C9™



THE WAY TO LASTING WEIGHT CONTROL AND GOOD HEALTH

A **9-day programme** that helps you change your eating habits and build a healthier lifestyle.

FOREVER®

CHANGE YOUR EATING HABITS



Forever C9 is easy to follow, and helps you kick start your journey to a slimmer, healthier you. If you're following our entire F.I.T. series, C9 is stage 2. It gives you the tools to change your eating habits and your lifestyle. The programme contains four products, including the meal replacement Forever Ultra, which is specially designed to aid weight loss. By combining the supplements with light exercise moves, delicious healthy recipes with reduced calories and certain 'Free List' foods (you can eat any amount of vegetables during the programme), the C9 programme can contribute to weight loss, a flatter stomach and a slimmer body.

All parts of the C9 programme work together to help you make positive changes in your nutritional intake, set goals and experience improved well-being. C9 helps you to make better decisions about your diet, and shows you how simple and beneficial it is to make daily exercise part of your new, healthier lifestyle.

THE PROGRAMME'S FOUNDATIONS



Set a goal



Food and supplement intake plans



Fluid balance



Body awareness



Healthy recipes



Light physical activity



Share and post your experiences



Celebrate your victories

C9 CONTAINS



Forever Aloe Vera drink

2 x 1 litre

You can choose between three tasty flavours of our popular Aloe Vera drinks: original Forever Aloe Vera Gel, Forever Aloe Berry Nectar and Forever Aloe Peaches. Whichever you choose, you get hand-picked Aloe vera of the highest quality. Enjoyed daily by millions of people worldwide.



Forever Fiber

1 x 30 portions

One portion provides 5 grams of dietary fibre – but minimal carbohydrates and calories.



Forever Therm

1 x 60 tablets

A dietary supplement with full focus on energy and metabolism. Contains eight vitamins including vitamins C, B2, B6, B12 and pantothenic acid, all of which contribute to normal energy-yielding metabolism and to the reduction of tiredness and fatigue. Forever Therm also contains extracts of green tea, coffee and guarana.



Forever Ultra

1 x 15 portions

A shake with maximum nutrition and minimum calories. An effective meal replacement for weight control thanks to its content of high-value soy protein, essential vitamins and minerals. It fills you up, and you know exactly how many calories you're taking in.

PREPARE FOR SUCCESS

The first step on the road to success is good preparation. Let's go through a few important steps that will help you achieve what you want from your C9 journey.

TIPS

1) Weigh and measure yourself. Write down your figures before breakfast on the day you start C9. Write them down again before breakfast the day after completing C9.

2) Record your daily exercise, your food intake and how you're feeling during the programme. Pay attention to your body and your well-being. This will help you complete the programme.

3) Drink plenty of water. Drinking eight glasses (about 2 litres) of water a day will keep you feeling fuller, and will help your body get rid of excess products, while supporting healthy skin and optimum health.

4) Watch your salt intake. Salt binds fluid. Instead, season your food with herbs and spices like ginger, garlic, basil, cinnamon, rosemary, thyme and turmeric.

TO AVOID DURING C9

+ Alcohol and caffeine drinks
+ Soda and other carbonated drinks and 'sugar-free' drinks
+ Processed foods including ready meals, canned foods and fast-food restaurants
+ The following dairy products: yoghurt, butter and ice-cream
+ Added sugar: refined sugar, corn syrup, maple syrup and honey
+ Fats: avoid fully or partially saturated fats, margarine and trans fats, which are often hidden in pre-packed or processed foods such as crisps and biscuits
+ Red meat (chicken, turkey and fish are okay)
+ Grains: oats, quinoa, pasta, bread and cereals (wild rice and whole wheat couscous are okay)

The next page has a list of Dos and Don'ts.

DOS

Start C9 when you're in a normal routine without high levels of stress, travel or excessive physical strain.

Prepare in advance by getting all the appropriate food you need, and clearing out any tempting, unhealthy foods.

Let others know what you're doing, and that you'd value their support.

Share both your victories and your setbacks with friends and followers.

Plan ahead! Make sure to plan all your supplements, snacks and activities ahead of each day. Prepare C9 recipes in advance.

