



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.)
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 15mg	5%	5%
Sodium 160mg	7%	13%
Potassium 70mg	2%	16%
Total Carbohydrate 4g	1%	6%
Dietary Fiber 1g	4%	4%
Sugars 2g		
Protein 17g	34%	54%
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.)
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 15mg	5%	5%
Sodium 150mg	6%	13%
Potassium 150mg	4%	18%
Total Carbohydrate 4g	1%	6%
Dietary Fiber 1g	4%	4%
Sugars 2g		
Protein 17g	34%	54%
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