DX4



BODY BALANCING SYSTEM

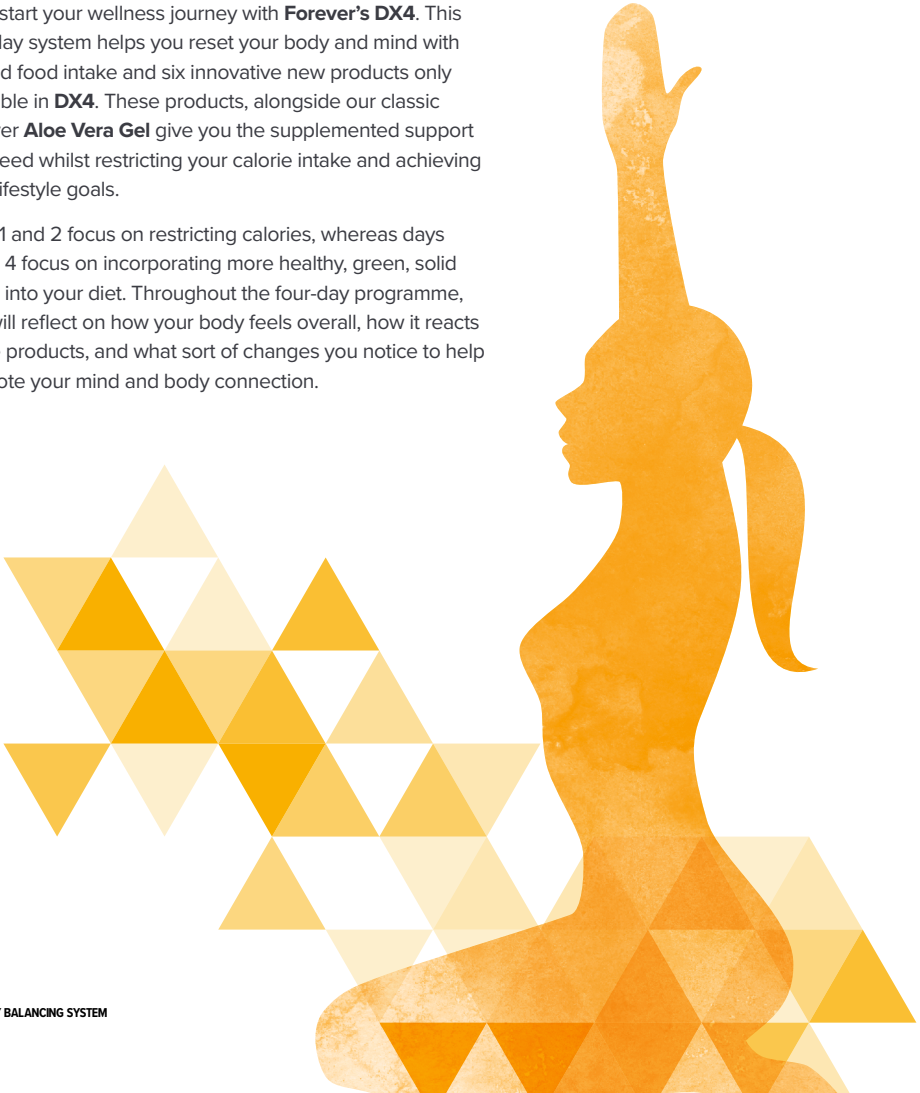
A **four-day** programme to help you balance and reset your body

FOREVER

RESET, RENEW, REJUVENATE

Jumpstart your wellness journey with **Forever's DX4**. This four-day system helps you reset your body and mind with guided food intake and six innovative new products only available in **DX4**. These products, alongside our classic Forever **Aloe Vera Gel** give you the supplemented support you need whilst restricting your calorie intake and achieving your lifestyle goals.

Days 1 and 2 focus on restricting calories, whereas days 3 and 4 focus on incorporating more healthy, green, solid foods into your diet. Throughout the four-day programme, you will reflect on how your body feels overall, how it reacts to the products, and what sort of changes you notice to help promote your mind and body connection.



PILLARS OF THE PROGRAMME

- Set a personal intention and/or goal
- Follow guided food and supplement intake
- Focus on proper hydration
- Mindfulness activities such as journaling, meditation and self-awareness exercises
- Perform light physical activity
- Share and post about your experience
- Celebrate your victory
- Become more intentional about your food choices

PREPPING FOR SUCCESS

DX4 helps you become more aware of your body, teaching you how to be present as you eat, move and go about your life. Each day is devoted to a theme: Decide, Define, Discover and Dedicate. During these four days, you'll be guided toward an increased mind-body connection for improved overall health*.

