



C9

**BUILD THE FOUNDATION  
FOR LOOKING AND  
FEELING BETTER.**

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**FOREVER®**  
MIDDLE EAST

# 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.



# MOVING TOWARDS A HEALTHIER LIFESTYLE ISN'T EASY...

...but few things that are truly worthwhile are. **CLEAN 9** is the first step in establishing lifelong habits that will help you achieve true and lasting weight management. This proven cleansing system is the foundation of the **Forever F.I.T.** program and will put you in the best possible position to attain optimal health, cleanse your body and build a slimmer, leaner you.†

**Forever  
Garcinia Plus®**  
70 Softgels

**Forever Aloe  
Vera Gel®**  
2X 1Liter  
Bottles

**Forever  
Lite Ultra®**  
Shake Mix  
1X Pouch

**What your  
CLEAN 9 Pak  
Includes:**

**Forever Fiber™**  
30 Packets

**Forever  
Therm™**  
60 Tablets

**Tape  
Measure**

†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.



# YOU DESERVE MAXIMUM RESULTS.

## FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.



### WEIGH AND MEASURE YOURSELF BEFORE YOU BEGIN.

Record your measurements in this booklet and calculate the difference at the end of the **CLEAN 9** program.



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

It could be anything from having more energy to taking the stairs instead of the elevator at work.



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

Accountability will help prevent you from deviating from the program.



### EXERCISE DAILY.

It's important to not overexert yourself at the beginning of the program. Start with easy, low-impact exercises and gradually increase activity.



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

As your body responds to the different phases of **CLEAN 9**, your weight may fluctuate.

**DRINK PLENTY OF WATER.**

Drinking eight glasses (64 oz.) of water a day can help you feel fuller, flush out toxins and support healthy skin and optimal health.

**PUT DOWN THE SALTSHAKER.**

Salt contributes to fluid retention. Flavor foods with herbs and spices instead.

