to provide additional protein to support a healthy weight management program, or for a delicious snack when you are on the go, Forever PRO X2™ provides 15g of high quality protein in a convenient, great-tasting bar. Forever PRO X2™ bars come in two delicious, gluten-free flavors, Cinnamon and Chocolate - each a great way to help you increase your protein intake every day!

**CONTENTS**  
10 bars per box

### SUGGESTED USE

Forever PRO X2™ can be consumed as a between meal snack to help control appetite and cravings. It can also be used as an additional source of protein before or post-workout. Forever PRO X2™ Cinnamon and Forever PRO X2™ Chocolate are great choices as a morning snack or part of a breakfast meal for a boost of protein to start the day, and can also be used as a delicious, healthy snack to provide extra protein anytime of the day.



- 15g protein per bar
- 2g fiber
- Delicious Cinnamon and Chocolate flavors
- Gluten-Free

### PRODUCT

#465 Chocolate,  
#466 Cinnamon.

*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

## Chocolate

<b>Nutrition Facts</b>		* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Serving Size 1 Bar (45g) Servings Per Container 10		Calories: 2,000    2,500	
<b>Amount Per Serving</b>			
<b>Calories</b> 170	Calories from Fat 45		
		<b>% Daily Value*</b>	
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 2g			<b>10%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 18mg			<b>6%</b>
<b>Sodium</b> 360mg			<b>15%</b>
<b>Total Carbohydrate</b> 19g			<b>6%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 5g			
<b>Protein</b> 15g			
Vitamin A 2%	•	Vitamin C 0%	
Calcium 4%	•	Iron 6%	

**INGREDIENTS:** Protein Blend (Soy Protein Isolate, Whey Protein Concentrate, Whey Protein Isolate), Vegetable Glycerin, Sorbitol, Chocolate Chips (Sugar, Chocolate Liquor [with Vanilla Flavor added], Cocoa Butter, Soy Lecithin, Vanilla), Soft Margarine (Palm Oil, Water, Soybean Oil, Salt, Whey, Mono and Diglycerides, Soy Lecithin, Natural Butter Flavor, Beta-Carotene [Color], Vitamin A Palmitate), Inulin, Gelatin, Chocolate Coating (Sugar, Palm Kernel and Palm Oil, Nonfat Dry Milk, Cocoa [processed with alkali], Soy Lecithin, Vanilla), Cocoa Powder (processed with alkali), Sugar, Water, Natural Flavors, Salt, Baking Soda, Potassium Sorbate (to help protect flavor) and Sucralose. **Contains Milk and Soy. Manufactured in a plant that processes milk, soy, wheat, egg, peanut and tree nut products.**

## Cinnamon

<b>Nutrition Facts</b>		* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Serving Size 1 Bar (45g) Servings Per Container 10		Calories: 2,000    2,500	
<b>Amount Per Serving</b>			
<b>Calories</b> 170	Calories from Fat 45		
		<b>% Daily Value*</b>	
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 2g			<b>10%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 19mg			<b>6%</b>
<b>Sodium</b> 170mg			<b>7%</b>
<b>Total Carbohydrate</b> 19g			<b>6%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 5g			
<b>Protein</b> 15g			
Vitamin A 2%	•	Vitamin C 0%	
Calcium 5%	•	Iron 6%	

**INGREDIENTS:** Protein Blend (Soy Protein Isolate, Whey Protein Concentrate, Whey Protein Isolate), Vegetable Glycerin, Gluten-Free Rolled Oats, Sorbitol, Cinnamon Flavored Chips (Sugar, Palm Oil, Cinnamon and Soy Lecithin), Water, Soft Margarine (Palm Oil, Water, Soybean Oil, Salt, Whey, Mono and Diglycerides, Soy Lecithin, Natural Butter Flavor, Beta-Carotene [Color], Vitamin A Palmitate), White Chocolate Coating (Sugar, Palm Kernel and Palm Oil, Nonfat Dry Milk, Whole Milk, Soy Lecithin and Vanilla), Gelatin, Inulin, Brown Sugar, Cinnamon, Natural Flavors, Baking Soda, Salt, Potassium Sorbate (to help protect flavor) and Sucralose. **Contains Milk and Soy. Manufactured in a plant that processes milk, soy, wheat, egg, peanut and tree nut products.**