

CAN YOU LOOK BETTER AND FEEL BETTER IN JUST NINE DAYS? YES!

The **C9** is an effective, easy-to-follow reset programme that gives you the tools you need to start your weight management journey.

The **C9** is designed to help you meet your weight loss, exercise and lifestyle goals by encouraging you to follow a calorie-controlled diet and exercise regime.

WHAT CAN YOU EXPECT OVER THE NEXT NINE DAYS?

C9 is easy to follow with instructions set out for each of the nine days. This booklet also provides some nutritious shake recipe ideas (P.13), a list of free foods • (P.15) that are nutritious but low in calories, and evening meal recipes for days 3-9 (P.17-18). Also detailed in this booklet is a range of low to medium impact exercises to support you on your weight management journey (P.11-12).

Forever's aloe vera drinking gels form the foundation of the programme, and, thanks to aloe's cleansing properties, you'll find yourself in the best possible position to cleanse your body and reset your system.

MOVING TOWARDS A HEALTHIER LIFESTYLE

We all have lifestyle and weight loss goals, but life can sometimes get in the way. Often, we don't have time to make a plan. The C9 programme does the planning for you; all you have to do is follow it! You will find dedicated space in this booklet to record your progress and take notes along the way. We are on this journey with you.



Don't go hungry!
Keep an eye out for the free foods symbol throughout this programme.

TAKE EACH PRODUCT AS DIRECTED IN THE SUPPLEMENT SCHEDULE FOR MAXIMUM RESULTS!



FOREVER ALOE VERA DRINKING GEL

Our aloe drinking gels boast up to 99.7% pure aloe vera and are high in vitamin C to contribute to a normal energy-yielding metabolism. Aloe is a brilliant digestive aid that also helps support immune function.



FOREVER FIBER

Forever Fiber is designed for digestive health and is high in fibre and low in saturated fat.



FOREVER THERM

Forever Therm is formulated with vitamins to provide supplemented support whilst achieving your diet and lifestyle goals.



FOREVER GARCINIA PLUS

Forever Garcinia Plus contains the prized Asian culinary fruit Garcinia. It is high in chromium which helps with healthy macronutrient metabolism and also contributes to the maintenance of normal blood glucose levels.



FOREVER LITE ULTRA

Forever Lite Ultra is available in chocolate and vanilla flavours and provides 24g of protein per serving, plus many other vitamins and minerals.



Please consult your doctor for more in-depth information before beginning any exercise programme or using any dietary supplement.

Please note that the **F.I.T. Programme** should not be followed during pregnancy or when breastfeeding and is not suitable for children.

This programme may not be suitable if you are obese or underweight. Check your BMI and consult your doctor before changing your diet and exercise regime.

Please refer to the FAQs (P.31-P.32) before you begin the programme.





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 **C9** programme.

2

RECORD YOUR DAILY EXERCISE, FOOD INTAKE, AND HOW YOU FEEL WHILE ON THE PROGRAMME IN THE C9 BOOKLET.

Accountability will help prevent you from deviating from the programme.

3

DRINK PLENTY OF WATER.

Approximately 3 litres a day for men and 2-2 ½ litres a day for women.



PUT DOWN THE SALTSHAKER.

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

5

AVOID FIZZY DRINKS AND CARBONATED BEVERAGES.

Carbonation promotes bloating. Drinking fizzy drinks also adds unwanted calories and sugar.

KNOW THAT YOU CAN DO THIS.



ARE YOU READY? LET'S RECORD YOUR C9 GOALS.

Choose one goal you plan to achieve during the **C9** programme.

This can be anything from losing a few pounds to taking the stairs everyday.

WRITE DOWN YOUR

C9 PROGRAMME GOAL:

Our experience Don't forget to shows that you are more likely to stick with the C9 programme progress on the go, nitor your water intake **BODY WEIGHT** & MEASUREMENTS. **WEIGHT** / Your weight can fluctuate throughout the programme. Only record your weight on days 1 and 9. 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 two fingers below the navel. HIPS / Measure around the widest part of your hips. THIGHS / Go approximately 6 inches up from the top of your kneecap, or the widest part of your thigh, then measure the girth of the thigh at this point. CALVES / Measure the thickest part of your calf, typically about halfway between the knee and the ankle, while your calves are relaxed. **BEFORE C9 MEASUREMENTS: WEIGHT HIPS CHEST THIGHS BICEPS CALVES WAIST WEIGHT AFTER C9 MEASUREMENTS: WEIGHT HIPS CHEST THIGHS CALVES BICEPS** WAIST WEIGHT

DAYS 1 & 2

THE FIRST TWO DAYS ARE A RESET PHASE TO HELP KICK-START YOUR NEW APPROACH TO GOOD NUTRITION AND BENEFICIAL EXERCISE.

