

DAYS 3 THROUGH 9

BE AWARE THAT YOUR WEIGHT MAY FLUCTUATE FROM DAY TO DAY. REMEMBER TO ONLY WEIGH YOURSELF ON DAYS 1, 3, 6 AND 9, AND DON'T BE DISCOURAGED! REGARDLESS OF WHAT THE SCALE SAYS, YOU WILL BEGIN TO SEE POSITIVE CHANGES IN YOUR BODY SUCH AS A FLATTER STOMACH AND A GREATER FEELING OF WELL-BEING.

BREAKFAST

2X Forever Garcinia Plus

Wait 30 minutes before the Aloe Vera Gel

4 oz. Aloe Vera Drink

With a minimum of 8 oz. of water

1X Scoop Forever Lite Ultra

Mix with 10 oz. of water, almond milk, light soy milk or coconut milk

Forever Therm

1 tablet

DINNER

2X Forever Garcinia Plus



600 Calorie Meal

Men can have up to 200 more calories on days 3-8. They can either have an additional shake or an additional 200 calories in their meal.

SNACK

Forever Fiber

1 packet

Be sure to take Forever Fiber® separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.

EVENING

A minimum of 8 oz. of water

LUNCH

2X Forever Garcinia Plus

1X Scoop Forever Lite Ultra

Mix with 10 oz. of water, almond milk, light soy milk or coconut milk

Forever Therm

1 tablet

Minimum of 30 minutes of moderate low-intensity exercise

The CLEAN 9 meal schedule can be adapted to fit your lifestyle.

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!



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!

You're almost there! On DAY 9, introduce a 300 calorie meal for lunch instead of a Forever Lite Ultra® shake. This will help you transition into Forever FLT 1.

Day 9

YOUR FREE FOODS.

All of the foods below are low on the **glycemic index (GI)** - a system that measures how much a particular food impacts your blood sugar on a scale of 1 to 100. **Foods under 55 are considered low GI.** Because these foods are low in calories, and have a minimal effect on your blood sugar, these can be enjoyed as a snack throughout the day to help curb cravings.



APRICOTS	KIWI FRUIT	PRUNES
APPLES	ORANGES	RASPBERRIES
BLACKBERRIES	PEACHES	STRAWBERRIES
BLUEBERRIES	PEARS	CHERRIES
BOYSENBERRIES	PLUMS	FIGS
RED/PURPLE GRAPES	GRAPEFRUIT	



ARTICHOKES	GREEN ONIONS OR SCALLIONS	STRING BEANS
ARUGULA	KALE	TOMATOES
ASPARAGUS	LEEKES	EGGPLANT
BELGIAN ENDIVE	LETTUCES - ALL VARIETIES	SPINACH
BROCCOLI	PEPPERS - ALL VARIETIES	
CAULIFLOWER	ROMAINE LETTUCE	
CELERY	SNOW PEAS OR SUGAR SNAP PEAS	
CUCUMBER	SOY BEANS	



THESE FRUITS AND VEGETABLES MAY BE EATEN IN MODERATION ANY TIME DURING THE CLEAN 9 PROGRAM.

EXERCISE OPTIONS. DAYS 1&2

You'll be consuming a diet very low in calories for the first 2 days. Because of this, you may feel like you have less energy than usual. This is normal and nothing to be concerned about.

While getting some exercise is important, it's best to keep it to low and moderate impact exercises during this phase of **CLEAN 9**. Take a 30 minute walk at a slow to moderate pace, engage in some gentle stretching exercises, or take a low-key yoga class designed for beginners. These activities will not only stimulate your metabolism, they will also help you stay centered and calm as you begin your transformation.

DAYS 3 THROUGH 9

Time to step it up! Now that you are consuming more calories, you should feel more energized and ready to take on more physical activity. During this part of **CLEAN 9**, your focus should be on calorie-burning aerobic exercises like the examples below. Studies show that aerobic activities like running or dancing burn more calories than other forms of exercise.