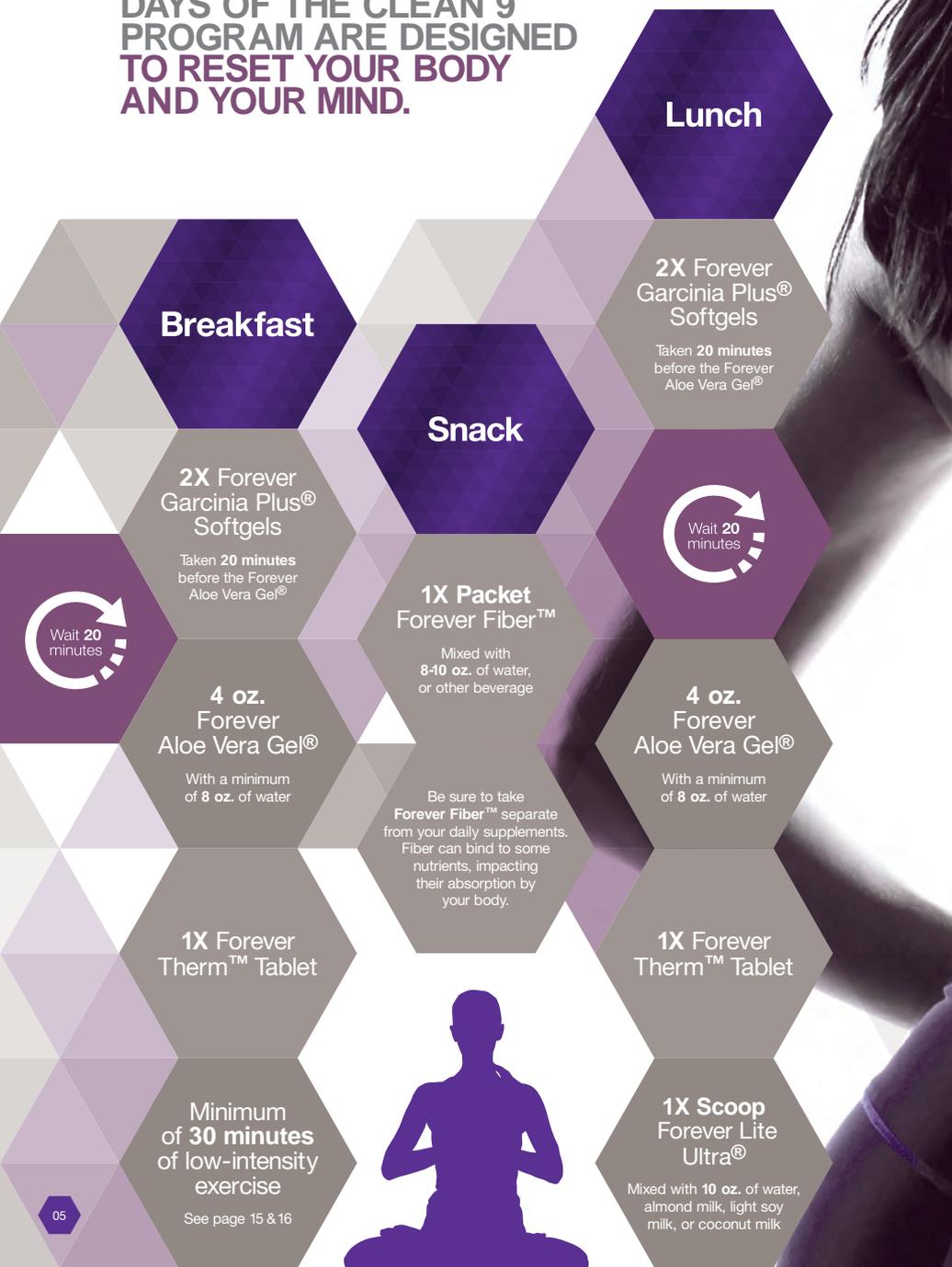
**AVOID SODAS AND CARBONATED BEVERAGES.**

Carbonation promotes bloating. Drinking soda also adds unwanted calories and sugar.

**KNOW THAT YOU CAN DO THIS.**

# DAYS 1&2

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



## Dinner

**2X Forever  
Garcinia Plus®  
Softgels**

Taken **20 minutes**  
before the Forever  
Aloe Vera Gel®



Wait **20**  
minutes

**4 oz.  
Forever  
Aloe Vera Gel®**

With a minimum  
of **8 oz.** of water



**Free Foods**  
can be found  
on **page 11**.  
Enjoy these foods  
in moderation  
to help curb  
hunger.

## Evening

**4 oz.  
Forever  
Aloe Vera Gel®**

With a minimum  
of **8 oz.** of water

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.**

# 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® Softgels

Taken 20 minutes  
before the Forever  
Aloe Vera Gel®

Wait 20  
minutes

### 4 oz. Forever Aloe Vera Gel®

With a minimum  
of 8 oz. of water

### 1X Forever Therm™ Tablet

### 1X Scoop Forever Lite Ultra®

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

Minimum  
of 30 minutes  
of moderate  
intensity exercise

See page 15 & 16

## Snack

### 1X Packet Forever Fiber™

Mixed with  
8-10 oz. of water,  
or other beverage

## Lunch

### 2X Forever Garcinia Plus® Softgels

Taken 20 minutes  
before the Forever  
Aloe Vera Gel®

### 1X Forever Therm™ Tablet



Day 9

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 F.I.T. 1.**

### 1X Scoop Forever Lite Ultra®

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

## Dinner

### 2X Forever Garcinia Plus® Softgels

Taken **20 minutes**  
before the Forever  
Aloe Vera Gel®



Wait **20**  
minutes



### 600 Calorie Meal

See page 13 & 14 for  
suggestions

### 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.

## Evening

A minimum  
of **8 oz.**  
of water

The **CLEAN9**  
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!**

# FOREVER LITE ULTRA® SHAKE RECIPES.

These tasty recipes will add some variety to your **Forever Lite Ultra®** shakes. Packed with protein and high in antioxidants, they are specially formulated to keep you feeling full and energized for hours. You can also use these shake ideas as a post-workout drink throughout the **Forever F.I.T.** program. It's a healthy and delicious way to stay full and indulge any time you need a low-calorie, nutrient-dense boost.

## CHERRY & GINGER RECOVERY SHAKE

The perfect mid-day shake to help soothe sore muscles and enhance the benefits of your exercise routine.

### Combine:

**1 scoop** of Forever Lite Ultra® Vanilla shake mix / **8 oz.** unsweetened coconut milk / **½ cup** of frozen cherries / **½ tsp** minced ginger / **4-6** small ice cubes in a blender / Blend on high for **20-30 seconds** and serve immediately.

**219**

calories per serving

## PEACHES & CREAM SHAKE

Light and creamy, this refreshing shake combines all the best flavors of summer.

### Combine:

**1 scoop** of Forever Lite Ultra® Vanilla shake mix / **8 oz.** unsweetened almond milk / **1 cup** of frozen unsweetened peaches / **½ tsp** cinnamon / **4-6** small ice cubes in a blender / Blend on high for **20-30 seconds** and serve immediately.