Morning



2X Forever Garcinia Plus Softgels

With a minimum of 240ml of water



120ml Forever Aloe Vera Gel Drink



1X Forever Therm Tablet *Take with free foods

Minimum of 30 minutes of low-intensity



Mid-morning



1X Packet Forever Fiber

Mixed with 240-300ml of water or other beverage. This snack can be taken at any time of day.

2X Forever

Softgels

Garcinia Plus

With a minimum of **240ml** of water

Be sure to take Forever Fiber separately from your daily supplements Fibre can bind to some nutrients, impacting their absorption by your body.

Gel drink or free foods.



Before taking Forever Aloe Vera Gel drink or free foods.



120ml Forever Aloe Vera Gel Drink



1X Scoop Forever Lite Ultra

Mixed with 300ml of water, almond milk, light soy milk, or coconut milk



1X Forever Therm **Tablet** *Take with free foods

Increasing

Early evening

Noon



2X Forever Garcinia Plus Softaels

With a minimum of 240ml of water



Before taking Forever Aloe Vera Gel drink or free foods.



120ml Forever Aloe Vera Gel Drink

Night





Food supplements are not foods. They are designed to provide support while you reach your lifestyle goals. They do not contribute to weight loss in isolation without being part of a calorie-controlled diet and exercise regime.

Please note: if you are lactose intolerant or you want to spice up your shake, why not try the cherry and ginger shake on p.13.



FREE FOODS CAN BE ENJOYED IN MODERATION TO HELP CURB HUNGER. A LIST OF FREE FOODS CAN BE FOUND ON PAGE 15.

COMMITTING TO THE PROGRAMME 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

PROVIDE APPROX. 1,000 CALORIES A DAY AND INTRODUCE 30 MINS OF MORE ROBUST EXERCISE TO HELP SET YOU ON A COURSE TO CHANGING YOUR EXERCISE AND HABITS.

Morning



2X Forever Garcinia Plus Softaels

With a minimum of 240ml of water



Before taking Forever Aloe Vera Gel drink or free foods.



120ml Forever Aloe Vera Gel Drink

1X Scoop Forever Lite Ultra

Mixed with 300ml of water, almond milk, light soy milk, or coconut milk



1X Forever Therm **Tablet** *Take with

FOR DAYS 1-9 If you completed the DX4 programme before starting C9.

FOLLOW THIS SCHEDULE

Mid-morning



1X Packet Forever Fiber

2X Forever

Softgels

Garcinia Plus

Mixed with 240-300ml of water or other beverage. This snack can be taken at any time of day.

Be sure to take Forever Fiber separately from your daily supplements Fibre can bind to some nutrients, impacting their absorption by your body.



With a minimum of 240ml of water Before Forever Lite Ultra shake

1X Scoop Forever Lite Ultra Mixed with 300ml

of water, almond milk, soy milk or coconut milk



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 **F15**.



1X Forever Therm **Tablet** With a minimum of 240ml of water

Early evening

Noon



2X Forever Garcinia Plus Softgels

With a minimum of 240ml of water



600-calorie meal

See P.17-18 for suggestions. You could also have the 600 calorie meal at noon and the Forever Lite Ultra shake for dinner. You have the freedom to choose which option works for your lifestyle.

Men can have up to 200 more calories on days 3-9.
They can either have an additional shake or an additional 200 calories in their meal.

Night



A minimum of **240ml** of water



enjoy any fruits and regetables listed on page 15 (in moderation) throughout the C9 programme.

Remember that you can



30 MINUTES OF LOW-MEDIUM IMPACT EXERCISE. NOW YOU HAVE FINISHED THE RESET PHASE. REFER TO THE NEXT TWO PAGES FOR EXERCISE OPTIONS.

EXERCISE OPTIONS.

DAYS 1&2

You'll be consuming a diet very low in calories for the first two days. Because of this you may feel like you have less energy than usual. This is normal and usually nothing to be concerned about.*

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 a full 30 minutes to put your body into a fat-burning zone.

While getting some exercise is important, it's best to keep to low and moderate impact exercises during this phase of **C9**. 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.

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.

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

DAYS 3-9

Time to step it up! Now that you are consuming more calories, you should feel more energised and ready to take on more physical activity. During this part of C9, 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

+ BIKE RIDE + STEP AEROBICS
+ BRISK WALK + HIKING
+ SWIMMING + ROCK CLIMBING
+ WATER AEROBICS + DANCING
+ YOGA + ROLLERBLADING
+ ELLIPTICAL + TREADMILL
MACHINE + STRETCHING

* You should check with a physician if you have debilitating fatigue lasting more than a few hours or notice any symptoms that might require medical attention during this programme.

FOREVER LITE ULTRA SHAKE RECIPES.

These tasty recipes will add some variety to your **Forever Lite Ultra** shakes. Why not experiment with a variety of healthy ingredients and flavours to keep things interesting? The Forever shake recipes are a healthy and delicious way to work through the **C9** programme.

Make sure you choose your shake ingredients carefully – you don't want to accidentally consume too many calories!

