



DOWNLOAD
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C9

F.I.T.[®]
Look Better. Feel Better.[®]



FOREVER

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 ISN'T EASY...

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.

BE MINDFUL OF YOUR HEALTH

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.

1

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.

4

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.

Forever
aloe vera
drinking gel
2X 1 litre
bottles

Forever
Lite Ultra
1X pouch (15
servings)

Forever
Garcinia Plus
54 softgels

What your
C9 pack
includes:

Forever Therm
18 tablets

Forever Fiber
9 packets

Tape Measure
& Shaker

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

[illegible]

Don't forget to download the F.I.T. app to track your progress on the go, monitor your water intake, and stay motivated!

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.

	WEIGHT		HIPS
	CHEST		THIGHS
	BICEPS		CALVES
	WAIST		WEIGHT

	WEIGHT		HIPS
	CHEST		THIGHS
	BICEPS		CALVES
	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	 Wait 30 minutes Before taking Forever Aloe Vera Gel drink or free foods.	 120ml Forever Aloe Vera Gel Drink	 1X Forever Therm Tablet *Take with free foods	Minimum of 30 minutes of low-intensity exercise See pages 17-18
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.	Be sure to take Forever Fiber separately from your daily supplements. Fibre can bind to some nutrients, impacting their absorption by your body.			
Noon	 2X Forever Garcinia Plus Softgels With a minimum of 240ml of water	 Wait 30 minutes 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
Early evening	 2X Forever Garcinia Plus Softgels With a minimum of 240ml of water	 Wait 30 minutes Before taking Forever Aloe Vera Gel drink or free foods.	 120ml Forever Aloe Vera Gel Drink		
Night	 120ml Forever Aloe Vera Gel Drink				

Increasing your water intake is important

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.

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.

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 Softgels With a minimum of 240ml of water	 Wait 30 minutes 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
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.	Be sure to take Forever Fiber separately from your daily supplements. Fibre can bind to some nutrients, impacting their absorption by your body.			
Noon	 2X Forever Garcinia Plus Softgels With a minimum of 240ml of water	 Wait 30 minutes 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	 2X Forever Garcinia Plus Softgels With a minimum of 240ml of water	 Wait 30 minutes Before 600 Calorie Meal	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				



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



Remember that you can enjoy any fruits and vegetables listed on page 15 (in moderation) throughout the C9 programme.

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
- + BRISK WALK
- + SWIMMING
- + WATER AEROBICS
- + YOGA
- + ELLIPTICAL MACHINE
- + STEP AEROBICS
- + HIKING
- + ROCK CLIMBING
- + DANCING
- + ROLLERBLADING
- + TREADMILL
- + 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:

1 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 healthy and interesting flavours to add some variety to your programme.



Fruits and vegetables from your free foods list on P.15 can be mixed with **Forever Lite Ultra** to create other delicious shakes.

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	½ 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.

Rocket	Endive	Kale
Celery	Broccoli	Leeks
Green onion	Cucumber	Spinach
Lettuce (all varieties)	Aubergine	String beans


THE FRUITS AND VEGETABLES ON THIS PAGE CAN BE ENJOYED IN MODERATION TO, HELP CURB HUNGER*.

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.

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 virgin olive oil and 2 tsp balsamic vinegar.

INDIAN STYLE TOFU

Gently cook 45g onion, 3g garlic and 0.5g ginger in 1/2 tsp 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 tsp 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 tsp 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 fraise 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 LITTLE SOMETHING EXTRA, TRY ONE OF THESE ADDITIONAL TIPS:



Drink more water.

Remember to drink plenty 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 snack.

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.**

Download the free
Forever F.I.T. App now
available on Google Play
and Apple App stores!



YOUR DAILY PLANNER.

Keep track of how
your body is improving
by weighing yourself at
the beginning and end
of the programme.

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.

D1

D2

D3

D4

D5

D6

D7

D8

D9

+ C9 Checklist, Day 1



2-minute stretch



5-minute warm-up



30-minute exercise



8 glasses
of water



Exercise activity

Notes
(Intensity level, weight, reps, etc.)