Promise yourself that you'll complete the nine days.

Use one of the approved healthy food alternatives on the list.

Seek medical advice before you start if you have any health problems, and carry on taking any necessary medicines as normal.

Do not take any other dietary supplements than the ones in C9 while you're doing the programme.

Do C9 twice a year.

Notice and celebrate minor changes.

Watch your sleep: no screens in the bedroom, keep the room dark and cool, take time to wind down, go to bed at the same time every night, and strive for eight hours' sleep.

Do some light exercise every day.

☒ DON'TS

Don't wait until the perfect moment when you feel motivated. The motivation will come when you're in the process and experiencing success!

Don't randomly switch foods and drinks. Stick to the plan if you want optimum results. Omge dig inte med personer som inte stöttar dig och som är negativa.

Don't surround yourself with unsupportive, negative people.

Don't wait to share until something epic happens.

Don't try to improvise the programme as you go along. You have a far greater chance of success if you've taken the time to prepare everything you need in advance.

Don't just do a day or two, or split the programme up and skip days here and there.

Don't make your own adjustments to the programme. No alcohol, processed food, or fully or partially saturated fats.

Don't ignore any medication or health problems that need to be taken into account.

Don't continue to take supplements that are not part of C9.

Do not do it more than twice a year.

Do not take work, stress or worries into the bedroom.

Don't over-exert yourself with hard exercise.

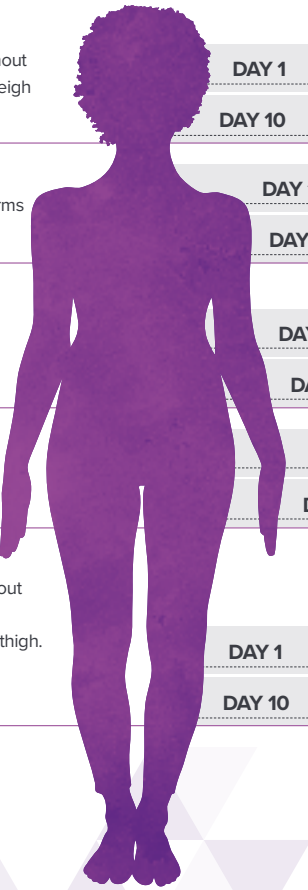
SET YOUR GOAL



Choose a goal you want to achieve while doing the C9 programme. This could be anything from losing weight to having more energy. Write down your goal and why it's important to you. For instance, do you want to lose weight to improve your self-confidence, or have more energy to do fun things with your kids?

MONITOR YOUR PROGRESS

You have more chance of succeeding with C9 and achieving your goal if you write down your daily progress. Keep an eye on how your body is improving by weighing and measuring at the beginning and end of C9 (the end is day 10, i.e. the day after completing the programme).



WEIGHT
Your weight might vary throughout the programme period. Only weigh yourself on day 1 and day 10.

DAY 1

DAY 10

CHEST/BACK
Measure beneath your underarms and straight across the nipples

DAY 1

DAY 10

WAIST
Measure around your waist, about two finger widths below your navel.

DAY 1

DAY 10

HIPS
Measure around the widest part of your hips.

DAY 1

DAY 10

THIGHS
Measure the circumference about 15 cm above your kneecap, or choose the widest part of your thigh.

DAY 1

DAY 10

JUST FINISHED DX4?

If so, skip the plan on the next page and go straight to pages 12 and 13, where you follow that plan for days 3–9.



DAY 1 & 2

The first two days of C9 are about resetting your body and your mindset.

It's important to increase your water intake during the programme.

+

Food from the Free List can be enjoyed in moderation to help still your hunger. The Free List can be found on page 23.

DAY 1 & 2 SCHEDULE



MIX 120 ML FOREVER ALOE VERA GEL WITH WATER ACCORDING TO THE INSTRUCTIONS ON THE PACKAGE, AND DRINK DURING THE DAY

This is when you start cleansing yourself of unnecessary stress and establishing new habits in your body. Keeping to the programme is absolutely crucial to succeeding, and the first two days are the hardest. Think about your goal, and remember that things will soon get easier.