BLUEBERRY BLAST

Combine:

1 scoop of Forever Lite Ultra vanilla shake mix / 250g of blueberries / 250ml fat free milk or water / 4-6 small ice cubes. Blend on high for 20-30 seconds and serve immediately.

ORANGE & CREAM SHAKE

Combine:

1 scoop of Forever Lite Ultra vanilla shake mix / 1 medium orange / 250ml unsweetened almond milk / 50ml orange juice / 50ml water / 2 small ice cubes. Blend on high for 20-30 seconds and serve immediately.

VANILLA & STRAWBERRY SHAKE

Combine:

1 scoop of **Forever Lite Ultra** vanilla shake mix / 250ml of water / 200g of frozen strawberries / 1 tsp of flaxseed oil / 4-6 small ice cubes.

Blend on high for 20-30 seconds and serve immediately.

KIWI & BLUEBERRY SHAKE

Combine:

scoop of Forever Lite Ultra vanilla shake mix / 250ml unsweetened soya milk / 2 kiwis / 100g of blueberries / 2 ice cubes.

Blend on high for 20-30 seconds and serve immediately.

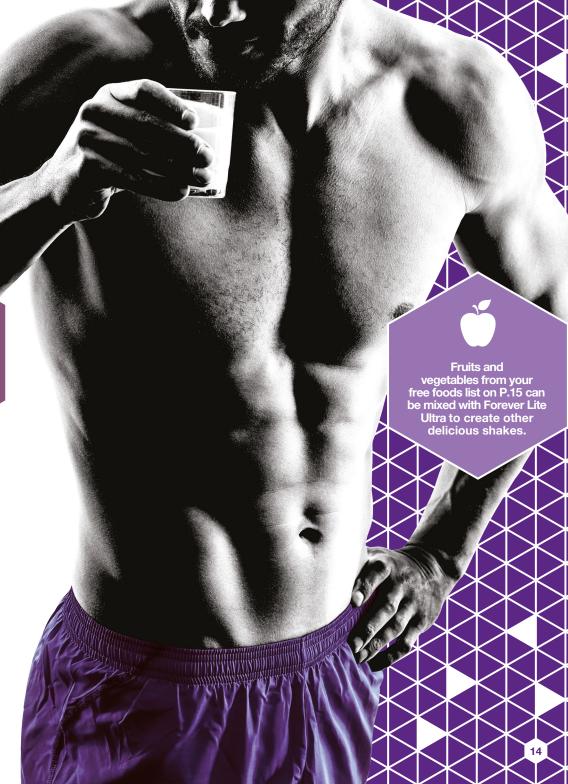
CHERRY & GINGER RECOVERY SHAKE

Combine:

1 scoop of Forever Lite Ultra vanilla shake mix / 250ml unsweetened coconut milk / 100g of frozen cherries / ½ tsp minced ginger / 4-6 small ice cubes.

Blend on high for 20-30 seconds and serve immediately.

Why not create your own? Choose nealthy and interesting flavours to add some variety to your programme.



FRUITS, VEGGIES & FREE FOODS.

Fruits and vegetables listed below can be consumed throughout the **C9** programme to help curb cravings. These foods are low in calories and provide vitamins, minerals, phytonutrients and fibre.

One-serving foods

If you are drinking **Forever Aloe Vera Gel**, you can enjoy one serving of these fruits and vegetables each day. If you are drinking **Forever Aloe Berry Nectar** or **Forever Aloe Peaches**, you'll need to steer clear from these one-serving foods*.

Fruit/Vegetable	Serving Size	Fruit/Vegetable	Serving Size	Fruit/Vegetable	Serving Size	
Apricot	3	Figs	2 small	Plum	1 medium	
Apple	1 medium	Grapes	69g	Prunes	2 medium	
Artichokes	1 medium	Grapefruit	½ medium	Raspberries	130g	
Blackberries	144g	Kiwi	1 medium	Soybeans	45g	
Blueberries	192g	Orange	1 small			
Strawberries	8 medium	Peach	1 medium			
Cherries	84g	Pear	1 small			

Two-serving foods

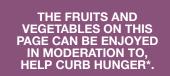
Enjoy two servings of these fruits and vegetables each day.

Fruit/Vegetable	Serving Size
Asparagus	8 spears
Cauliflower	1/6 head
Pepper	1 medium
Sugar snap peas	14 pods
Tomatoes	1 medium

Free foods

Enjoy an unlimited amount of these fruits and vegetables each day. These foods are so low in calories that there isn't a specified serving size for the **C9** programme.

	Kale
Broccoli	Leeks
Cucumber	Spinach
Aubergine	String beans
	Cucumber



Vegetables should be eaten raw (with the exception of artichokes and soybeans) or lightly steamed without fats or oils.

DELICIOUS DINNERS 500-600-CALORIE MEALS.

These quick and easy meal ideas can add variety to your **C9** programme during days three to nine. Each meal is **approximately 500 to 600 calories**. Feel free to mix and match the meals to suit your tastes.