When prepping to do **DX4**, there are a few dos and don'ts to keep in mind to set yourself up for success. Read about them on the next page.

*__Forever Plant Protein__ is high in protein, which contributes to the growth and maintenance of muscle mass.

**By focusing on proper hydration, water will support the maintenance of physical and cognitive function.

DO

Begin **DX4** when you have a normal schedule that doesn't involve heavy stress, travel, or excessive physical exertion.

Take the time to get all the appropriate food you'll need, and clear out what doesn't serve you well or what may tempt you.

Let others know what you are doing and that you will appreciate their support.

Reach out to your support group with your successes and struggles.

Plan ahead! Make sure you have all your supplements, snacks, and assignments prepared for each day of the programme. Prepare **DX4** programme-approved recipes in advance.

Make sure you have a bathroom nearby because you will be drinking more water than what you're probably used to.

Commit to the full four days.

Use any of the programme-approved healthy food options as listed.

Consult your doctor if you have any concerns before participating, and continue taking all required medication you are currently using.

Hold off on taking any of Forever's nutritional products listed on page 9.

Repeat **DX4** quarterly.

Recognise and celebrate small changes.

Practice good sleep hygiene: no screens in the bedroom, keep the room dark and cool, take time to wind down, have a consistent bedtime, and strive for eight hours of sleep.

☒ DON'T

Wait for the perfect time when you feel motivated. Motivation burns bright once you're in the process and experiencing success!

Randomly substitute food and beverages. If you want optimal results, stick to the plan.

Surround yourself with those that are unsupportive and negative.

Wait to share until something 'epic' happens.

Throw this together at the last minute. Success will be so much easier if you've taken the time to prepare everything you need in advance.

Panic if you don't like water. There are plenty of programme-approved supplements that help increase hydration deliciously.

Do one or two days, or skip days in between

Make your own modifications. No alcohol, high fat and salt processed foods, animal products or animal meat, dairy, hydrogenated or partially hydrogenated oils, grains, starchy vegetables, or excess caffeine.

Ignore any medication or health issues that need to be addressed.

Continue supplementing with any Forever products, except for those that are part of the **DX4** programme. See page 9 for a list of Forever supplements that should be avoided during the **DX4** programme.

Repeat monthly. Keep a minimum of three months between your next **DX4** programme.

Worry if you didn't achieve your goal the first time. Be observant and discover what you did learn. Applying what you've learned AFTER **DX4** is where the real work begins.

Take your work, worries and stress to your bedroom.

WHAT YOUR DX4 SYSTEM INCLUDES

DX4 is designed to give you the inspiration to cleanse bad habits and negative thoughts with a mindful, present and intentional approach to supplements and lifestyle goals. In the pack, you'll experience six brand new supplements designed specifically for **DX4**, in combination with our flagship **Forever Aloe Vera Gel**, made with 99.7% pure inner leaf aloe vera.



Forever Therm Plus

12x tablets

Forever Therm Plus is a powerful supplement which contains green tea, guarana, green coffee, saffron powder, and vitamins B12 and C, which contribute to normal energy-yielding metabolism, and the reduction of tiredness and fatigue to help support a healthy metabolism and energy levels. Your nervous system affects all aspects of your health, including memories, feelings and thoughts. Support this complex system with **Forever Therm Plus**, which contains Niacin to support the normal functioning of the nervous system, and pantothenic acid which contributes to normal mental performance.



Forever DuoPure

8x tablets

Forever DuoPure combines pomegranate extract and Japanese knotweed with Choline, folic acid and vitamins B6 and B12. Choline contributes to the maintenance of normal liver function, whilst the B vitamins and folic acid support many functions, including contributing to normal protein and glycogen metabolism.



Forever Multi Fizz

4x effervescent tablets

With a crisp, refreshing watermelon flavour, **Forever Multi Fizz** is an effervescent tablet that helps you jumpstart your hydration by providing a bubbly flavour boost to water. It is enhanced with vitamins C, B and E.



Forever LemonBlast

4x packets

This portable stick pack mixes botanical ingredients with water to produce a tart, slightly spicy flavour that can be enjoyed as a hot or cold beverage. With turmeric powder and a lemon-ginger-cayenne flavour, **Forever Lemon Blast** features a unique blend of soluble fibre with magnesium to support electrolyte balance and normal psychological function.