MORNING

1 tablet Forever Therm

1 glass water

MID-MORNING

1 portion Forever Fiber

1 glass water

LUNCHTIME

1 scoop Forever Ultra mixed with 240 ml milk

1 tablet Forever Therm

1 glass water

AFTERNOON

1 glass water

EVENING

1 glass water

JUST FINISHED DX4?

If so, follow the plan on the next page right from day 1. If you have not done DX4, follow the plan on page 11 on days 1 and 2, and continue here from day 3.



DAYS 3-9

Your weight might vary from day to day.
Remember only to weigh yourself on day 1 and day 10.

You can add a further 100–200 calories per day depending on how active you are, your gender, age, whether you want to lose or maintain weight, and so on. Take an extra Forever Ultra shake or add 60–85 g of lean protein.

+

Remember that you can enjoy fruit and vegetables from the Free List on page 23 (in moderation) throughout the C9 programme.

DAYS 3-9 SCHEDULE



MIX 120 ML FOREVER ALOE VERA GEL WITH WATER ACCORDING TO THE INSTRUCTIONS ON THE PACKAGE, AND DRINK DURING THE DAY

Whatever the figure on the scales, you will probably notice some positive changes in your body by now, such as a flatter stomach and a greater sense of well-being.

MORNING

1 scoop Forever Ultra mixed with 240 ml milk

1 tablet Forever Therm

1 glass water

MID-MORNING

1 portion Forever Fiber

1 glass water

LUNCHTIME

1 scoop Forever Ultra mixed with 240 ml milk

or

Eat a 600-calorie meal for lunch and a Forever Ultra shake for dinner. Choose the option that best fits in with your lifestyle. Recipes can be found on pages 18–22.

1 tablett Forever Therm

1 glass water

AFTERNOON

1 scoop Forever Ultra mixed with 240 ml milk

or

Eat a 600-calorie meal for lunch and a Forever Ultra shake for dinner. Choose the option that best fits in with your lifestyle. Recipes can be found on pages 18–22.

On days 3–9 (or days 1–9 if you have just completed DX4) you will take in about 1,000 calories per day (slightly more if you eat foods from the Free List). You can add a further 100–200 calories per day depending on how active you are, your gender, age, whether you want to lose or maintain weight, and so on. Take an extra Forever Ultra shake or add 60–85 g of lean protein.

EVENING

1 glass water

LIGHT EXERCISE

During C9, it is best to focus on low-intensity activity rather than medium or high-intensity training. Take a 30-minute walk at a slow to moderate pace, do some gentle stretching, or take a yoga class designed for beginners. You can also do simple bodyweight exercises such as squats, planks and side planks, lunges and push-ups. These activities will not only stimulate your metabolism, they will also help you to stay calm and centred as you begin your transformation.

TIPS FOR LOW-INTENSITY EXERCISE:

+ WALKING
+ MOVEMENT TRAINING
+ YOGA
+ ENDURANCE TRAINING (LOW-INTENSITY)
+ DANCING (LOW-INTENSITY)
+ TREADMILL (WALKING SPEED, LOW-INTENSITY)
+ STRETCHING
+ BODYWEIGHT EXERCISES

* Always seek medical advice if you feel tiredness and exhaustion lasting more than a few hours, or if you notice any symptoms that might need medical attention during the programme period.



OTHER ACTIVITIES

As well as 30 minutes of light exercise every day, you should also think about what you do during the other hours of the day. The energy you use in addition to exercising, sleeping and eating is called NEAT – Non-Exercise Activity Thermogenesis. This includes things like cleaning, gardening, folding laundry and shopping. NEAT helps to improve the basal metabolic rate and makes a far bigger contribution to energy consumption than exercise, since it takes place continuously throughout the day.

Think about how you currently use NEAT in your life: walking to work, parking further away, taking the stairs, standing every half-hour, walk-and-talk work meetings, and so on.

The aim is to increase your NEAT – especially since technology has made it possible to manage so much of our lives sitting down. One simple way of increasing your NEAT is to make sure you stand and move around for 3 minutes every half-hour.