**180**

calories per serving

## BLUEBERRY BLAST

Packed with figure-friendly fiber and antioxidants, this shake will help keep you full for hours.

### Combine:

**1 scoop** of Forever Lite Ultra® Vanilla shake mix / **8 oz.** unsweetened coconut milk / **¾ cup** of blueberries / **4-6** small ice cubes in a blender / Blend on high for **20-30 seconds** and serve immediately.

**203**

calories per serving

## CHOCOLATE & RASPBERRY SHAKE

A decadent blend of rich chocolate and sweet raspberries will help satisfy those dessert cravings.

### Combine:

**1 scoop** of Forever Lite Ultra® Vanilla shake mix / **8 oz.** unsweetened coconut milk / **1 cup** fresh raspberries / **1 tsp** cocoa powder / **4-6** small ice cubes in a blender / Blend on high for **20-30 seconds** and serve immediately.

**204**

calories per serving



## VANILLA & STRAWBERRY SHAKE

This is a tasty way to boost your intake of healthy fat without a huge calorie hit.

**Combine:**

1 scoop of Forever Lite Ultra® Vanilla shake mix / 8 oz. of water / 1 cup of frozen strawberries / 1 tsp of flax oil / 4-6 small ice cubes in a blender / Blend on high for 20-30 seconds and serve immediately.

**203**

calories per serving

## APPLE CRISP SHAKE

All the flavors of fall, this shake boasts antioxidant-rich apples and cinnamon.

**Combine:**

1 scoop of Forever Lite Ultra® Vanilla shake mix / 8 oz. unsweetened coconut milk / 4 oz. applesauce / ½ tsp cinnamon / 4-6 small ice cubes in a blender / Blend on high for 20-30 seconds and serve immediately.

**188**

calories per serving

## LEAN & GREEN POWER SHAKE

A great way to sneak in an extra serving of leafy greens, this shake is surprisingly delicious and nutritious.

**Combine:**

1 scoop of Forever Lite Ultra® Vanilla shake mix / ½ cup fresh spinach leaves / ½ cup frozen blueberries / 5 whole frozen strawberries / 2 oz. unsweetened coconut milk / 4-6 small ice cubes in a blender / Blend on high for 20-30 seconds and serve immediately.

**166**

calories per serving

Fruits and vegetables from your Free Foods list on page 11

can be mixed and matched with Forever Lite Ultra® in countless ways.

**FEEL FREE TO SWAP RICE MILK, UNSWEETENED ALMOND MILK, UNSWEETENED COCONUT MILK OR UNSWEETENED SOY MILK IN ANY OF THESE RECIPES. CHECK THE LABEL TO ENSURE THAT THE MILK ALTERNATIVE YOU CHOOSE PROVIDES APPROXIMATELY 50 TO 60 CALORIES PER 8 OZ.**

You can substitute Forever Lite Ultra® Chocolate shake mix in any shake recipe or experiment and create your own!

**HAVE A GREAT RECIPE? SHARE IT WITH US AT [WWW.FACEBOOK.COM/FOREVERFAN](http://WWW.FACEBOOK.COM/FOREVERFAN)**

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



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



Vegetables should be eaten raw (with the exception of artichokes and soy) or lightly steamed without fats or oils. If desired, enhance the flavor with herbs or your favorite seasoning.



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

# DELICIOUS DINNERS 500-600 CALORIE MEALS.

These quick and easy meal ideas can add variety to your **CLEAN 9** program during Days 3-9. **Each meal is approximately 500 to 600 calories** and consists of high protein/low-carb foods to accelerate your metabolism. The balanced nutrients in each meal will also help to keep you full and energized while supporting optimal cleansing. Feel free to mix and match the meals to suit your tastes.

**IS THIS  
ENOUGH  
FOOD  
FOR ME?**

**DURING DAYS 3 THROUGH 9, YOU'LL BE CONSUMING 1,000 CALORIES PER DAY. MEN CAN ADD AN ADDITIONAL 100 TO 200 CALORIES PER DAY IF NEEDED BY EATING AN EXTRA 2 TO 3 OZ. OF LEAN PROTEIN OR BY DRINKING ONE ADDITIONAL FOREVER LITE ULTRA® SHAKE.**

**CLEAN 9 REQUIRES COMMITMENT AND WILLPOWER. FORTUNATELY, MOST PEOPLE FIND THAT THEIR HUNGER DIMINISHES WITH EACH PASSING DAY, BUT IF YOU'RE TRULY HUNGRY AND NEED A LITTLE SOMETHING EXTRA, TRY THESE ADDITIONAL TIPS:**

**Drink more water.**

Water helps you feel full and can help curb hunger and cravings.