Forever Sensatiable

32x chewable tablets

Forever Sensatiable provides a sweet relief from your daily temptations. Containing glucomannan, it is also high in fibre, which has exceptional ability to absorb up to 50-times its weight in water, making it one of the most viscous dietary fibres known. The fibre passes through your intestine undigested, and is essentially free of calories and carbs.



Forever Plant Protein

1 pouch

Packing 17 grams of protein per serving, **Forever Plant Protein** is a vegan formula that's dairy and soy-free. It has a delicious, vanilla flavour with a smooth, non-gritty texture, unlike many plant-based proteins. The pea and pumpkin protein contributes to the function of normal bones, and the growth and maintenance of muscle mass.



Forever Aloe Vera Gel

4x 330ml cartons

Our aloe vera is comprised of the finest inner-leaf gel from hand-picked aloe vera of the highest quality, harvested at the perfect ripeness. **Forever Aloe Vera Gel** also contains vitamin C, which contributes to the normal function of the immune system.

MINDSET PREP

Each evening at bedtime, follow this awareness guide to help you become more connected to your body. Find a comfortable sitting position on the floor, chair or bed. Take a quick head-to-toe assessment by thoughtfully observing and answering the following questions. Write down a brief observation for each zone in the space provided, or in a journal.



Head

What thoughts do you continually replay in your head about yourself? Are they positive, helpful, negative, true, holding you back?

Neck and shoulders

What things are creating stress and tension in your mind and body? Are they physical, mental, emotional, or a mix? Can you identify the source(s)?

Core and microbiome

How are these areas functioning? Do you feel nourished and energetic? Do you feel bloated and achy?

Low back and legs

Are these areas optimally functioning? Do they feel strong and supportive? Do they allow you to do the things you want to, or do they hold you back?

Feet

TAKE NOTE

THINGS TO OBSERVE DURING DX4

+ Frequency of urination and bowel movements (observe the amount, colour, texture, etc.)
+ Do you feel any strong cravings and on what day or time?
+ Do you feel like you are “starving”?
+ How does your body feel in general?

THINGS TO AVOID DURING DX4

+ Alcohol and caffeine
+ Soda and “sugar-free” drinks
+ Processed foods, including prepared or canned meals and fast-food restaurants
+ Dairy products: milk, yoghurt, butter, ice cream, cheese
+ Added sugars: cane, corn syrup, maple syrup, honey, and artificial sweeteners (plant-based sweeteners like stevia are OK)
+ Fats: avoid anything partially hydrogenated, vegetable oil, margarine, and trans fats, which are frequently hidden in packaged or processed foods like chips, crisps and cakes
+ All animal products: meat and eggs
+ Grains: rice, oats, quinoa, pasta, bread, cereal

+ **ARGI+**
+ **Forever Aloe Peaches**
+ **Forever Aloe Berry Nectar**
+ **Forever Aloe Mango**
+ **Forever Freedom**
+ **Forever Garcinia Plus**
+ **Forever Lean**
+ **Forever Therm**
+ **FAB Forever Active Boost**
+ **FAB X Forever Active Boost**
+ **Forever Bee Pollen**
+ **Forever Bee Propolis**
+ **Forever Royal Jelly**
+ **Forever Bee Honey**
+ **Forever Supergreens**
+ **Forever Lite Ultra (Chocolate and Vanilla)**
+ **Forever FastBreak**

DAY 1&2 SCHEDULE



DRINK A MINIMUM OF 2 LITRES OF WATER EACH DAY

☐ Day 1 ☐ Day 2

☑ ☐ Check mark the boxes below when completing your **DX4** Schedule for Day 1 and Day 2

MORNING

☐ ☐ **3 X Forever Therm Plus** tablets with 240ml of water on an empty stomach

⚠ Wait 30 minutes before taking **Forever DuoPure**

☐ ☐ **2 X Forever DuoPure tablets** with 240ml of water

MID MORNING

☐ ☐ **Forever Sensatiable** chewable tablets, take up to 8 at any time throughout the day with 240ml of water

AFTERNOON

☐ ☐ **Forever Plant Protein*** shake – mix 1 scoop with 240ml of unsweetened plant-based (no animal) milk. Consider soy, oat, almond, cashew, coconut, etc.