SUGGESTED 3-MINUTE EXERCISE ACTIVITIES



+ **STAND UP WHEN YOU'RE ON THE PHONE**
+ **GET A HEIGHT-ADJUSTABLE DESK**
+ **LIGHT STRETCHING**
+ **DO A FEW SQUATS, LUNGES, PUSH-UPS OR PLANKS**

YOUR DAILY PLANNER

Research shows that people who write down what they eat and how much they exercise lose more weight. Also, those who follow a daily plan are two to three times more likely to stick to a programme.

In the brochure that comes in your C9 box, you can tick off your daily supplements, record what you eat and drink, and write down your daily exercise, how well you're sleeping and how you feel. Doing this will give you a lot of insight into your progress, and is a good future reference as you continue your health and weight-loss journey.





RECIPES FOR SHAKES



These delicious recipes will bring a little variation to your Forever Ultra shakes. They are packed with protein and nutrition, specially designed to keep you feeling satiated and full of energy for hours.

You can also use these shakes as snacks after exercise during F15 and Vital5. They are tasty and healthy, a beneficial way to keep yourself feeling full and treat yourself when you need a low-calorie, nutrient-rich boost. Each recipe is 1 portion.

THE POWER PACK

202 calories per portion

- 250 ml unsweetened coconut milk
- 100 ml frozen blueberries
- 5 whole frozen strawberries
- 100 ml fresh spinach
- 1 scoop Forever Ultra Chocolate
- 4–6 ice cubes

Place all the ingredients in a blender and blend.
Makes 400 ml.

THE ENERGIZER

285 calories per portion

- 3 sticks of celery
- ¼ avocado
- ½ green apple
- 250 ml coconut water
- 4–6 ice cubes
- ½ pressed lemon
- 250 ml parsley
- ½ tsp salt flakes
- ½ tsp cayenne pepper
- 1 scoop Forever Ultra Vanilla

Place all the ingredients in a blender and blend.
Makes 500–600 ml.

MELON DREAM

256 calories per portion

- 200 ml melon (cantaloupe or honeydew)
- 1 tbsp almond butter
- 1 tsp flax seeds
- 3–4 ice cubes
- 100 ml water
- 1 scoop Forever Ultra Vanilla
- 100 ml fresh mint

Place all the ingredients in a blender and blend.
Makes 400–500 ml.

CHILL

259 calories per portion

- 1 pear
- 1 cucumber
- ½ pressed lemon
- 50 ml fresh coriander
- 1 cm fresh ginger
- 3–4 ice cubes
- 250 ml coconut water
- 1 scoop Forever Ultra Vanilla

Place all the ingredients in a blender and blend.
Makes 500–600 ml.

THE ANTIOXIDANT

274 calories per portion

- 250 ml fresh spinach
- 100 ml kale
- 1 pack frozen acai berries (100 g)
- 100 ml frozen blueberries
- 250 ml coconut water
- ½ pressed lemon
- 250 ml coconut water
- 1 scoop Forever Ultra Vanilla

Place all the ingredients in a blender and blend.
Makes 400–500 ml.

GO BANANAS

275 calories per portion

- 1 banana
- 2 tbsp peanut butter
- 3–4 ice cubes
- 250 ml unsweetened plant-based milk
- 1 scoop Forever Ultra Chocolate

Place all the ingredients in a blender and blend.
Makes 400–500 ml.

MEALS



These quick, simple meal tips add variation to your C9 programme. Each meal provides around 300–600 calories, and consists of high-protein food with low carbohydrates that will speed up your metabolism. The balanced nutrients in each meal mean you eat healthily, and they help keep you feeling full and energetic.

RICH SOUP

297 calories per portion

- 3–4 sweet potatoes, unpeeled
- 1 large onion
- 3 sticks of celery
- 4 cloves of garlic, chopped
- 1 large beetroot, chopped
- ½ small cabbage head
- 2 L vegetable stock
- 700 ml unsweetened plant-based milk
- 2 tsp coconut oil
- 1 tbsp chopped walnuts
- 1 tsp cinnamon
- 1 tsp turmeric

Wash and cut the vegetables into small pieces and sauté in coconut oil for 5 minutes. Add the stock and spices. Cover and cook for 30 minutes or until the vegetables are soft. Remove the cover. Add the plant-based milk and reduce the heat. Cook for 5 minutes. Blend into a smooth soup. Toasted walnuts make a great garnish.

