

你可以在短短 9 天 變得更美麗更健康嗎？ 可以！

C9 套裝的產品均經過精挑細選，
相互之間能發揮協同效應。
請按照餐單的建議方法服用
以取得最佳效果。



蘆薈汁 (純味) 1 公升裝 X 2 枝
有助淨化腸道，提升營養的吸收率。



水溶性纖維粉 9 條
蘊含 5 毫克的專利配方
水溶性纖維，有助增加飽肚感。



綠茶燒脂片 18 粒
結合強效的草本精華及維他命，
有助促進新陳代謝。



藤黃果精華 54 粒
幫助身體更有效燃燒脂肪外，還有助提高
血清素水平，從而抑制食慾。

超級營養蛋白粉 15 次食用份量 X 1 包
蘊含豐富的維他命及礦物質外，
每匙蛋白粉還蘊含 17 克蛋白質。

第 1、2 天 C9 的首兩天助你重整身心。

早餐	藤黃果精華 X 2 粒 飲至少 240 毫升水	等待 30 分鐘	蘆薈汁 X 120 毫升	綠茶燒脂片 X 1 粒 飲至少 240 毫升水	
小食	水溶性纖維粉 X 1 條 加入 240 - 300 毫升水	請謹記單獨食用 水溶性纖維粉， 因為纖維有可能會黏附著 一些營養素，影響吸收。	這時你的身體正開始排出毒素， 千萬不要放棄，要堅持下去！首 2 天是最難捱的， 但只要目標堅定，所有的困難都是短暫的。		
午餐	藤黃果精華 X 2 粒 飲至少 240 毫升水	等待 30 分鐘	蘆薈汁 X 120 毫升	超級營養蛋白粉 X 1 匙 可用 300 毫升水、 杏仁奶、豆奶或椰奶沖調	綠茶燒脂片 X 1 粒 飲至少 240 毫升水
晚餐	藤黃果精華 X 2 粒 飲至少 240 毫升水	等待 30 分鐘	蘆薈汁 X 120 毫升		
宵夜	蘆薈汁 X 120 毫升	可以吃一些低糖低卡蔬果來減低肚餓的感覺。			

在淨化身體期間
增加水份攝取
是十分重要的。

第 3 至 9 天 你的體重每天都會有變動，因此只需在第 1 天和第 9 天量體重便可。

早餐	藤黃果精華 X 2 粒 飲至少 240 毫升水	等待 30 分鐘	蘆薈汁 X 120 毫升	超級營養蛋白粉 X 1 匙 可用 300 毫升水、 杏仁奶、豆奶或椰奶沖調	綠茶燒脂片 X 1 粒 飲至少 240 毫升水
小食	水溶性纖維粉 X 1 條 加入 240 - 300 毫升水	請謹記單獨食用 水溶性纖維粉， 因為纖維有可能會黏附著 一些營養素，影響吸收。	無論體重有多少變動，你應開始感到身體有正面的 轉變，例如小腹變得平坦及感到身心健康！		
午餐	藤黃果精華 X 2 粒 飲至少 240 毫升水	等待 30 分鐘	超級營養蛋白粉 X 1 匙 可用 300 毫升水、 杏仁奶、豆奶或椰奶沖調	綠茶燒脂片 X 1 粒 飲至少 240 毫升水	9 天清腸 的飲食建議 可根據你的生活 作息而調整。
晚餐	藤黃果精華 X 2 粒 飲至少 240 毫升水	等待 30 分鐘	600 卡路里晚餐 (在第 9 天可進食 600 卡路里的午餐及晚餐)	男士在第 3 至 9 天 可多進食 55 - 85 克 瘦蛋白以額外攝取 200 卡路里	600 卡路里的 膳食和 超級營養蛋白粉 可選擇在午餐或 晚餐進食， 交替也沒問題！
宵夜	飲至少 240 毫升水	在計劃的最後一天，你會感到充滿能量及有被喚醒的 感覺，身體已準備就緒迎接下一個修身健肌旅程。			

CAN YOU LOOK BETTER AND FEEL BETTER IN JUST 9 DAYS ? YES !