**Banish mid-afternoon hunger** with raw cut-up veggies from your Free Foods list.

**Eat a piece of fruit** from your Free Foods list as an evening snack.



## CHICKEN & RICE

**5 oz.** baked chicken breast, skinless and boneless / **¼ cup** brown rice / **2 cups** mixed vegetables (from your Free Foods list) / **15** raw almonds

**584**

Estimated  
Calories

## SIMPLE SALMON

**4 oz.** salmon, sautéed / **1 tbsp** olive oil (for sautéing) / **1** medium sweet potato sprinkled with cinnamon / **1** microwavable bag of vegetables, individual size

**527**

Estimated  
Calories

## ROAST TURKEY DINNER

**4 oz.** turkey breast, baked without the skin / **1** medium baked potato topped with **1 tsp** of clarified butter and minced chives / **¼ cup** spinach sautéed with **2** minced garlic cloves in **2 tsp** extra virgin olive oil / **1** small pear poached in water mixed with **1 tsp** of vanilla extract and sprinkled with cinnamon

**540**

Estimated  
Calories

## BURRITO BOWL

Layer the following ingredients in a large bowl / **1 cup** brown rice / **½ cup** cooked black or pinto beans / **3 oz.** sliced broiled or grilled chicken breast, skinless and boneless / **¼ cup** each chopped onion and salsa / **¼ cup** diced avocado or guacamole / **1 tbsp** cilantro (coriander) / lime wedge

**545**

Estimated  
Calories

## PASTA NIGHT

**1 cup** cooked (rice or quinoa) pasta tossed with **1 cup** of marinara sauce and **¼ cup** mushrooms / **3 oz.** baked or grilled chicken, skinless and boneless, sliced / **2 cups** romaine lettuce with tomatoes and cucumbers, dressed with **2 tsp** extra virgin olive oil and **2 tsp** balsamic vinegar

**585**

Estimated  
Calories

## TURKEY BURGER & FRIES

**4 oz.** lean ground turkey breast patty on a gluten-free bun with mustard / **4 oz.** sweet potato wedges (spray with cooking spray and dust with a sprinkling of chili powder or cinnamon; bake at **200°C / 400°F** for **30 minutes** or until tender) / **2 cups** mixed lettuce with tomatoes and red onion, dressed with **2 tsp** extra virgin olive oil and **2 tsp** balsamic vinegar

**588**

Estimated  
Calories

# 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.

There are many opportunities to burn extra calories throughout the day. Instead of the elevator, take the stairs, or park further away from your destination and walk.



How much is enough? It's important to engage in 30 minutes of aerobic exercise every day.



While you can break this up into two 15 minute sessions, it's best to exercise for the entire 30 minutes at once to put your body into a fat-burning zone.



Be sure to take 2 minutes to stretch and 5 minutes to warm up before completing your 30 minutes of exercise. Preparing your body and muscles ensures that you get the most out of your workout and have a faster recovery.

## 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  
STRENGTH TRAINING  
SWIMMING  
WATER AEROBICS  
YOGA  
ELLIPTICAL MACHINE  
CYCLING

STEP AEROBICS  
HIKING  
ROCK CLIMBING  
DANCING  
ROLLERBLADING  
TREADMILL

**AS YOU HAVE MORE ENERGY,  
INCREASE THE DURATION AND  
INTENSITY OF LOW-MEDIUM  
IMPACT EXERCISE FOR  
GREATER RESULTS!**



# ARE YOU READY? LET'S PUT DOWN YOUR THREE CLEAN 9 GOALS.

1

2

3

# YOUR DAILY PLANNER.

Research shows that people who record what they eat and how much they exercise, lose more weight. Indeed, those that keep a daily planner are two to three times more likely to stick with the **CLEAN 9** program.