Serves 4.

MEDITERRANEAN SALAD WITH SALMON AND LENTILS

373 calories per portion

- 4 salmon fillets
- 210 g dried brown lentils
- 150 g carrot
- 100 g red onion
- 4 cloves of garlic
- 1 bay leaf
- ½ tsp dried thyme
- 2 tbsp pressed lemon juice
- 100 g celery
- 30 g parsley
- 1 tbsp chopped fresh rosemary
- 1 pinch black pepper
- 3 tbsp olive oil

Pre-heat the oven to 200°C. Season the salmon with 1 chopped garlic clove and 1/2 tbsp lemon juice. Bake for 10 minutes.

Chop all the vegetables and herbs. Place the lentils, carrots, onion, garlic, celery, bay leaf and thyme in a saucepan and cover with water. Bring to the boil, then reduce the heat and simmer uncovered for 20 minutes. Test the lentils to make sure they're done, and drain. Add 1 1/2 tbsp lemon juice, parsley, rosemary, black pepper and olive oil. Mix the ingredients and place the salmon on top.

Serves 4.

YUMMY WAFFLE

387 calories per portion

- 2 eggs
- 2 egg whites
- 115 g grated potato (sweet or white)
- 1 tsp chives
- 1 garlic clove, crushed
- 120 g fresh spinach
- 2 tbsp salsa
- ¼ avocado
- 1 tsp parmesan
- 1 tsp olive oil
- spray oil

Heat a waffle iron (or make the waffle like a pancake in a frying pan). Mix 1 of the eggs and the 2 egg whites with the grated potato, chives, garlic and spinach. Spray the waffle iron/pan lightly with the oil (or brush on some regular olive oil). Add half the batter and cook until slightly crispy.
Then repeat with the remaining batter. Meanwhile cook the remaining egg (poached, fried or scrambled) with 1 tsp olive oil (if required). Top the waffle with the egg, salsa, avocado and parmesan.

Serves 1.



On days 3–9 (or days 1–9 if you have just completed DX4) you will take in about 1,000 calories per day (slightly more if you eat foods from the Free List). You can add a further 100–200 calories per day depending on how active you are, your gender, age, whether you want to lose or maintain weight, and so on. Take an extra Forever Ultra shake or add 60–85 g of lean protein.

SESAME-INSPIRED AHI TUNA WITH RICE

609 calories per portion

- 100 g ahi tuna
- 1 tsp olive oil
- 120 g wild rice
- 70 g edamame beans
- 85 g steamed vegetables
- 1 pinch ground ginger
- 1 pinch garlic powder
- 2 tbsp fresh ginger
- 2 tbsp lightly salted soy sauce
- 2 cloves of garlic, crushed
- 60 ml rice vinegar
- 60 ml avocado oil
- 1 tsp toasted sesame oil
- 1 tbsp almond butter
- 2 tbsp stevia
- 1 tsp sesame seeds

Prepare the rice as instructed on the pack. Brush the tuna with olive oil and season with ginger and garlic. Brown in a very hot non-stick frying pan or cast iron pan for 2 minutes each side (or up to 3–4 minutes each side if you prefer the tuna more well done). Ahi tuna is usually served cooked on the outside and raw inside. Steam the edamame beans and vegetables in the microwave or on the hob. Serve the vegetables, fish and rice with sesame dressing.

Serves 1.

Sesame dressing: Mix together the fresh ginger, crushed garlic and almond butter. Add the soy sauce a little at a time, stirring constantly to avoid separation. Gradually stir in the avocado oil and toasted sesame oil. Once the mixture is smooth, add the rice vinegar, stirring continuously. Mix in the stevia and sesame seeds.

Serves approx. 4. Will keep in the fridge for up to a week.

