

Weight Management



Forever Lite® Meal Replacement — Chocolate, Vanilla

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. 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 most of the Daily Value of vitamins and minerals. Each shake contains many amino acids (including all 8 essential ones). To protect against free radicals, we've included the antioxidant vitamins A, C, and E.

Forever Lite is available in two delicious flavors - chocolate and vanilla. Mixed with skim milk, soy milk or fruit juice, a Forever Lite shake can be a healthy, tasty way to manage your weight. When using Forever Lite 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, Cocoa Powder*, Maltodextrin, Sunflower Oil, Canola Oil, Cellulose Gel/Cellulose Gum, High Linoleic Safflower Oil, Natural and Artificial Flavors, Guar Gum, Conjugated Linoleic Acid, Brewer's Yeast, Carrageenan, Pectin, Sucralose, **Vitamins and Minerals:** Potassium Chloride, Magnesium Oxide, Sodium Phosphate, Calcium Phosphate, Ascorbic Acid, Vitamin E (d-alpha-tocopheryl acetate), Niacinamide, Biotin, Potassium, Iodide, Vitamin A Palmitate, Zinc Oxide, Ferrous Sulfate, Manganese Sulfate, Calcium d-Pantothenate, Copper Amino Acid Chelate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Sodium Molybdate, Chromium Chloride, Sodium Selenite. **Contains Milk and Soy ingredients. Manufactured in a facility that processes Eggs, Peanuts, Tree Nuts and Wheat.**

CONTENTS

(840g) - approximately 21 servings per can

DIRECTIONS

Shake can before each use. Add 2 scoops (40g) with 1 cup (250 mL) of cold skim milk and blend well. For a special treat mix with crushed ice or fruit.



- Two shakes per day provide most of the Daily Value of Vitamins + 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

Weight Management

Nutritional Profile / Profile nutritif

Serving Size 40 g (2 scoops) in 1 cup (250 mL) of skim milk
Portion 40 g (2 mesures) dans 1 tasse (250 mL) de lait écrémé
Servings Per Container 21 / Portions par contenant 21

Amount Per Serving / Teneur par portion:	40 g Powder Poudre	With 250 mL Skim Milk Avec 250 mL de lait écrémé†
Calories	160 (670 kJ)	250 (1040 kJ)
Calories from Fat/Calories provenant du gras	25 (100 kJ)	25 (100 kJ)
% Daily Value* / % valeur quotidienne*		
Fat / Lipides 3.0 g**	5 %	5 %
Saturated / saturés 0 g	0 %	0 %
+ Trans / trans 0g		
Polyunsaturates / Polyinsaturés 0,95 g		
Omega-6 Linoleic acid / Acide linoléique 0,80 g		
Omega-3 Linolenic acid/n-3 acide linoléique 0,15g		
Cholesterol / Cholestérol 0 mg	0 %	2 %
Sodium 140 mg	140 mg (6%)	250 mg (10 %)
Potassium 180 mg	180 mg	580 mg
Carbohydrate / Glucides 19 g	6 %	10 %
Dietary Fiber / Fibres alimentaires 1 g	3 %	3 %
Sugars / Sucres 14 g		
Protein / Protéines 15 g		
Vitamin A / Vitamine A	25 %	35 %
Vitamin C / Vitamine C	25 %	25 %
Calcium / Calcium	10 %	40%
Iron / Fer	15 %	15 %
Vitamin D / Vitamine D	0 %	25 %
Vitamin E / Vitamine E	25 %	25 %
Thiamine / Thiamine	35 %	40 %
Riboflavin / Riboflavine	10 %	35 %
Niacin / Niacine	35 %	45 %
Vitamin B6 / Vitamine B6	20 %	20 %
Folate / Folate	25 %	30 %
Vitamin B12 / Vitamine B12	0 %	20 %
Pantothenate / Pantothénate	15 %	25 %
Phosphorus / Phosphore	10 %	35 %
Iodide / Iodure	35 %	35 %
Magnesium / Magnésium	20 %	25 %
Zinc / Zinc	30 %	35 %
Biotin / Biotine	0.006 mg	0.006 mg
Selenium / Sélénium	0.0024 mg	0.0104 mg
Copper / Cuivre	0.5 mg	0.534 mg
Manganese / Manganèse	1 mg	1 mg
Chromium / Chrome	0.012 mg	0.012 mg
Molybdenum / Molybdène	0.032 mg	0.032 mg

* Daily Values are based on a 2,000 calorie diet. / Les valeurs quotidiennes sont fondées sur un régime de 2000 calories.

** Amount in dry mix. / Teneur de la poudre.

† 1 cup of skim milk adds 90 Calories, 0 g fat, 5 mg cholesterol, 110 mg sodium, 400 mg potassium, 13 g carbohydrate (13 g sugar), 9 g protein. / 1 tasse de lait écrémé ajoute 90 calories, 0 g lipides, 5 mg cholestérol, 110 mg sodium, 400 mg potassium, 13 g glucides (13 g sucres), 9 g protéines.

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