



## Forever Lean®

Forever Lean® provides two revolutionary ingredients that can help reduce the body's absorption of calories from fat and carbohydrates. The first of these ingredients is a unique, fat-absorbing fiber derived from the cactus plant, *Opuntia ficus-indica*, otherwise known as Indian fig, nopal or prickly pear. Studies have shown that this unique fiber has a very high ability to bind fats, compared to other types of plants.

The other unique ingredient in Forever Lean® is a protein specially derived from the beans of the *Phaseolus vulgaris* plant, otherwise known as white kidney beans. This protein works by slowing the body's absorption of sugar in the small intestine by temporarily inhibiting the enzyme activity that converts starches into sugar.

Together these two revolutionary new ingredients can help you succeed in your quest to reach your ideal weight by helping to block the absorption of some of the fat and carb calories you ingest.

The third most effective ingredient in Forever Lean® is Chromium Trichloride. Chromium is a very important trace mineral which helps the body's natural ability to regulate blood sugar by acting as a GTF (glucose tolerance factor) cofactor. This is especially important for normal metabolism.

To maximize the effectiveness of this supplement, however, it is important to remember that you should also incorporate a healthy diet and regular exercise into your overall weight control regimen in order to achieve and maintain your weight goal.

### Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Chromium (as chromium trichloride)	120 mcg	100%
Indian Fig Extract ( <i>Opuntia ficus-indica</i> ) powdered (leaf)	1050 mg	†
White Kidney Bean Extract ( <i>Phaseolus vulgaris</i> ), powdered	445 mg	†

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

† Daily Value not established

### OTHER INGREDIENTS:

Microcrystalline Cellulose, Hydroxypropyl Methycellulose, Water, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Gellan Gum, and Potassium Acetate.

CONTENTS  
120 capsules

### SUGGESTED USE

Take one capsule with water immediately before meals or snacks, up to four capsules a day.



- Helps block the absorption of calories from fat and carbohydrates
- Chromium helps the body regulate blood sugar for a normal metabolism
- Temporarily inhibits the body's absorption of calories from sugar



PRODUCT #289