MEALS (CONTINUED)

CHICKEN CURRY

642 calories per portion

- 1 chicken breast
- 1 tsp coconut oil
- 80 g couscous
- 40 g chickpeas
- 1 tbsp raisins
- 1 tbsp pine nuts
- 240 g fresh spinach
- 125 ml chicken stock
- ¼ tsp curry powder
- 1 pinch cumin
- 1 pinch cinnamon
- ½ tbsp water

Pre-heat the oven to 175°C. Brush the chicken with coconut oil and season with the curry, cumin and cinnamon. Cook in the oven for 25 minutes. Boil up the chicken stock and add the couscous. Allow to swell for 1 minute, then fluff up with a fork. Mix the chickpeas, spinach and raisins. Add the water and heat in the microwave for 90 seconds. Mix this mixture with the couscous and lay the chicken on top.

Serves 1.

BURRITO BOWL

603 calories per portion

- 200 g whole grain rice
- 85 g black beans
- 85 g chicken breast
- 15 g chopped onion
- 4 tbsp salsa
- 40 g diced avocado
- 1 tsp coriander
- 1 lime wedge

Place all the ingredients in a bowl: the rice and beans first, then the chicken, and finally the onion, salsa, avocado and coriander. Press the lime over.

Serves 1.

C9 requires commitment and willpower. Hunger pangs generally decrease a couple of days into the programme. But if you are extremely hungry and need a little extra, here are some handy tips:



Drink more water. Water helps to reduce hunger and cravings.



Use the Free List. Still that afternoon peckish feeling with raw, chopped vegetables from the Free List. If you need an evening snack, take a portion of fruit from the Free List.

FREE LIST



You can eat all the fruit and vegetables listed here during the C9 programme to reduce hunger and cravings. They contain few calories and provide vitamins, minerals, nutrients and fibre.

1 PORTION PER DAY:

25 ML

- Walnuts
- Pecan nuts
- Pumpkin seeds
- Almonds
- Hemp seeds
- Flax seeds
- Pomegranate seeds

100 ML

- Blueberries
- Grapes
- Raspberries
- Blackberries
- Strawberries
- Cherries

WHOLE FRUITS

- 1 grapefruit
- 1 apple
- 1 pear
- 1 peach
- 1 orange
- 1 banana
- 2 plums

Choose a portion from this list. All nuts and seeds should be raw and unsalted.

2 PORTIONS PER DAY:

100 ML

- Beetroot
- Carrots
- Brussels sprouts
- Squash
- Kale
- Cabbage
- Asparagus (8 spears)
- Sugar snap peas
- Haricots verts

50 ML

- Algae

250 ML

- Cauliflower
- Broccoli

Choose two portions from this list. You can choose two of the same or two different ones.

UNLIMITED

- Rocket
- Spinach
- Lettuce (all varieties)
- Endives
- Celery
- Cucumber
- Yellow onion

Eat as much as you like from this list on days 3–9
(or throughout the programme if you have just completed DX4).

* If you have chosen Forever Aloe Berry Nectar or Forever Aloe Peaches instead of Forever Aloe Vera Gel, omit one portion from the Free List per day.

Vegetables should be eaten raw or lightly steamed without any fat, oil or salt.

CONTINUE YOUR F.I.T. JOURNEY

Take your F.I.T. journey a step further with complementary Forever programmes specially designed to help you achieve your goals.



DX4

Begin your health journey with Forever's DX4, a 4-day programme to give your body and soul a fresh start. Follow the dietary advice and complement with six innovative new supplements, most of which are only available as part of DX4, along with our classic Forever Aloe Vera Gel. DX4 contains all the supplements you need while you're working towards your lifestyle goals.

DX4 can be done quarterly and is designed to go with C9.



F15

Create healthy exercise routines supported by this 15-day programme, which balances nutrition with exercise for all levels. The focus is on healthy, energy-giving food, but also slightly harder training. The programme is available on three levels – Beginner, Intermediate and Advanced – depending on your desired challenge level. 15 days that will help you stick to your new habits and make your change a lasting one.

To firmly establish your new healthy habits, you can go on to F15 straight after C9.



Vital5

Support your healthy lifestyle with this set of five essential Forever products. Together, they optimally support your healthy lifestyle. In Vital5 we have selected five of our most popular dietary supplements to give you a daily boost of essential vitamins and minerals, beneficial omega-3 fatty acids – and of course Aloe vera from our own fields. You also get a plan with a range of exercises and lifestyle tips from the F.I.T. programme.