MID AFTERNOON

☐ ☐ **1 X Forever Multi Fizz** effervescent tablet with 240ml of water, let dissolve for 10 minutes

☐ ☐ 330ml **Forever Aloe Vera Gel**

☐ ☐ **Forever Sensatiable** chewable tablets, take up to 8 at any time throughout the day with 240ml of water

SNACKS (DAY 2 ONLY, IF NEEDED)

☒ ☐ Refer to the **DX4** programme-approved snacks on page 27 for healthy snacks and recipes.

EVENING

☐ ☐ **Forever Plant Protein*** shake – mix 1 scoop with 240ml of unsweetened plant-based (no animal) milk. Consider soy, oat, almond, cashew, coconut, etc.

☐ ☐ **1 X** packet **Forever LemonBlast** with 240ml of warm or cold water before bed

DAY 3 & 4 SCHEDULE



DRINK A MINIMUM OF 2 LITRES OF WATER EACH DAY

☐ Day 3 ☐ Day 4

☑ ☐ Check mark the boxes below when completing your **DX4** Schedule for Day 3 or Day 4

MORNING

☐☐ **3 X Forever Therm Plus** tablets with 240ml of water on an empty stomach

☐☐ **Forever Plant Protein*** shake – mix 1 scoop with 240ml of unsweetened plant-based (no animal) milk. Consider soy, oat, almond, cashew, coconut, etc.

MID MORNING

☐☐ **2 X Forever DuoPure** tablets with 240ml of water

☐☐ **Forever Sensatiable** chewable tablets, take up to 8 at any time throughout the day with 240ml of water

AFTERNOON

☐☐ **Time for a Big Green Salad!** Refer to the **DX4 programme**-approved recipe on page 28 to make a healthy green salad.

MID AFTERNOON

☐☐ **1 X Forever Multi Fizz** effervescent tablet with 240ml of water, let dissolve for 10 minutes

☐☐ 330ml **Forever Aloe Vera Gel**

☐☐ **Forever Sensatiable** chewable tablets, take up to 8 at any time throughout the day with 240ml of water

SNACKS

☐☐ Refer to the **DX4 programme**-approved snacks on page 27 for healthy snacks and recipes.

EVENING

☐☐ **Forever Plant Protein*** shake – mix 1 scoop with 240ml of unsweetened plant-based (no animal) milk. Consider soy, oat, almond, cashew, coconut, etc.

☐☐ **1 X** packet **Forever LemonBlast** with 240ml of warm or cold water before bed

*Refer to the FAQs on page 25 for additional information regarding daily servings of **Forever Plant Protein**.

DAY 1: DECIDE

Your first day of **DX4** is all about your *decision* to set yourself on the path to better health. As you begin Day 1, know that the decision you made to begin **DX4** will require determination. Today, it's important that you are 100% present. Take advantage of the next few days of clarity to focus on *you*. Stay in the moment and take advantage of the invaluable insight you will gain by being completely present.

TODAY'S WORK

Categorise your health from the chart below and identify one area that could use improvement.

+

Probe deeper into these areas and discover 1 or 2 specific goals that would improve your deeper health.

+

Apply the future lens. Imagine that you have successfully accomplished the goals that you listed. What does that look like? How has your life improved?

GETTING STARTED: SELF-REFLECTION

Begin with a judgement-free analysis. Be an observer of your internal and external body. Think about your health in a variety of areas: physical, mental, emotional, spiritual and social. Consider where you're thriving and where you're not feeling your best.



Here are some specific aspects of each area of wellness to help you:

PHYSICAL

+ Sleep
+ Recovery
+ Movement
+ Nutrition
+ Energy

MENTAL

+ Alert/sharp
+ Anxious/depressed
+ Mood stability
+ Motivated/engaged
+ Learning

EMOTIONAL

+ Stress resilience
+ Emotional intelligence
+ Forgiveness
+ Empathy
+ Kindness

SPIRITUAL

+ Enjoy some solitude
+ Meditation
+ Connection with something bigger than yourself
+ Sacred space

SOCIAL

+ Boundaries
+ Support systems
+ Communication
+ Enjoying others

☑ Use the chart as a guide to rate your current state of health in each area.

	OPTIMAL	GOOD	NEEDS WORK	STRUGGLING
PHYSICAL				
MENTAL				
EMOTIONAL				
SPIRITUAL				
SOCIAL				

YOUR ASSIGNMENT



Now that you have identified the areas that could benefit from your attention and focus, consider how optimal your overall health is and how change in one or two of these areas would be valuable. Picture yourself successfully implementing that change and the value this brings to your life. After giving this some thought, do the following exercise in a journal or on an electronic device.