**KEEP TRACK OF HOW YOUR BODY IS IMPROVING BY WEIGHING YOURSELF ON THE DAYS INDICATED.**



**DOCUMENT ANY EXTRA FOOD YOU EAT, THE TYPE OF EXERCISE YOU DO EACH DAY, HOW WELL YOU SLEEP AND HOW YOU FEEL.**



**NOT ONLY WILL THIS GIVE YOU A GREAT OVERVIEW OF YOUR PROGRESS, IT WILL ALSO PROVIDE A GOOD REFERENCE LATER ON AS YOU CONTINUE YOUR HEALTH AND WEIGHT LOSS JOURNEY.**

# BODY WEIGHT & MEASUREMENTS.

## HOW TO MEASURE:

**CHEST** / Measure under your armpits around the front of your chest with your arms relaxed at your sides.

**BICEPS** / Measure halfway between your armpit and elbow with your arm relaxed at your side.

**WAIST** / Measure your natural waist – approximately 2” above your hips.

**HIPS** / Measure around the widest part of the hips and buttocks, placing the tape measure over the hipbone on each side.

**THIGHS** / Measure at the widest point of the thigh including the highest point on your inner thigh.

**CALVES** / Measure the thickest part of your calf, typically about halfway between the knee and the ankle, while your calves are relaxed.



Our experience shows that you are more likely to stick with the CLEAN 9 program and achieve your goals if you write down your daily progress.



## DATE

/ /      / /      / /      / /      / /

## BODY PART

DAY 1

DAY 3

DAY 6

DAY 9

TOTAL LOSS

ARM

WAIST

HIP

THIGH

CHEST

WEIGHT

**D1****D2****D3****D4****D5****D6****D7****D8****D9****EXERCISE  
CHECK  
LIST****2 MINUTE  
STRETCH****5 MINUTE  
WARM-UP****30 MINUTE  
EXERCISE****8 GLASSES  
OF WATER****EXERCISE ACTIVITY****NOTES**

(Intensity Level, Weight, Reps, etc.)

**DURATION****+ CLEAN 9 PROGRAM DAY 1****+ BREAKFAST****2X** Forever Garcinia Plus® Softgels**4 oz.** Forever Aloe Vera Gel®**1X** Forever Therm™ Tablet**30 min** minimum of low-intensity exercise**+ SNACK****1X Packet** Forever Fiber™**+ LUNCH****2X** Forever Garcinia Plus® Softgels**4 oz.** Forever Aloe Vera Gel®**1X** Forever Therm™ Tablet**1X Scoop** Forever Lite Ultra®**+ DINNER****2X** Forever Garcinia Plus® Softgels**4 oz.** Forever Aloe Vera Gel®**+ EVENING****4 oz.** Forever Aloe Vera Gel®**+FOOD**


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**DAY 1 DONE! 8 DAYS TO GO!**

D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE  
CHECK  
LIST2 MINUTE  
STRETCH5 MINUTE  
WARM-UP30 MINUTE  
EXERCISE8 GLASSES  
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

## + CLEAN 9 PROGRAM DAY 2

### + BREAKFAST

2X Forever Garcinia  
Plus® Softgels

4 oz. Forever Aloe Vera Gel®



1X Forever Therm™ Tablet

30 min minimum of  
low-intensity exercise

### + SNACK



1X Packet Forever Fiber™

### + LUNCH

2X Forever Garcinia  
Plus® Softgels

4 oz. Forever Aloe Vera Gel®



1X Forever Therm™ Tablet

1X Scoop Forever  
Lite Ultra®

### + DINNER

2X Forever Garcinia  
Plus® Softgels

4 oz. Forever Aloe Vera Gel®

### + EVENING



4 oz. Forever Aloe Vera Gel®

## + FOOD

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**FANTASTIC JOB!  
YOU HAVE ALREADY  
COMPLETED 2 DAYS  
OF THE CLEAN 9  
PROGRAM.**

**KEEP GOING.  
YOU CAN DO THIS!**

**DON'T FORGET, THE PROGRAM CHANGES AFTER  
DAY 2, CHECK OUT THE CHECKLIST FOR DAYS 3-8.**

**C9**

D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE  
CHECK  
LIST2 MINUTE  
STRETCH5 MINUTE  
WARM-UP30 MINUTE  
EXERCISE8 GLASSES  
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

## + CLEAN 9 PROGRAM DAY 3

### + BREAKFAST

2X Forever Garcinia  
Plus® Softgels4 oz. Forever Aloe Vera Gel® **+ LUNCH**

1X Forever Therm™ Tablet

1X Scoop Forever  
Lite Ultra®30 min minimum of  
moderate-intensity exercise

### + SNACK



1X Packet Forever Fiber™

2X Forever Garcinia  
Plus® Softgels

1X Forever Therm™ Tablet

1X Scoop Forever  
Lite Ultra®

### + DINNER

2X Forever Garcinia  
Plus® Softgels

600 Calorie Meal

### + EVENING



8 oz. of water

## + FOOD

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D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE  
CHECK  
LIST2 MINUTE  
STRETCH5 MINUTE  
WARM-UP30 MINUTE  
EXERCISE8 GLASSES  
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