Vital5 can be done on an ongoing basis (except during DX4, C9 and F15).

FAQ



How much weight can I lose with C9?
The amount you lose during the programme depends on where you start from, including your starting weight and how different your lifestyle was before doing the programme.

Is C9 safe?
Yes. Since the programme is designed to be followed for just nine days, it is perfectly safe for the vast majority of people. Having said that, if you have an illness or some other health problem, it is always a good idea to seek medical advice before starting C9 (or any other weight control programme). C9 is not recommended for pregnant or breastfeeding women, children or senior citizens.

Will I get hungry during C9?
You may feel hungry, at least during the first two days. This is perfectly normal, and the feelings of hunger should pass. You can reduce the hunger by eating from the Free List throughout the programme.

The first two days look tough! Must I follow the plan down to the tiniest detail?
C9 is specially designed to give you a kick-start which lays the foundation for your upcoming change. The first two days are important in order to reboot your body. Skipping them could affect the results you achieve for the entire programme.

What are the benefits of Forever Therm?
Forever Therm is fully focused on energy and metabolism. This dietary supplement contains eight vitamins including vitamins C, B2, B6, B12 and pantothenic acid, all of which contribute to normal energy-yielding metabolism and to the reduction of tiredness and fatigue.
Forever Therm also contains extracts of green tea, coffee and guarana.

Why do I need protein?
Protein is necessary for building cells, the formation of hormones, enzymes and parts of the immune system. Protein has proven to be of particular interest in a bodyweight context. Protein raises metabolism, and it is also the most filling nutrient. It is also effective in combatting the craving for sweet foods. Moreover, research shows that getting enough protein when losing weight is important to help build and maintain muscle mass, otherwise you risk losing muscle rather than fat.

Why should I drink at least 8 glasses of water a day?
Your body is mainly made up of water, and you constantly need to replenish to maintain the fluid balance. Water helps to maintain both physical and cognitive functions in the body, and contributes to the normal regulation of body temperature. Drinking plenty of water also helps to keep you feeling full in between meals.

If I make sure I keep my calorie intake to 1,000–1,200 calories a day, can I eat what I like?
One of the most important steps towards changing your body is to change how you think about food. For the best results, we therefore suggest that you follow the programme exactly as described in the brochure. If a food has a low calorie content, it may not provide the right balance of the nutrients you need.

Why no Aloe vera drinks?
Forever Aloe Vera Gel is great for everyone who wants to start a new good habit in their lives. Particularly good if you want to stay healthy and energetic as the drink contains vitamin C, which helps to combat tiredness and fatigue, and contributes to the normal function of the immune system, for example. You can enjoy three flavours as part of the C9 programme: Forever Aloe Vera Gel, Forever Aloe Peaches and Forever Aloe Berry Nectar. To maintain your good habits, continue to take Forever Aloe Vera Gel also after completing the programme.

Why might I need to remove one portion of food per day from the Free List?
If you choose Forever Aloe Berry Nectar or Forever Aloe Peaches as part of your C9 programme, you need to compensate for the slight increase in carbohydrates compared to Forever Aloe Vera Gel. You do this by removing one portion from the Free List. This makes sure you stay on track towards your health goals, without exceeding the recommended daily amount of sugar.



FOREVER LIVING PRODUCTS

© 2022 Forever Living Products, Box 199, SE-431 23 Mölndal, Sweden
Phone +46 (0)31 727 80 80
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Please note that this document is based on Swedish guidelines.
With reservation for printing errors.

*Dietary supplements should not be used as an alternative to a varied diet. Keep out of reach of children. Forever Therm contains caffeine (87 mg/daily dose). Not recommended for children, pregnant women or people with a sensitivity to caffeine. The information contained herein is for education purposes only and is not intended to diagnose, treat, cure or prevent illness. If you are on medication or undergoing medical treatment for an existing health problem, consult a licensed physician or another qualified healthcare professional for more detailed information, before you begin a training programme or start using dietary supplements.

F.I.T.® C9 FI5 V5
Look Better. Feel Better.®