DECIDE which singular goal you will focus on: .....

WHY you are ready for this change: .....

HOW you will benefit from this change: .....

FIND gratitude for what has led you to choose this goal and for the qualities you have that will lead you to success: .....

WHY you will accomplish this goal: .....

CELEBRATE at least one small victory you had today: .....

Use your answers as inspiration for an affirmation or a mantra that you can meditate on before bed.



Example Affirmation: *I am ready to have an increased level of joy in my life because I've carried this burden with me for long enough. I can envision a new, lighter version of myself that will be ready to connect with new individuals and take on challenges. I'm grateful that I struggled with this because it proved that I am strong and can overcome. This strength I've discovered is a powerful characteristic that will ultimately propel me toward the me I am becoming. My positive mindset today kept me focused on all the good things in my life. I celebrate my ability to not get hung up on the negatives of today.*

DAY 2: DEFINE

Your second day of **DX4** is about defining your area of focus from Day 1 in the context of the SMART goal framework. A SMART goal is an acronym for goals that are: Specific, Measurable, Attainable, Relevant and Timebound. By defining a SMART goal, you remove any ambiguity around your goal setting, thereby giving you a clearer idea of what it is that you want and how to achieve it.

TODAY'S WORK

Define what a SMART goal is. + **Create a SMART goal for your focus area.** + **Meal prep, since food is part of your DX4 schedule for Days 3 and 4.**

GETTING STARTED: DEFINING SPECIFIC GOALS



SPECIFIC goals remove ambiguity and clearly illustrate what is wanted. When goals are vague, they become more of a wish than a plan. A plan requires action, so the initial focus must provide the opportunity to do something actionable. Here are some examples of vague goals and their specific counterpart.



I want to improve my diet.	I will eat at home 5 nights a week.
I need more sleep.	I will get 8 hours of sleep every night.

MEASURABLE goals help you recognise your progress and/or achievement. While weight loss goals can be measured by the scales, clothing size, body composition analysis, or measuring tape, other goals might need to be measured by a self-determined scale. For example, if your goal is to improve your stress management, you might use a scale of 1-10 to rate yourself on how successful you are at handling stress, revisiting this over time.

ATTAINABLE goals help fuel motivation to proceed to the next step by providing a continued sense of accomplishment. If your goal is to run a 10K, start setting smaller goals such as running 3K at a time and building up.

RELEVANT goals are an appropriate next step toward the desirable result. For example, perhaps your goal is to get better sleep at night and you decide your SMART goal is to stop watching Netflix. While this will surely help, it isn't relevant enough to your nighttime sleep habits. Instead, a better SMART goal would be to turn off all screens one hour before bedtime.

TIMEBOUND goals marry the desire of an outcome with the intended time it will take to achieve that outcome. Different goals and different people require a variety of timeframes to achieve goals. Sometimes a timeline needs to be in stages: The first goal is to implement the change, and the second goal is to consistently keep up (or complete) the new goal for a set amount of time.

YOUR ASSIGNMENT



Use a journal or electronic device to answer the prompts below.

My **SPECIFIC** goal is: .....

I will **MEASURE** my progress by: .....

I know I can **ATTAIN** this goal because: .....

I can see the **RELEVANCE** of working toward this goal because: .....

I have set a **TIMELINE** for completing this goal and a celebration date which is: .....

CELEBRATE at least one small victory that you had today: .....

Before bed, put your **SMART** goal into a simple affirmation or meditation and conclude with your gratitude for something that happened today.



DAY 3: DISCOVER

As Day 3 begins, you might find yourself feeling tired, frustrated, bored, discouraged, busy, unmotivated or hungry. Not everyone feels all of these, but you will likely experience some of them. These are obstacles, which are an inherent part of life. While you can't avoid them completely, you can manage them through preparation and acknowledging that success takes many shapes. Perhaps success is crossing the finish line of your goal, but sometimes it's learning to forgive yourself when things don't come together as you'd hoped. As you go through Day 3, keep this in mind and envision yourself with your new goal accomplished. What does success look and feel like now?



TODAY'S WORK

Observe the obstacles you're facing and the potential problems that could arise because of them.

+

Brainstorm solutions for those obstacles.

+

Meal prep, since healthy food is part of your DX4 schedule for Days 3 and 4.

GETTING STARTED: FIND SOLUTIONS

In your journal, make a list of any obstacles that you could potentially see interrupting your quest for living a healthier lifestyle. Then, write down what problems you might face because of them and any possible solutions.
Here are some ideas.



