Weight Management





Forever Lite Ultra®

with Aminotein®*

Vanilla and Chocolate

Forever Lite Ultra® with Aminotein® is the perfect addition to your healthy Forever Living lifestyle. Forever Lite Ultra® with Aminotein® integrates new thinking with new technologies to help you maintain a healthy diet and lifestyle.

Two servings a day of Forever Lite Ultra®, prepared with skim milk as directed, supply a full 100% of the Reference Daily Intake (RDI) for the vitamins and minerals shown in the Nutrition Facts section. Forever Lite Ultra® supplies the 18 important amino acids, including essential, nonessential and the branched-chain amino acids.

Forever Lite Ultra® is also an integral part of Forever's Clean 9 and FIT programs. It will help you take charge of your health and put you on the path to effective and sustained weight management!

Vanilla Ingredients:
Soy Protein Isolate, Fructose,
Fructooligosaccharides, Dicalcium Phosphate,
Natural Vanilla Flavor, Guar Gum, Aminogen®*
(Patented Protease Blend), Safflower Oil, Soy
Lecithin, Disodium Phosphate, Ascorbic Acid,
Sucralose, D-Alpha-Tocopheryl Acetate, Biotin,
Beta-Carotene, Niacinamide, Vitamin A Palmitate,

Zinc Oxide, D-Calcium Pantothenate, Potassium Iodide, Vitamin D3, Pyridoxine Hydrochloride, Brewer's Yeast, Thiamine Hydrochloride, Riboflavin, Chromium Chloride, Folic Acid, Spirulina, Cyanocobalamin, Sodium Selenite. Contains: Soy

Chocolate Ingredients:

Soy Protein Isolate, Natural Chocolate Flavor, Cocoa Powder, Fructose, Dicalcium Phosphate, Fructooligosaccharides, Guar Gum, Aminogen®* (Patented Protease Blend), Safflower Oil, Soy Lecithin, Sucralose, Ascorbic Acid, D-Alpha-Tocopheryl Acetate, Disodium Phosphate, Biotin, Niacinamide, Beta-Carotene, Vitamin A Palmitate, Zinc Oxide, D-Calcium Pantothenate, Potassium Iodide, Vitamin D3, Pyridoxine Hydrochloride, Brewer's Yeast, Thiamine Hydrochloride, Riboflavin, Chromium Chloride, Folic Acid, Cyanocobalamin, Spirulina, Sodium Selenite. Contains: Soy

*Aminotein® and Aminogen® are registered trademarks of Triarco Industries. Aminogen® is protected by U.S. Patent No. 5,387,422.

CONTENTS
13.2 Oz. (375g)—about 15 servings per bag
DIRECTIONS

Blend or mix 1 level scoop with 10 fluid ounces of skim milk. (Use scoop provided.) For a special treat, mix with crushed ice or fruit. Shake can before each use.



- For your low-carb lifestyle
- Two shakes provide 100% RDI of numerous vitamins and minerals
- · Naturally flavored
- About 15 servings per bag







SEE REVERSE SIDE FOR NUTRITION FACTS

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.

Weight Management

Chocolate

Nutrition Facts

Servings Per Container 15 servings

	F	Powder with		% D	aily Value**	
Amount		skim milk	Biotin	50%	50%	
Per Serving	Powder	(10 fl. oz.)	Pantothenic Acid	40%	50%	
Calories	90	216	Phosphorus	30%	60%	
Calories from fat	10	10	lodine	35%	50%	
% Daily Value**		Zinc	40%	50%		
Total Fat 1g*	<20	•	Selenium	50%	50%	
Saturated Fat Oc	. 0'		Chromium	50%	50%	
Trans Fat Og		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	*Amount in Powder.			
Cholesterol Omg	0,	% 2%	skim milk contributes an additional 126			
Sodium 289mg	129	% 20%		calories, 181mg sodium, 17g total carbohydrate (17g sugars), and 10g protein.		
Potassium 79mg	2	% 16%				
Total Carbohydrate	3a 1	% 7%	**Percent Daily Values are based on a			
Dietary Fiber 1g	4	% 4%	2,000 calorie diet. Your daily values			
Sugars 1g			may be higher or lo		ending on	
Protein 17g	34	% 54%	your calorie needs:			
Vitamin A	40	% 50%	Calories	2,000	2,500	
Vitamin C	500	% 50%	Total Fat Less than Sat Fat Less than		80g 25g	
Calcium	200	% 55%	Cholesterol Less than		300mq	
Vitamin D	300	% 50%	Sodium Less than	2,400mg 2,400mg 3,500mg 3,500mg	2,400mg	
Vitamin E	500	% 50%	Potassium			
Thiamine	400	% 50%	Total Carbohydrate Dietary Fiber	300g 25g	375g 30g	
Riboflavin	159	% 50%	Protein	25g 50g	65q	
Niacin	50	% 50%	Calories per gram		3	
Vitamin B6	50	% 50%	Fat 9 Carbohydrat	e 4	Protein 4	
Folate	50	% 50%				
Vitamin B12	300	% 50%				

