

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.



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

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.

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.