## + CLEAN 9 PROGRAM DAY 4

### + BREAKFAST

2X Forever Garcinia  
Plus® Softgels4 oz. Forever Aloe Vera Gel® **+ LUNCH**

1X Forever Therm™ Tablet

1X Scoop Forever  
Lite Ultra®30 min minimum of  
moderate-intensity exercise

### + SNACK



1X Packet Forever Fiber™

2X Forever Garcinia  
Plus® Softgels

1X Forever Therm™ Tablet

1X Scoop Forever  
Lite Ultra®

### + DINNER

2X Forever Garcinia  
Plus® Softgels

600 Calorie Meal

### + EVENING



8 oz. of water

## +FOOD

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DAY 4 DONE! ALMOST HALFWAY!



D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE  
CHECK  
LIST2 MINUTE  
STRETCH5 MINUTE  
WARM-UP30 MINUTE  
EXERCISE8 GLASSES  
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

## + CLEAN 9 PROGRAM DAY 5

### + BREAKFAST

2X Forever Garcinia  
Plus® Softgels4 oz. Forever Aloe Vera Gel® **+ LUNCH**

1X Forever Therm™ Tablet

1X Scoop Forever  
Lite Ultra®30 min minimum of  
moderate-intensity exercise

### + SNACK



1X Packet Forever Fiber™

2X Forever Garcinia  
Plus® Softgels

1X Forever Therm™ Tablet

1X Scoop Forever  
Lite Ultra®

### + DINNER

2X Forever Garcinia  
Plus® Softgels

600 Calorie Meal

### + EVENING



8 oz. of water

## + FOOD

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D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE  
CHECK  
LIST2 MINUTE  
STRETCH5 MINUTE  
WARM-UP30 MINUTE  
EXERCISE8 GLASSES  
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

## + CLEAN 9 PROGRAM DAY 6

### + BREAKFAST

2X Forever Garcinia  
Plus® Softgels

4 oz. Forever Aloe Vera Gel®



1X Forever Therm™ Tablet

1X Scoop® Forever  
Lite Ultra®30 min minimum of  
moderate-intensity exercise

### + SNACK



1X Packet Forever Fiber™



### + LUNCH

2X Forever Garcinia  
Plus® Softgels

1X Forever Therm™ Tablet

1X Scoop® Forever  
Lite Ultra®

### + DINNER

2X Forever Garcinia  
Plus® Softgels

600 Calorie Meal



### + EVENING



8 oz. of water

## + FOOD

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DAY 6 DONE! 2/3 OF THE WAY!



D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE  
CHECK  
LIST2 MINUTE  
STRETCH5 MINUTE  
WARM-UP30 MINUTE  
EXERCISE8 GLASSES  
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

## + CLEAN 9 PROGRAM DAY 7

### + BREAKFAST

2X Forever Garcinia  
Plus® Softgels

4 oz. Forever Aloe Vera Gel®



1X Forever Therm™ Tablet

1X Scoop Forever  
Lite Ultra®30 min minimum of  
moderate-intensity exercise

### + SNACK



1X Packet Forever Fiber™



### + LUNCH

2X Forever Garcinia  
Plus® Softgels

1X Forever Therm™ Tablet

1X Scoop Forever  
Lite Ultra®

### + DINNER

2X Forever Garcinia  
Plus® Softgels

600 Calorie Meal

### + EVENING



8 oz. of water

## +FOOD

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D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE  
CHECK  
LIST2 MINUTE  
STRETCH5 MINUTE  
WARM-UP30 MINUTE  
EXERCISE8 GLASSES  
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

## + CLEAN 9 PROGRAM DAY 8

### + BREAKFAST

2X Forever Garcinia  
Plus® Softgels4 oz. Forever Aloe Vera Gel® **+ LUNCH**

1X Forever Therm™ Tablet

1X Scoop Forever  
Lite Ultra®30 min minimum of  
moderate-intensity exercise

### + SNACK



1X Packet Forever Fiber™

2X Forever Garcinia  
Plus® Softgels

1X Forever Therm™ Tablet

1X Scoop Forever  
Lite Ultra®

### + DINNER

2X Forever Garcinia  
Plus® Softgels

600 Calorie Meal

### + EVENING



8 oz. of water

## + FOOD

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DAY 8 DONE! ONE DAY LEFT! 