LOW-MEDIUM IMPACT EXERCISES

BRISK WALKING	STEP AEROBICS
STRENGTH TRAINING	HIKING
SWIMMING	ROCK CLIMBING
WATER AEROBICS	DANCING
YOGA	ROLLERBLADING
ELLIPTICAL MACHINE	TREADMILL
CYCLING	

Nutritional
Cleansing
Program

C9



PHILIPPINE
PACK



FOREVER®

Exclusively distributed by:
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**BUILD THE FOUNDATION
FOR LOOKING AND
FEELING BETTER.**

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

The **CLEAN 9** program can help to jumpstart your journey to a slimmer, healthier you. This effective, easy-to-follow cleansing program will give you the tools you need to start transforming your body today!

WHAT CAN YOU EXPECT OVER THE NEXT 9 DAYS?

YOU'LL LOOK BETTER AND FEEL BETTER AND BEGIN TO ELIMINATE STORED TOXINS THAT MAY BE KEEPING YOU FROM ABSORBING THE MAXIMUM NUTRIENTS IN YOUR FOOD. YOU'LL ALSO BEGIN TO FEEL LIGHTER AND MORE ENERGIZED AS YOU PROVE YOU CAN TAKE CONTROL OF YOUR APPETITE AND SEE YOUR BODY BEGIN TO CHANGE.



Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using any dietary supplement.



Forever Garcinia Plus®
70 Softgel Capsules

Forever Fiber®
30 Packets

Forever Aloe Vera Gel®
(or any variant)
2X 1 Liter Bottles

What your CLEAN 9 Pak Includes:

Forever Therm®
60 tablets

Forever Lite Ultra® Shake Mix
1X Pouch

YOU DESERVE MAXIMUM RESULTS. FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.



WEIGH AND MEASURE YOURSELF BEFORE YOU BEGIN.



CHOOSE 3 REALISTIC GOALS YOU WANT TO ACHIEVE IN THE NEXT 9 DAYS.



RECORD YOUR DAILY EXERCISE, FOOD INTAKE AND HOW YOU FEEL WHILE ON THE PROGRAM IN THE CLEAN 9 BOOKLET.



EXERCISE DAILY.



INSTEAD OF WEIGHING YOURSELF DAILY, RECORD YOUR WEIGHT ONLY ON DAYS 1, 3, 6 AND 9.



DRINK PLENTY OF WATER.



PUT DOWN THE SALTSHAKER.



AVOID SODAS AND CARBONATED BEVERAGES.

KNOW THAT YOU CAN DO THIS.

BODY MEASUREMENT/ COMPOSITION + GOALS

- Arm:** at the maximum circumference of the upper arm [bicep]
- Hip:** at the level of maximum protrusion of the buttocks
- Waist:** at the narrowest point below the ribcage, just above the hip bone
- Thigh:** just below the fold of the buttocks
- Chest:** at the nipple line after exhaling

date>	//	//	//	//	
Body part	Day 1	Day 3	Day 6	Day 9	total loss
Arm					
Waist					
Hip					
Thigh					
Chest					

date>	//	//	//	//	
	Day 1	Day 3	Day 6	Day 9	total loss
Weight					
Body fat%[opt.]					

*Be sure to use a cloth measuring tape, such as the one included in this kit, when measuring as instructed above

DAYS 1&2

THE FIRST TWO DAYS OF THE CLEAN 9 PROGRAM ARE DESIGN TO RESET YOUR BODY AND YOUR MIND.

BREAKFAST

2X Forever Garcinia Plus

Wait 30 minutes before the Aloe Vera Gel

4 oz. Aloe Vera Drink

With a minimum of 8 oz. of water

Forever Therm

1 tablet

Minimum of 30 minutes low-intensity exercise

DINNER

2X Forever Garcinia Plus

Wait 30 minutes before the Aloe Vera Gel

4 oz. Aloe Vera Drink

With a minimum of 8 oz. of water

Free Foods can be found on the back page

EVENING

4 oz. Aloe Vera Drink

With a minimum of 8 oz. of water

SNACK

Forever Fiber

1 packet

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LUNCH

2X Forever Garcinia Plus

Taken 30 minutes before the Aloe Vera Gel

4 oz. Aloe Vera Drink

With a minimum of 8 oz. of water

1X Scoop Forever Lite Ultra

Mix with 10 oz. of water, almond milk, light soy milk or coconut milk

Forever Therm

1 tablet

Increasing your water intake is important when cleansing the body!

Water supports digestive health and flushes toxins and impurities out of your system. Drink at least 64 ounces of water throughout the day to achieve the best results!



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.