



## Forever Garcinia Plus®

Forever Garcinia Plus® is a revolutionary nutritional supplement, containing a number of ingredients that may aid in weight loss when combined with moderate exercise and a sensible diet. The primary ingredient is a natural substance derived from the fruit of a Southern Asian tree, the Garcinia Cambogia, also known as the Malabar Tamarind. The rind of this fruit is dried and used to produce Hydroxycitric Acid (HCA). Chemically, HCA is very similar to the citric acid found in oranges and other citrus fruits. The fruit of the Garcinia is about the size of an orange, but is more like a pumpkin in appearance. For centuries, this fruit has been used for culinary and herbal purposes in Southern India and in Thailand.

Specialists in plant compounds became aware of the remarkable qualities of HCA in the late 1960's, when they learned that this compound can reduce the body's production of fats from carbohydrates. During the normal metabolism of a meal, carbohydrate calories that are not used immediately for energy or stored as glycogen are converted into fats in the liver. HCA works by inhibiting the enzyme (citrate liase) which converts these calories into fat. As a result, the body will burn existing fat stores, thus aiding in weight loss.

When enough glycogen has been created and stored by the body, a message is sent to the brain indicating sufficient food has been taken. This action is called a satiety reflex, and quells the appetite, reducing the desire for more food.

### Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
Calories 5	
Calories From Fat 5	
Total Fat 0.5g	<1%*
Trans Fat 0g	
Sodium 5 mg	<1%
Calcium 95 mg	10%
Iron 0.4 mg	2%
Chromium 100 mcg	80%

Garcinia Cambogia Extract, powdered (fruit rind) 500 mg †  
(Yielding 250 mg of [-] Hydroxycitric Acid per softgel)

\* Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established

### INGREDIENTS:

Garcinia Cambogia Extract, Safflower Oil, Gelatin, Glycerin, Medium-chain Triglyceride Vegetable Oil (MCT or Thin Oil) Purified Water, Beeswax, Lecithin, Carob Extract, Titanium Dioxide, and Chromium Picolinate.

**Contains Soy.**

CONTENTS  
70 softgels

SUGGESTED USE  
One softgel three times daily preferably 30-60 minutes before meals.



- Contains HCA, a natural appetite suppressant
- HCA inhibits the enzyme that converts calories into fat
- A useful tool in weight management



PRODUCT #071

## Other Key Ingredients in Forever Garcinia Plus®

A significant ingredient in Forever Garcinia Plus is Chromium Picolinate. Chromium is rarely found in today's diets. Sugar and exercise cause the body to use more of the limited amount that is consumed. Three Forever Garcinia Plus capsules yield 300mcg of chromium, thus correcting this common deficiency. Chromium helps break down sugar for the body to use. Chromium deficiency can cause fatigue and excess fat production.

The two other important ingredients found in Forever Garcinia Plus are Medium Chain Triglycerides (MCT) and Safflower Oil. These are sometimes called "healthy fats" or "fatless fats". These oils help to keep the blood vessels flexible and have been shown to be important for overall cardiovascular health. They boost the metabolic rate, so the body burns these oils for quick energy. They energize the body quickly, making Forever Garcinia Plus an excellent supplement for any active or athletic lifestyle. The added benefits of these two healthy oils include their contribution to healthy skin, hair and nails.

### ADDITIONAL NOTES

- Forever Garcinia Plus is suitable for any metabolism, fast or slow. It is not necessary to adjust the suggested amount per body size or weight.
- While Garcinia is safe, it should not be taken by pregnant or lactating women.
- You should consult with your physician prior to taking Garcinia, particularly if you have high blood pressure, diabetes, heart, liver or kidney disease.