D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE  
CHECK  
LIST2 MINUTE  
STRETCH5 MINUTE  
WARM-UP30 MINUTE  
EXERCISE8 GLASSES  
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

## + CLEAN 9 PROGRAM DAY 9

### + BREAKFAST

2X Forever Garcinia  
Plus® Softgels

4 oz. Forever Aloe Vera Gel®



1X Forever Therm™ Tablet

30 min minimum of  
moderate-intensity exercise

### + SNACK



1X Packet Forever Fiber™



### + LUNCH

2X Forever Garcinia  
Plus® Softgels

1X Forever Therm™ Tablet



300 Calorie Meal

### + DINNER

2X Forever Garcinia  
Plus® Softgels

600 Calorie Meal



### + EVENING



8 oz. of water

## + FOOD

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DAY 9 DONE! YOU DID IT!

**CONGRATULATIONS!  
YOU HAVE  
SUCCESSFULLY  
COMPLETED  
THE CLEAN 9  
PROGRAM.  
YOU DID IT!**

**C9**

# GET INSPIRED WITH FOREVER F.I.T. 1.

Now that you've cleansed your body and built a great foundation to look better and feel better, it's time to get inspired! The **Forever F.I.T. 1 Pak** will teach you how to break the bad habits that you've built and help you look better and feel better.



FOREVER F.I.T. 1 IS PACKED  
WITH FANTASTIC INFORMATION  
TO NOT ONLY CHANGE YOUR  
BODY BUT TO CHANGE THE  
WAY YOU THINK ABOUT  
FOOD AND EXERCISE.



**F1**



**F2**

**CONTACT  
THE PERSON THAT  
INTRODUCED YOU  
TO CLEAN 9...**

**...TO PURCHASE  
FOREVER FIT. 1,  
THE NEXT STEP  
TO LOOKING AND  
FEELING BETTER.**

# FREQUENTLY ASKED QUESTIONS.

## HOW MUCH WEIGHT CAN I EXPECT TO LOSE ON CLEAN 9?

The amount of weight you will lose during the **CLEAN 9** program depends on your baseline factors, including your starting weight and what your lifestyle was like when you began the program.

## IS THE CLEAN 9 PROGRAM SAFE?

**Yes.** Because the program is designed to be done for nine days only, it is extremely safe for most people. However, if you have a pre-existing health condition or are under a doctor's care, it's wise to consult with them before starting **CLEAN 9** or any weight management program.

## WILL I FEEL HUNGRY DURING CLEAN 9?

You may feel hungry, especially during the first two days. This is normal. However, the sensation of hunger should subside. **Forever Fiber™** and **Forever Lite Ultra®** are designed to support feelings of fullness and help stave off hunger.\*

## THE FIRST TWO DAYS OF THE PROGRAM LOOK TOUGH! DO I HAVE TO FOLLOW THEM EXACTLY AS OUTLINED?

**Yes.** **CLEAN 9** is specifically designed to jumpstart a healthy weight management program and help eliminate some of the toxins that can negatively impact your overall health. These first two days help reset your body's ability to detoxify and set the stage for Days 3 through 9. Skipping Days 1 and 2 can impact your final results during this phase of the program.

## WHAT DOES FOREVER GARCINIA PLUS® DO?

Garcinia cambogia is a small, pumpkin-shaped fruit that contains a compound known as hydroxycitric acid (HCA). Studies show that HCA helps to support a healthy weight when used in conjunction with a healthful diet and exercise program. Specifically, Garcinia may help the body burn fat more efficiently. It may also help suppress your appetite by increasing serotonin levels.\*

## OF FOREVER THERM™?

**Forever Therm™** offers a powerful combination of botanical extracts and vitamins that can help support metabolism by boosting thermogenesis.\*

## WHY DO I NEED PROTEIN?

Protein is the basic building block of every cell in your body. In order to build or repair tissues and muscles, your body needs amino acids that can only be derived from protein. Research shows that protein is essential for successful weight loss. Calorie restriction that does not include adequate amounts of protein can cause a loss of muscle mass before you begin to lose fat. **Forever Lite Ultra®**, when combined with a healthful diet and exercise program, can help you lose fat, not muscle.\*

## WHY SHOULD I DRINK AT LEAST 8 GLASSES OF WATER PER DAY?

About 72% of your body is made up of water, and you must constantly replenish this supply. Water is needed to maintain a healthy metabolism because it is involved in almost every biochemical process in your body. Making sure you are well-hydrated also helps to keep you feeling full between meals.

