



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

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 CHIFFON

Nutrition Facts

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

Amount Per Serving	Powder	Powder with skim milk (10 fl.oz.)
Calories	90	200
Calories from fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 150mg	6%	12%
Potassium 90mg	3%	17%
Total Carbohydrate 10g	3%	8%
Dietary Fiber 1g	4%	4%
Sugars 8g		
Protein 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		300g	375g
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.)
Calories	90	200
Calories from fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 160mg	7%	13%
Potassium 60mg	2%	16%
Total Carbohydrate 10g	3%	8%
Dietary Fiber 1g	4%	4%
Sugars 9g		
Protein 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†
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Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4