EACH PRODUCT IN CLEAN 9 WAS CAREFULLY SELECTED TO WORK TOGETHER SYNERGISTICALLY. TAKE EACH PRODUCT AS DIRECTED IN THE SUPPLEMENT SCHEDULE FOR MAXIMUM RESULTS!



FOREVER ALOE VERA GEL® 2X 1-Liter Bottles helps cleanse the digestive system and maximize absorption of nutrients.



FOREVER FIBER® 9 Packets provides a proprietary blend of 5g of water soluble fiber that can help promote feelings of fullness.



FOREVER THERM® 18 Tablets offers a powerful combination of botanical extracts and vitamins that can help support metabolism.



FOREVER GARCINIA PLUS® 54 Softgels may help the body burn fat more efficiently and help suppress appetite by increasing serotonin levels.

FOREVER LITE ULTRA® 1X 15 Serving Pouch shake mix is a rich source of vitamins and minerals with 17g of protein per serving.



DAYS 1 & 2 THE FIRST TWO DAYS OF THE CLEAN 9 PROGRAM ARE DESIGNED TO RESET YOUR BODY AND YOUR MIND.

Breakfast	2X Garcinia Plus® with 240 ml of water	Wait 30 minutes	120 ml of Aloe Vera Gel®	1X Forever Therm® with 240 ml of water
Snack	1X Forever Fiber® with 240 - 300 ml of water	Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting their absorption by your body.	DURING THIS TIME, YOU WILL BEGIN TO PURGE TOXINS FROM YOUR BODY. COMMITTING TO THE PROGRAM IS CRUCIAL, AND THE FIRST TWO DAYS ARE THE TOUGHEST. KEEP YOUR GOALS IN MIND AND KNOW THAT THE DIFFICULTY IS ONLY TEMPORARY.	
Lunch	2X Garcinia Plus® with 240 ml of water	Wait 30 minutes	120 ml of Aloe Vera Gel®	1X scoop Forever Lite Ultra® with 300 ml of water, almond milk, soy milk, or coconut milk
Dinner	2X Garcinia Plus® with 240 ml of water	Wait 30 minutes	120 ml of Aloe Vera Gel®	1X Forever Therm® with 240 ml of water
Evening	120 ml of Aloe Vera Gel®	LOW CALORIE FRUITS & VEGETABLES CAN BE ENJOYED IN MODERATION TO HELP CURB HUNGER.		Increasing your water intake is important when cleansing the body!

DAYS 3 THROUGH 9 BE AWARE THAT YOUR WEIGHT MAY FLUCTUATE FROM DAY TO DAY. REMEMBER TO ONLY WEIGH YOURSELF ON DAYS 1 AND 9.

Breakfast	2X Garcinia Plus® with 240 ml of water	Wait 30 minutes	120 ml of Aloe Vera Gel®	1X scoop Forever Lite Ultra® with 300 ml of water, almond milk, soy milk, or coconut milk	1X Forever Therm® with 240 ml of water
Snack	1X Forever Fiber® with 240 - 300 ml of water	Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting their absorption by your body.	REGARDLESS OF WHAT THE SCALE SAYS, YOU MAY ALSO BEGIN TO SEE POSITIVE CHANGES IN YOUR BODY SUCH AS A FLATTER STOMACH AND A GREATER FEELING OF WELL-BEING.		The CLEAN 9 meal schedule can be adapted to fit your lifestyle.
Lunch	2X Garcinia Plus® with 240 ml of water	Wait 30 minutes	1X scoop Forever Lite Ultra® with 300 ml of water, almond milk, soy milk, or coconut milk	1X Forever Therm® with 240 ml of water	
Dinner	2X Garcinia Plus® with 240 ml of water	Wait 30 minutes	600 Calorie Meal (You can have 600 calorie meal for both lunch and dinner on day 9)	Men can have up to 200 more calories on days 3-9 by taking extra 55 - 85 g lean protein.	If you prefer to have your 600 calorie meal for lunch and a protein shake made with Forever Lite Ultra® for dinner, feel free to make the switch!
Evening	A minimum of 240 ml of water	ON YOUR FINAL DAY, YOUR BODY WILL FEEL ENERGIZED AND REFRESHED AS YOU COMPLETE THE CLEAN 9 PROGRAM AND PREPARE YOURSELF FOR THE NEXT STEP!			