INGREDIENTS: SOY PROTEIN ISOLATE, NATURAL CHOCOLATE FLAVOR, COCOA POWDER, FRUCTOSE, DICALCIUM PHOSPHATE, FRUCTOOLIGOSACCHARIDES, GUAR GUM, AMINOGEN®†† (PATENTED PROTEASE BLEND), SAFFLOWER OIL, SOY LECITHIN, SUCRALOSE, ASCORBIC ACID, D-ALPHA-TOCOPHERYL ACETATE, DISODIUM PHOSPHATE, BIOTIN, NIACINAMIDE, BETA-CAROTENE, VITAMIN A PALMITATE, ZINC OXIDE, D-CALCIUM PANTOTHENATE, POTASSIUM IODIDE, VITAMIN D3, PYRIDOXINE HYDROCHLORIDE, BREWER'S YEAST, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, CYANOCOBALAMIN, SPIRULINA, SODIUM SELENITE. CONTAINS: SOY

Vanilla

trition Facts

Servings Per Container 15 servings

Amount		wder with
		10 fl. oz.
Calories	90	216
Calories from fat	10	10
	% Daily	Value**
Total Fat 1g*	<2%	<2%
Saturated Fat 0g	0%	0%
Trans Fat Og		
Cholesterol Omg	0%	2%
Sodium 293mg	12%	20%
Potassium 40mg	1%	15%
Total Carbohydrate	4g 1%	7%
Dietary Fiber 1g	4%	4%
Sugars 2g		
Protein 17g	34%	54%
Vitamin A	40%	50%
Vitamin C	50%	50%
Calcium	20%	55%
Vitamin D	30%	50%
Vitamin E	50%	50%
Thiamine	40%	50%
Riboflavin	15%	50%
Niacin	50%	50%
Vitamin B6	50%	50%
Folate	50%	50%
Vitamin B12	30%	50%

	% Dail	y Value**
Biotin	50%	50%
Pantothenic Acid	40%	50%
Phosphorus	30%	60%
lodine	35%	50%
Zinc	40%	50%
Selenium	50%	50%
Chromium	50%	50%

*Amount in Powder. Ten fluid ounces of skim milk contributes an additional 126 calories, 181mg sodium, 17g total carbohydrate (17g sugars), and 10g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500		
Total Fat	Less than	65g	80g		
Sat Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Potassium		3,500mg	3,500mg		
Total Carbol	nydrate	300g	375g		
Dietary Fi	ber	25g	30g		
Protein		50g	65g		
Calories per gram					
Fat 9 Ca	rbohydrate	4	Protein 4		

INGREDIENTS: SOY PROTEIN ISOLATE, FRUCTOSE, FRUCTOOLIGOSACCHARIDES, DICALCIUM PHOSPHATE, NATURAL VANILLA FLAVOR, GUAR GUM, AMINOGEN®†† (PATENTED PROTEASE BLEND), SAFELOWER OIL, SOY LECTHINI, DISODIUM PHOSPHATE, ASCOBBIC ACID, SUCRALOSE, D-ALPHA-TOCOPHERYL, ACETATE, BIOTIN, BETA CAROTENE, NIACINAMIDE, WITAMIN A PALMITATE, 2NC OXIGE D-CALCIUM PANTOTHENATE, POTASSIUM IODIDE, WITAMIN D3, PYRIDOXINE HYDROCHLORIDE, BREWER'S YEAST, THIAMINE HYDROCHLORIDE, BREWER'S YEAST, THIAMINE HYDROCHLORIDE, BREDELAWIN, CHROMUM CHLORIDE, FOLIC ACID, SPIRULINA, CYANOCOBALAMIN, SODIUM SELENTE. CONTAINS: SOY

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