POSSIBLE OBSTACLES	POTENTIAL PROBLEMS	SOLUTIONS
Work		
Family		
Friends		
Social life		
Habits		
Negative self-talk		
Past failures		
Fixed mindset		
Finances		
Environment		
Stress		
Community		
Care-taking obligations		
Travel		
Fatigue		
Illness		

RECONNECTING TO YOUR WHY



Use a journal or electronic device to answer the prompts below.

Start to **DISCOVER** solutions. What are ways to navigate the struggles? Who can support you? What resources do you have? How can you help others?

.....

Review **WHY** you started this journey. (Look back on your previous notes!)

.....

Discover and **CELEBRATE** one successful thing about today: .....

Review your **GRATITUDE** statements and add a new one for today: .....

Before bed, use guided audio or video meditation, and meditate on the transformative behaviour you're experiencing.



DAY 4: DEDICATE

Use this final day to dedicate yourself to being more mindful and present, as you have been. You've done the internal hard work to propel you forward towards deeper health — and have helped your body with nourishing supplements and foods. To assimilate these new behaviours into your daily routine, it is important to review where you began, what you've learned, and set a plan for your next **DX4**.

TODAY'S WORK

Understand what a growth mindset is and how to apply it + **Review the goal you set and the shifts you've noticed during DX4.** + **Set a start date for your next DX4 journey.**

GETTING STARTED: BUILDING A GROWTH MINDSET



How you perceive and respond to any given situation, including setting new goals, is determined by your mindset. There are two kinds of mindsets: fixed and growth. A fixed mindset perceives challenges as insurmountable and pre-determines the outcome. A growth mindset embraces challenges and sees them as opportunities to learn and grow. There are nine attributes that contribute to the cultivation of a growth mindset: non-judging, patience, openness, trust, process-focused, acceptance, letting go, generosity, and gratitude.

Think about how the last four days have challenged you to adopt these attributes and where you might have more work to do. For example, how you can better trust the process rather than race towards your desired result?

Participating in **DX4** requires a growth mindset. You must be open to change, let go of what no longer serves you, and have patience and gratitude for yourself.

Consider: Which of these attributes would be beneficial for you to work on right now to aid in the progress you have made thus far? What is one way you can apply it in your life?

For example: Continuing to journal what you're grateful for every night will cultivate gratitude and the ability to trust and acknowledge yourself.

YOUR ASSIGNMENT



Use a journal or electronic device to answer the prompts below.

Revisit your initial **SELF-REFLECTION** analysis from Day 1.

Meditate on the small, meaningful **SHIFTS** you have noticed since then. Write down three shifts.

Review your **GRATITUDE** statements from each day.
How have those evolved?

Review the initial **GOAL** you created. What has the experience of working toward this goal awakened in you? Has this self-reflection and clarity illuminated a new area in your deeper health?

What would you like to **FOCUS** on the next time you follow the **DX4** regimen? Make a preliminary decision now and set a start date.

Write down a **PERSONAL MANTRA** that will help you consistently adhere to your new goal. Read it daily as you continue to integrate this new goal into your lifestyle.

For example: *I have not made healthy eating a priority in the past. I'm ready to fuel my body with what it needs to thrive. I'm curious about trying new foods that are nutrient-dense and good for my body. I'm open to learning how to prepare simple, healthy meals. I'm thankful to have access to good food, and I'm excited to save money as I learn to prepare food at home.*

Use your personal mantra as a simple affirmation or meditation and conclude with your gratitude for something that happened today.



YOU'VE COMPLETED THE DX4 PROGRAMME: WHAT NOW?

Congratulations! You made a commitment to rebalance your body, increase your self-awareness, and commit to a new goal. Take some time to reflect on how you feel in this moment – the moment of completion.

REMEMBER!

The purpose of **DX4** was not to create a new lifestyle, but rather, to hit pause on the behaviours, thoughts and actions you habitually do, while also teaching you healthy habits to work into your life. Everyone has toxic behaviours, foods, people and situations in their life. A lightened load helps the body's systems work efficiently and effectively. As the body experiences how well it can run with a mindful pause, we can also see the positive effect in our thoughts, habits and behaviours as we pause, reset and improve.

The next steps for each person will be unique, and will depend on what your goal is moving forward. Allow yourself to be present, act with intention, and maintain a growth mindset as you progress to incorporating these new habits into your routine.