CHICKEN & RICE

142g grilled chicken breast, skinless and boneless / 146g cooked brown rice / 256g mixed vegetables (from your free foods list) / 15g raw almonds.

SIMPLE SALMON

113g salmon, sautéed / 1 tbsp (15ml) olive oil (for sautéing) / 115g (medium sized) sweet potato sprinkled with cinnamon / 1 portion of steamed vegetables.

BURRITO BOWL

Layer the following ingredients in a large bowl: 194g cooked brown rice / 60g cooked black beans / 85g sliced grilled chicken breast, skinless and boneless / 22.5g chopped onion and 65g salsa / 37.5g diced avocado / 1 tbsp coriander / lime wedge.

ROAST TURKEY DINNER

113g turkey breast, grilled without the skin / 1 medium baked potato topped with 1 tsp of clarified butter and minced chives / 115g 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.

TURKEY BURGER & SWEET POTATO WEDGES

113g lean turkey mince /
150g sweet potato wedges (spray with
cooking spray and dust with a sprinkling
of chilli powder or cinnamon; bake at
200°C / 400°F for 30 minutes or until
tender) / 150g mixed lettuce with
tomatoes and red onion, dressed with
2 tsp extra virgin olive oil and
2 tsp balsamic vinegar.

IS THIS ENOUGH FOOD FOR ME?

DURING DAYS THREE TO NINE, YOU'LL BE CONSUMING
APPROX. 900-1,200* CALORIES PER DAY. MEN CAN ADD AN ADDITIONAL 100 TO 200
CALORIES PER DAY IF NEEDED BY EATING AN EXTRA 57g-85g OF LEAN PROTEIN
OR BY DRINKING ONE ADDITIONAL FOREVER LITE ULTRA SHAKE**.

PASTA NIGHT

140g cooked (rice or quinoa) pasta tossed with 264g of bolognese sauce and 122g mushrooms / 85g grilled chicken, skinless and boneless, sliced / 150g romaine lettuce with tomatoes and cucumbers, dressed with 2 tsp extra virgin olive oil and 2 tsp balsamic vinegar.

PORK & BEANS PLUS

113g grilled pork chop / 30g cooked black beans / 93g quinoa / 75g mixed lettuce and 75g chopped cucumber dressed with 2 tsp extra virgir olive oil and 2 tsp balsamic vinegar.

INDIAN STYLE TOFU

Gently cook 45g onion, 3g garlic and 0.5g ginger in 1/2 tbsp olive oil / add 0.5g curry powder and 1g ground garam masala to pan / blend 250g spinach with 12g soy yoghurt and add to pan, cook for 5 minutes / fry 200g tofu in 1/2 tbsp olive oil until golden brown and add to spinach mix, cook for 5 minutes / finely blend 100g cauliflower and steam in vegetable stock for no more than 5 minutes max / serve tofu over cauliflower.

MUSHROOM STROGANOFF

Mix together 1/4 tsp mustard powder, juice of 1/2 lemon, 1 tbsp water and 1 tsp Forever Bee Honey / heat 1 tsp olive oil in a pan, and fry 30g sliced onion for 5 minutes / add 300g sliced button mushrooms, fry for 2 minutes / add 60ml low-fat fromage frais and the lemon juice mixture / season and serve with 200g cooked wholegrain rice.

VEGETABLE FAJITAS

Heat 5 sprays of low-calorie oil in frying pan / add 80g red peppers, 80g green peppers, 1/2 sliced courgette, 50g sliced button mushrooms, 90g sliced red onion and 1 sliced medium carrot / add 30g fajita seasoning and fry until vegetables soft and brown / warm 2 flour tortillas and spread 1 tbsp guacamole and 1 tbsp sour cream over each / top with vegetables, wrap and serve.