## AS LONG AS I MONITOR MY CALORIE INTAKE TO STAY WITHIN THE C9 1,000 CALORIE LIMIT, CAN I EAT WHATEVER FOODS I WANT?

One of the most important parts of changing your body is changing the way you think about food. For best results, we suggest that you follow the program exactly as outlined in this booklet. Foods that are low in calories may not provide you with the correct balance of nutrients necessary for cleansing and weight loss.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## WHAT ARE THE BENEFITS



C9

## Forever Living Products, Middle East Office & Product Centers

### FLP Middle East Head Office

Block B, B-23 & B-24, Road W B-21  
Dubai Airport Free Zone  
P.O. BOX # 54305, Dubai, UAE  
Tel: +971 4 2994800  
Fax: +971 4 2994887 / 4 2996654

### DUBAI

TECOM - Floor 10, Office 10C-C, 10C 13  
10C-14, 10C-15 in I-Rise Tower,  
Al Thaniya 1st, Tecom, Dubai  
Tel: +971 4 5134823 | Fax: +971 4 5134836

DEIRA - S.S Lootah Corporate Building  
Salahudin Road Deira, Dubai, UAE  
P.O. BOX # 54305, Dubai, UAE  
(Opposite Al Yasmeen Building  
near Abu Hail Metro Station)  
Tel: +971 4 2978114 | Fax: +971 4 2978113

### ABU DHABI

Mezzanine Floor, Electra St. behind Janata  
Bank , Corner Muroor Rd. Same building of  
Gulf Radiology Laboratory, Sheikh Muhammed  
Bin Khalifa , Al Nahyan Bldg.,  
P.O. BOX # 70097, Abu Dhabi, UAE  
Tel: +971 2 6392447 | Fax: +971 2 6392448

### QATAR

Villa no.15, Beverly Hills Garden 3, Al Waab  
Doha, Qatar  
Tel: +974 3129 3000

### KUWAIT

Mezzanine Floor, 130 Dawliah Commercial  
Center, P.O. Box # 21262, Safat 13073,  
Kuwait City  
Tel: +965 2 2402015 | Fax: +965 2 2402016

### Oman

Villa No. 240, Al Athaiba Street  
Athaiba, Muscat, Oman  
Tel: +968 2 4618098

### JORDAN

Rana Tower, Ground Floor  
Al Madina St., Amman  
Tel: +962 7959 41031

### KINGDOM OF SAUDI ARABIA RIYADH

Al Kariah 1 Shopping Center, 1st Floor  
Shop 207 Olaya, Riyadh, KSA  
Tel: +966 11 2151970  
Fax: +966 11 21 51971

### AL KHOBAR

Ground Floor shop #65, Al Khobar Mall  
King Abdulazeez Street  
along Dammam - Al Khobar High Way  
Beside Tulip Inn & Redtag  
Tel: +966 13 8878458  
Fax: +966 13 8878462

### JEDDAH

No. 117-118, Al Hayah Commercial Complex  
Back of Radisson SAS Hotel  
Madinah Road, P.O. BOX # 41820  
Jeddah-21531, KSA  
Tel: +966 12 6144700  
Fax: +966 12 6144600

### AL AHSA

Star Mall - Office No#. SF18, 2nd Floor  
Prince Talal Bin Abdulaziz St. Crossing with  
King Khaled St. East and King Fahd Rd. West  
Al Ahsa, KSA

\*The statements in this publication have not been evaluated by the Food and Drug Administration (US) or the Food Standards Agency (UK). The information contained herein is provided for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. 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, particularly if you are currently taking any medication or undergoing medical treatment for a pre-existing health concern.

\*تُخضع البيانات الموجودة في هذا المنشور لتقييم إدارة الغذاء والدواء (الولايات المتحدة الأمريكية) أو وكالة المعايير الغذائية (المملكة المتحدة). فالمعلومات الموجودة في هذه الوثيقة منصوص عليها لأغراض تعليمية فقط ولا يُقصد بها التشخيص أو العلاج أو الوقاية من أي مرض. يرجى استشارة طبيب متخصص أو غيره من أخصائيي الرعاية الطبية المُهلّين للحصول على مزيد من المعلومات المتعمقة قبل البدء بأي برنامج رياضي أو استخدام أي مكمل غذائي، على الأخص في حالة تناول أي أدوية أو الخضوع لأي علاج لمشكلة صحية قائمة بالطفل.