HERE ARE FIVE BASIC PRACTICES TO CONSIDER IMPLEMENTING:



Start your day with water. Continue to drink a minimum of two litres or more every day. Drinking water before eating creates mindfulness, allowing you to think about what you're going to consume and why. Prepare your water bottle the night before if that helps!



Eat more greens. Have greens every day and at every meal. Try to eat them in raw, whole food form. For breakfast, blend spinach into your morning smoothie — it will change the colour and nutrition profile, but it won't change the taste. For lunch, try raw veggies and hummus or a salad. For dinner, steam, roast, or air fry veggies in bulk, or prepare homemade vegetable soup, so they're ready to eat for several days.



Meditate. Spend five minutes every morning and night listening to a guided meditation, or create your own. What did you discover during **DX4** that you need more of in your life? Set your intention. Recite your mantra. Find stillness. Be present. Manifest what you want in life. Take 10 minutes (in total) per day to reset, find calm and check in.



Review your notes. Refer back to your notes from **DX4** as often as you can (at least weekly). Continue to work on the goals you set.



Practice. Continue practicing the positive things you learned from your discovery process with **DX4**. Practice makes progress. Remember, the point is progress, not perfection!

LOOKING AHEAD: YOUR NEXT DX4 PROGRAMME

DX4 reboots the body and mind at the critical foundational level of wellness through a carefully curated programme of supplements, nutrition guides and mindset practices.

Doing this reset each quarter will help balance your body and cultivate a healthier mindset. And it starts with committing to your next DX4 programme.



Select a time three months from now to do your next DX4 programme: .....



Pro tip: It helps to set a calendar reminder with an alert a few weeks in advance so you can prepare ahead of time and be sure you have all the **DX4** products you need ready to go!

FAQS

What makes DX4 different from other body-balancing systems on the market?

DX4 takes a comprehensive approach to how you view food, and asks the question “why do you feel hungry?”. This programme is not a weight-loss programme; instead, it’s a controlled assessment of what your body needs versus what your brain wants, and provides only the essential nutrition intended to re-centre your mind and body.

What is the DX4 programme like?

DX4 is a four-day programme that helps you to pause and reset your physical, mental and spiritual health through seven nutritional products, mindset practices, and guided food intake. During this easy-to-follow programme, you’ll adopt a more mindful, intentional approach to eating, and how you are taking care of your body. The nutritional products, structured meal plan, and mindset activities combine to provide a programme greater than the sum of its parts, helping you to learn to live a cleaner and healthier lifestyle after the four-day programme is complete.

Is it safe to complete the DX4 programme multiple times per year?

Yes, **DX4** can be completed multiple times a year, but should not be performed back-to-back since the programme is calorie restrictive. The intent of **DX4** is to reset our body and mind so we can reassess our lifestyle and our relationship with food. If you are a generally healthy adult who need reminders throughout the year, it is safe to complete the **DX4** programme multiple times, but before you start any calorie restrictive programme you should consult with your doctor if you are concerned.

Will I lose weight from completing the DX4 programme?

Whilst the goal of **DX4** should be to focus on your relationship with food and determine if you need to make any changes when the programme is complete, it is likely that you may lose some weight during the four days as you will be eating restricted calories.

I’m most interested in the products/nutrition guidance of DX4. Do I need to complete the mindset aspect to see results?

Forever’s **DX4** is a tool designed to help you become more mindful of the food and nutrition you put into your body. Like any tool, we recommend you use it as intended to ensure you reap the full benefits, since each function of the programme is designed to work in tandem with the other.

Do I have to follow the DX4 programme exactly as outlined?

We recommend that the programme should be followed as outlined to achieve the optimal mind-body results. **DX4** blends a scientific approach to nutrition with a meditative, introspective approach to how we view food.

Why does Forever Plant Protein states one serving per day on the pouch, but DX4 requires two servings per day?

After consulting with our lead nutritionist and using feedback from focus groups testing **DX4**, we determined that two portions of **Forever Plant Protein** is the optimal serving per day as part of the overall programme. This means the safe and effective intake of protein from **Forever Plant Protein** is now 34 grams per day instead of 17 grams per day. We have updated our registrations and labels noting this change for future batches.



CLEAN EATING RECIPES

Before giving up or giving in, utilise these optional snacks and recipes to help you ride out the difficult bumps you may experience while doing the **DX4 programme** to help you stay on track. These snacks are all created for the **DX4 programme** with approved foods to give you an added boost if needed. Choose one snack each day from the list below.