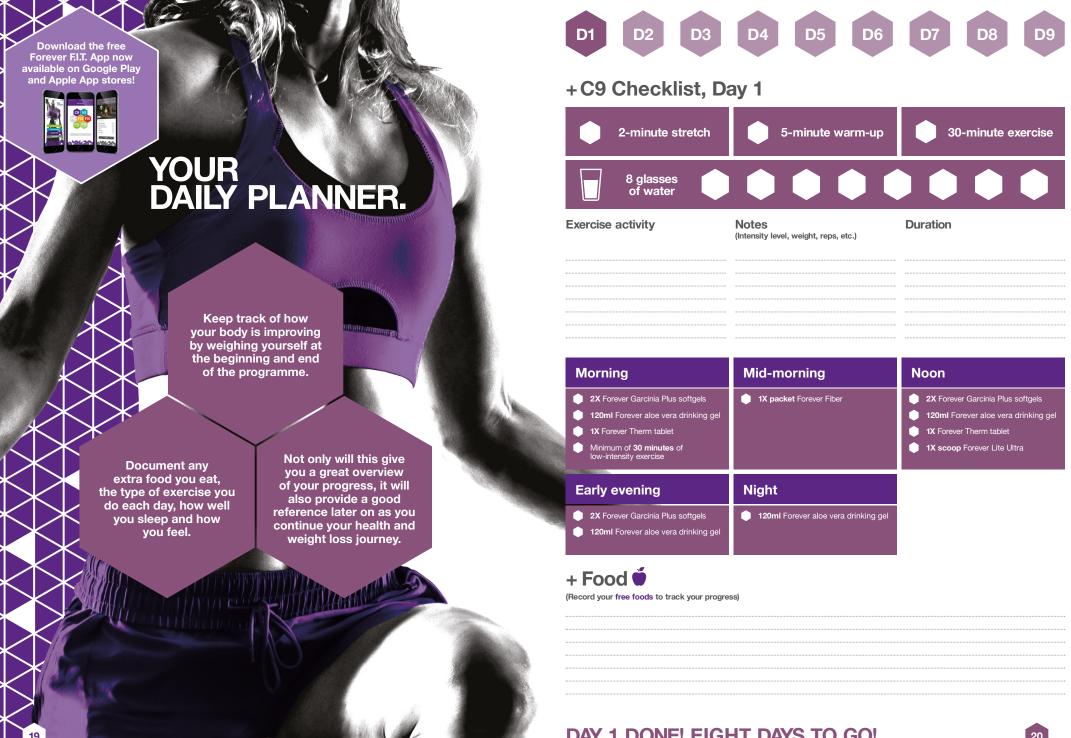
C9 REQUIRES COMMITMENT AND WILLPOWER, BUT IF YOU ARE HUNGRY AND NEED A LITTL SOMETHING EXTRA, TRY ONE OF THESE ADDITIONAL TIPS:

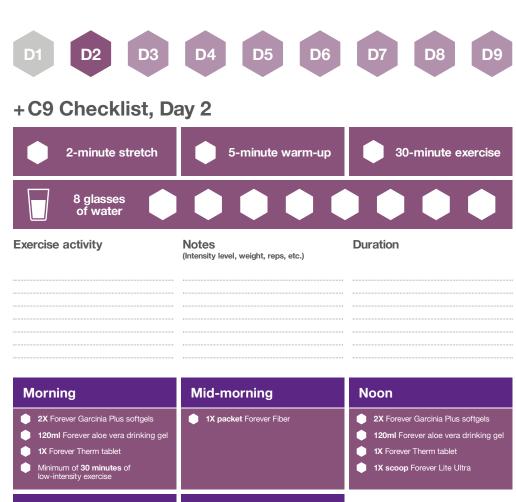
Drink more water. emember to drin

Remember to drink olenty of water while on the **C9**.

