

# Weight Management



## Forever PRO X2®

Protein is a key to weight management and exercise since it aids in muscle recovery and promotes muscle growth.

Sugar and gluten free, Forever Pro X2® is a high protein bar packed with 15 grams of protein from three types soy protein isolate, whey protein concentrate and whey protein isolate. Soy and whey are complete proteins, meaning they have all of the essential amino acids needed for human nutrition.

Forever Pro X2® comes in two mouth-watering flavors. Delicious Cinnamon features gluten-free rolled oats and is topped with white chocolate while Chocolate has a delicious crunch from sugar-free chocolate wafers.

Both bars feature Vitamin A, Calcium and Iron. Iron is important to exercise since it helps carry oxygen throughout your body.

Forever Pro X2® features 2 grams of fiber, which come from inulin, a special fiber that also doubles as a prebiotic. Protein plus dietary fiber helps muscles build, all while enjoying a tasty snack. Contains: soy and milk.

**CONTENTS**  
1.6 FL OZ. (45 g)

### DIRECTIONS

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.

### Cinnamon Ingredients:

**INGREDIENTS:** Protein Blend (Soy Protein Isolate, Whey Protein Concentrate, Whey Protein Isolate), Vegetable Glycerin, Gluten-Free Rolled Oats, Sorbitol, Water, Soft Margarine (Palm Oil, Water, Soybean Oil, Salt, Whey, Mono and Diglycerides, Soy Lecithin, Natural Butter Flavor, Beta-Carotene [Color], Vitamin A Palmitate), Sugar-Free White Chocolate Coating (Maltitol, Cocoa Butter, Milk Fat, Sodium Caseinate, Soy Lecithin, Natural Flavors, Tocopherols, Inulin, Maltitol, Cinnamon, Natural Flavors, Baking Soda, Salt, and Sucralose. **Contains Milk and Soy. Manufactured in a plant that processes Egg, Milk, Peanuts, Soy, Tree Nuts, and Wheat products.**

### Chocolate Ingredients:

**INGREDIENTS:** Protein Blend (Soy Protein Isolate, Whey Protein Concentrate, Whey Protein Isolate), Vegetable Glycerin, Sugar-Free Chocolate Wafers (Maltitol, Palm Kernel Oil, Nonfat Dry Milk Solids, Cocoa Powder [processed with alkali], Salt, Natural Flavor, Soy Lecithin), Sorbitol, Soft Margarine (Palm Oil, Water, Soybean Oil, Salt, Whey, Mono and Diglycerides, Soy Lecithin, Natural Butter Flavor, Beta-Carotene [Color], Vitamin A Palmitate), Inulin, Cocoa Powder (processed with alkali), Maltitol, Water, Baking Soda, Natural Flavors, Salt, and Sucralose. **Contains Milk and Soy. Manufactured in a plant that processes Egg, Milk, Peanuts, Soy, Tree Nuts, and Wheat products.**

**Nutrition Facts:** Serv. size: 1 bar (45g), Amount Per Serving: **Calories** 150, Fat Cal. 45, **Total Fat** 5g (8% DV), **Sat. Fat** 2g (10% DV), **Trans Fat** 0g, **Cholest.** 20mg (7% DV), **Sodium** 360mg (15% DV), **Total Carb.** 19g (6% DV), **Fiber** 2g (8% DV), **Sugars** 0g, **Protein** 15g, Vitamin A (2% DV), Vitamin C (2% DV), Calcium (4% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Nutrition Facts:** Serv. size: 1 bar (45g), Amount Per Serving: **Calories** 150, Fat Cal. 45, **Total Fat** 5g (8% DV), **Sat. Fat** 2g (10% DV), **Trans Fat** 0g, **Cholest.** 20mg (7% DV), **Sodium** 170mg (7% DV), **Total Carb.** 19g (6% DV), **Fiber** 2g (8% DV), **Sugars** 0g, **Protein** 15g, Vitamin A (2% DV), Vitamin C (0% DV), Calcium (6% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



- Sugar and gluten free
- 15 grams of protein
- Two delicious flavors: Cinnamon or Chocolate

**PRODUCT**  
#519 Chocolate,  
#518 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.*