PROGRAMME-APPROVED SNACKS FOR DAYS 2,3&4

Choose ONE SNACK from the list below for days 3 and 4. You can also choose ONE SNACK for Day 2 if absolutely necessary.

+ 1 banana and 21.5g raw, unsalted seeds
+ 1/2 avocado and 55g cucumber with lemon juice and 1tbsp sunflower seeds
+ Small pear or apple and 21.5g walnuts, almonds, pecans or cashews (raw, unsalted)
+ 115g tomato and 25g chickpeas with 1/2tbsp olive oil and a pinch of oregano

MEAL PREP MANTRA

I am learning, I am doing, I am becoming, I am

Practice this mantra throughout each day, especially if you have self-doubt and frustration.

Take it a step further. While you are prepping your **DX4 programme**-approved snacks for days 3 and 4, set an intention and state it out loud using this framework:

1) What you are learning ⇨ I am learning to feed my body nutrient-dense foods.
2) What you are doing ⇨ I am doing all the chopping, organising and preparing.
3) What you are becoming ⇨ I'm becoming aware of what foods benefit my microbiome, my energy and my health.
4) What you are ⇨ I am practicing a healthy lifestyle because I am healthy and fit.

BIG GREEN SALAD ON DAYS 3&4



Big Green Salad

Salad base: As much as you can eat of any green leaf or vegetable: kale, microgreens, wheat grass, spinach, cabbage, beetroot greens, dandelion greens, watercress, romaine, swiss chard, rocket, endive, bok choy, wild sorrel, chicory, fennel, mallow, lamb's quarters, wild leeks, hoary mustard, purple kale, rainbow chard, lambs lettuce, broccoli, parsley, artichokes, basil, peas, cucumber, fava beans, green onions, nettles, okra, lettuce, tomatillo, rapini, salsify, shallots, green beans, green peas, Brussels sprouts, celery, jalapenos, kohlrabi, leeks, mangetout, courgette, cauliflower, edamame, etc.

Plus: 1/4 avocado

Pick 2 toppings from the list below:

- **3tbsp** cooked chickpeas
- **3tbsp** red beans (no black or pinto)
- **35g** of cooked (or canned) beetroot
- **15g** carrots
- **2** radishes
- **1tbsp** seeds (chia, flax, pumpkin, quinoa, unsalted sunflower)

Salad dressing:

- **3tbsp Forever Aloe Vera Gel**
- **1tbsp** olive oil
- **Juice** from 1/2 lemon
- **1/2tsp** minced fresh garlic
- **Pinch** sea salt
- **Pepper** to taste

Instructions: Start with your base, then add the avocado and your other two selected toppings. Whisk all the ingredients for the dressing together, then toss the salad with the dressing. Makes 1 serving.

CLEAN-EATING RECIPES FOR AFTER DAY 4

Vanilla Pea Protein Smoothie



- **1 scoop** of **Forever Plant Protein**
- **240ml** of plant-based milk
- **225g** of spinach
- **1tbsp** nut or seed butter (unsweetened and no additional fats)
- **115g** of ice cubes

Instructions:
Place all the ingredients, except the ice into a blender and blend until smooth. Add the ice and blend again until smooth.

Hummus



- **1 can** of drained chickpeas
- **3-4** cloves garlic
- **60ml** of water
- **60g** of tahini
- **2tbsp** chopped parsley
- **½tsp** smoked paprika
- **1** lemon (juiced)

Instructions:
Place all ingredients in a food processor or blender. Blend until smooth.

Chia Pudding



- **240ml** of oat milk
- **40g** of chia seeds
- **Splash** vanilla extract
- **30g** of chopped apples
- **2tbsp** sunflower butter
- **20** almonds

Instructions:
Take two small mason jars. Place 20g of chia seeds, 120ml of oat milk, and a splash of vanilla extract in each jar. Shake the jar to mix in the chia seeds. Refrigerate for at least 2 hours or overnight. Shake gently and/or stir before adding the remaining ingredients for toppings. Makes 2 servings.

NOTES 

DAY 1	DAY 2

NOTES 

DAY 3	DAY 4



Ensuring the highest quality.

Our aloe vera products were the first to receive the International Aloe Science Council Seal of Approval for consistency and purity. Many of the products also feature the Kosher and Halal seals of approval. Forever does not test its products on animals.

foreverliving.com

Follow us on:

/foreverlivingproductsuk foreveruk @OfficialForever /FLPUKltd

FOREVER

Code: 052022 2411/B