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

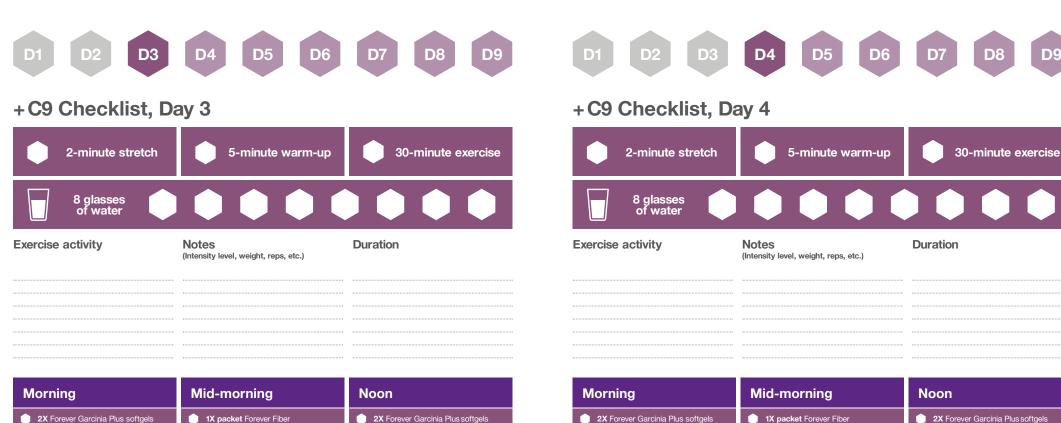


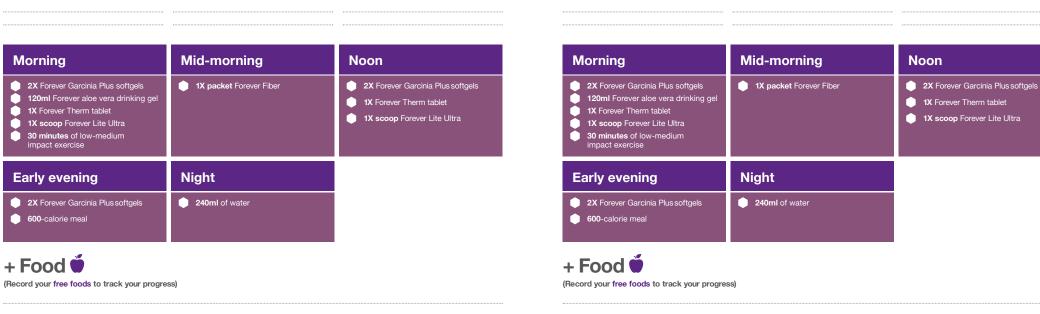






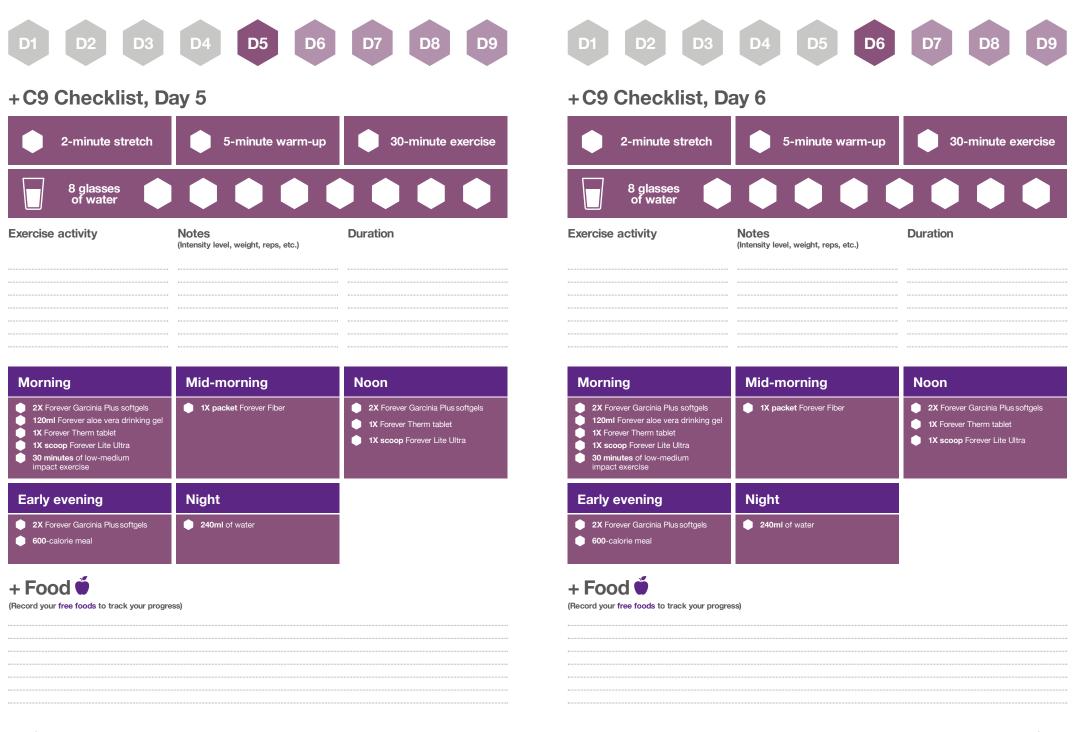


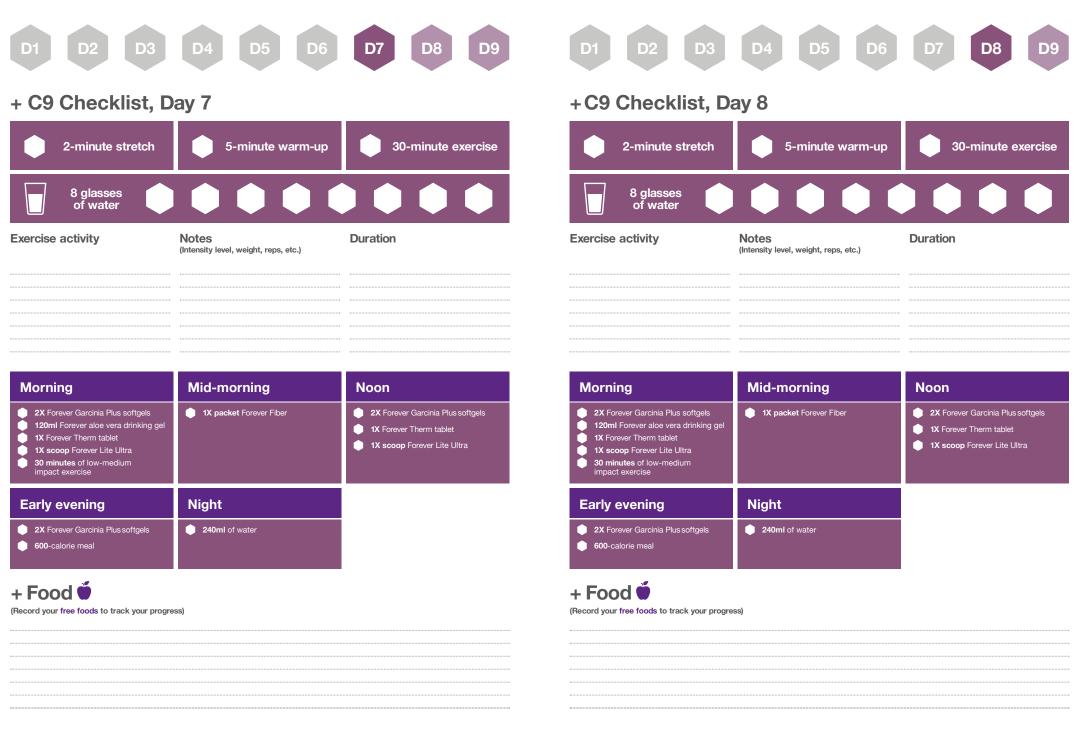


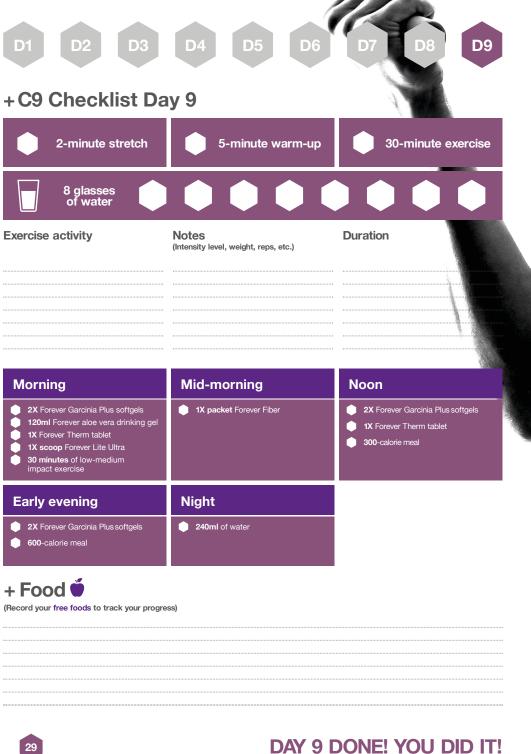


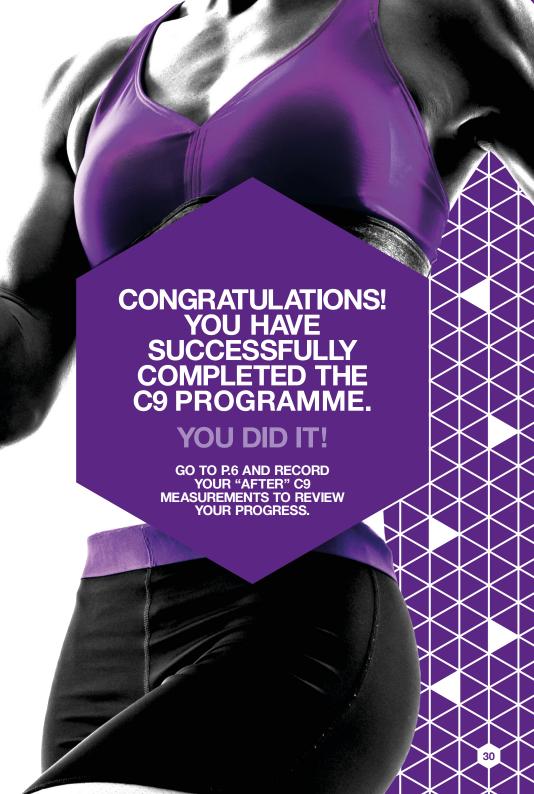












FREQUENTLY ASKED QUESTIONS.

HOW MUCH WEIGHT CAN I EXPECT TO LOSE ON C9?

The amount of weight you will lose during the **C9** programme depends on your baseline factors including your starting weight and what your lifestyle was like when you began the programme.

IS THE C9 PROGRAMME SAFE?

Yes. the programme is designed to be done for nine days only and should not exceed this. If you have any medical conditions please consult your doctor before starting the C9 programme. The C9 programme should not be taken by anyone who has diabetes, kidney disease, epilepsy, heart disease or dementia, and it should not be followed during pregnancy or when breastfeeding. It is not suitable for children and people with a BMI of less than 25. People with a BMI of more than 30 should consult their doctor before using this programme. Forever Therm contains caffeine and Forever Fiber can cause gastrointestinal changes due to a sudden increase in fibre, drinking more water can help with the symptoms.

ARE FOOD SUPPLEMENTS DIET FOODS?

No. The food supplements in the **C9** programme do not assist with weight loss in isolation. They are specially formulated to provide supplemented support, while you achieve your diet and lifestyle goals. **Forever Lite Ultra** is high in protein, vitamins and minerals. **Forever Fiber** is high in fibre and low in saturated fat. **Forever Garcinia Plus** contains chromium to assist with healthy macronutrient metabolism and blood glucose levels. **Forever Therm** has been specially formulated to provide vitamin and mineral support, such as vitamin B2, B6 and B12 to help reduce tiredness and fatigue.

WILL I FEEL HUNGRY DURING C9?

You may feel hungry, especially during the first two days. This is normal. Visit the **free foods** section on page 15.

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

Skipping day one and two can impact your final results, but remember you can have the **free foods ●** on page 15.

Symptoms such as headaches, low energy and gastrointestinal changes are normal during the reset phase.

WHY DO I NEED PROTEIN?

Protein is the basic building-block of every cell in your body. In order to build or maintain tissues and muscles, your body needs amino acids that can only be derived from protein. 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 is high in protein and designed for those on the go.

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

About 72% of your body is made up of water, and you must constantly replenish this supply. Water contributes to the maintenance of normal regulation of the body's temperature. Water also contributes to the maintenance of normal physical and cognitive functions.

AS LONG AS I MONITOR MY CALORIE INTAKE TO STAY WITHIN THE C9 PROGRAMME, 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 programme exactly as outlined in this booklet. Foods that are low in calories may not provide you with the correct balance of nutrients.

WHY DO I NEED TO ELIMINATE THE ONE-SERVING FOODS FROM MY FREE FOODS?

If you choose Forever Aloe Berry Nectar or Forever Aloe Peaches as part of your C9 programme, eliminating the one-serving foods from your free foods will compensate for the slight increase in carbs over our Forever Aloe Vera Gel. This will ensure you stay on track toward your fitness goals without going over your daily sugar limit.

Please remember that Forever's food supplements are designed to provide optimum supplemented support whilst you achieve your diet and lifestyle goals, they do not contribute to weight loss in isolation, but as part of a calorie-controlled diet and lifestyle plan.

TO LEARN MORE ABOUT FOREVER FI.T. VISIT FOREVERLIVING.COM

WHAT DO THE F.I.T. FOOD SUPPLEMENTS DO?

The food supplements in Forever's F.I.T. programme are designed to provide supplemented support:

ENERGY:

- \cdot Vitamins C, B2, B6 and B12 help to reduce tiredness and fatigue.
- \cdot Vitamins C, B6, B12 can all be found in $\mbox{\bf Forever\ Therm}$

METABOLIC SUPPORT:

- Niacin and pantothenic acid support normal energy yielding metabolism.
- · Vitamin B6 assists with normal protein metabolism and the regulation of hormones.
- · Riboflavin supports normal iron metabolism.
- · Folic acid helps with healthy amino acid synthesis.
- Forever Garcinia Plus contains chromium which contributes to normal macronutrient metabolism

ANTIOXIDANTS:

- \cdot Vitamin C for protection of cells from oxidative damage.
- · Vitamin B2 contributes to protection of DNA, proteins and lipids from oxidative damage.

PERFORMANCE:

- · Pantothenic acid for normal mental performance.
- · Forever Lite Ultra contains protein which contributes to the maintenance of and growth in muscle mass

IMMUNE SUPPORT:

- \cdot Vitamin C, B12 and folic acid helps support health immune function.
- Forever's aloe vera drinking gels contain up to 99.7% pure aloe. Aloe vera helps support immune function

HEART HEALTH:

· Thiamine contributes to normal heart function.

DIGESTION:

- Forever Fiber is designed for digestive health since it's high in fibre and low in saturated fat.
- · Forever's aloe vera drinking gels contain up to 99.7% pure aloe. Aloe vera is a brilliant digestive aid that aids the cleansing process.

Safety warnings: A sudden increase in fibre in the diet can cause gastrointestinal upset. Always drink plenty of water. Forever Garcinia Plus is not suitable for taking during pregnancy or when breastfeeding; it should not be taken by people with dementia or diabetes. Forever Therm contains caffeine and is not suitable for taking during pregnancy or when breastfeeding; it is not suitable for children. Please note that the F.I.T. programme (C9 and F15) should not be taken by anyone who has diabetes, kidney disease, epilepsy, heart disease or dementia.



TAKE THE NEXT STEP.

LOOKING TO GET F.I.T.?

Take your F.I.T. journey even further with **F15**. It's the perfect balance of fitness and nutrition complete with your daily supply of Forever aloe vera gel drinks and nutritional supplements. Change the way you think about food and exercise. Build lean muscle and transform your body.



LOOKING FOR POWERFUL DAILY NUTRITION?

As life becomes busier and convenient choices like fast foods are tempting solutions, we risk missing out on important vitamins and minerals needed to maintain health and wellness. **Vital** offers supplemented support for body and mind by combining five amazing products that deliver high quality nutrients to supplement your nourishment.



Keep drinking in the benefits by choosing one of Forever's aloe vera gels! Continued consumption will aid digestive health and your immune system, and added vitamin C will help you to fight fatigue. Drink daily to maximise and maintain your C9 results, even if you don't choose to continue onto the F15 or Vital⁵. Choose from Forever Aloe Vera Gel, Forever Aloe Peaches, Forever Aloe Berry Nectar and Forever Aloe Mango.