Duration

Exercise activity	Notes (Intensity level, weight, reps, etc.)	Duration

Morning

- 2X Forever Garcinia Plus softgels
- 120ml Forever aloe vera drinking gel
- 1X Forever Therm tablet
- Minimum of 30 minutes of low-intensity exercise

Mid-morning

- 1X packet Forever Fiber

Noon

- 2X Forever Garcinia Plus softgels
- 120ml Forever aloe vera drinking gel
- 1X Forever Therm tablet
- 1X scoop Forever Lite Ultra

Early evening

- 2X Forever Garcinia Plus softgels
- 120ml Forever aloe vera drinking gel

Night

- 120ml Forever aloe vera drinking gel

+ Food

(Record your free foods to track your progress)

DAY 1 DONE! EIGHT DAYS TO GO!

D1

D2

D3

D4

D5

D6

D7

D8

D9

+ C9 Checklist, Day 2



2-minute stretch



5-minute warm-up



30-minute exercise

8 glasses
of water

Exercise activity

Notes

(Intensity level, weight, reps, etc.)

Duration

Exercise activity	Notes (Intensity level, weight, reps, etc.)	Duration

Morning

- 2X Forever Garcinia Plus softgels
- 120ml Forever aloe vera drinking gel
- 1X Forever Therm tablet
- Minimum of 30 minutes of low-intensity exercise

Mid-morning

- 1X packet Forever Fiber

Noon

- 2X Forever Garcinia Plus softgels
- 120ml Forever aloe vera drinking gel
- 1X Forever Therm tablet
- 1X scoop Forever Lite Ultra

Early evening

- 2X Forever Garcinia Plus softgels
- 120ml Forever aloe vera drinking gel

Night

- 120ml Forever aloe vera drinking gel

+ Food 🍎

(Record your free foods to track your progress)

**FANTASTIC JOB!
YOU HAVE ALREADY
COMPLETED TWO DAYS
OF THE C9 PROGRAMME.
KEEP GOING.**

YOU CAN DO THIS!

**DON'T FORGET, THE PROGRAMME CHANGES
AFTER DAY 2, CHECK OUT THE
SCHEDULE FOR DAYS
3-9 (P.9-10).**

+ C9 Checklist, Day 3

2-minute stretch

5-minute warm-up

30-minute exercise

8 glasses of water

Exercise activity	Notes (Intensity level, weight, reps, etc.)	Duration
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.....		

Morning	Mid-morning	Noon
2X Forever Garcinia Plus softgels 120ml Forever aloe vera drinking gel 1X Forever Therm tablet 1X scoop Forever Lite Ultra 30 minutes of low-medium impact exercise	1X packet Forever Fiber	2X Forever Garcinia Plus softgels 1X Forever Therm tablet 1X scoop Forever Lite Ultra
Early evening	Night	
2X Forever Garcinia Plus softgels 600-calorie meal	240ml of water	

+ Food

(Record your free foods to track your progress)

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+ C9 Checklist, Day 4

2-minute stretch

5-minute warm-up

30-minute exercise

8 glasses of water

Exercise activity	Notes (Intensity level, weight, reps, etc.)	Duration
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.....		
.....		

Morning	Mid-morning	Noon
2X Forever Garcinia Plus softgels 120ml Forever aloe vera drinking gel 1X Forever Therm tablet 1X scoop Forever Lite Ultra 30 minutes of low-medium impact exercise	1X packet Forever Fiber	2X Forever Garcinia Plus softgels 1X Forever Therm tablet 1X scoop Forever Lite Ultra
Early evening	Night	
2X Forever Garcinia Plus softgels 600-calorie meal	240ml of water	

+ Food

(Record your free foods to track your progress)

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+ C9 Checklist, Day 5

2-minute stretch

5-minute warm-up

30-minute exercise

8 glasses of water

Exercise activity	Notes (Intensity level, weight, reps, etc.)	Duration
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.....		
.....		

Morning

- 2X Forever Garcinia Plus softgels
- 120ml Forever aloe vera drinking gel
- 1X Forever Therm tablet
- 1X scoop Forever Lite Ultra
- 30 minutes of low-medium impact exercise

Mid-morning

- 1X packet Forever Fiber

Noon

- 2X Forever Garcinia Plus softgels
- 1X Forever Therm tablet
- 1X scoop Forever Lite Ultra

Early evening

- 2X Forever Garcinia Plus softgels
- 600-calorie meal

Night

- 240ml of water

+ Food 🍏

(Record your free foods to track your progress)

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+ C9 Checklist, Day 6

2-minute stretch

5-minute warm-up

30-minute exercise

8 glasses of water

Exercise activity	Notes (Intensity level, weight, reps, etc.)	Duration
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.....		

Morning

- 2X Forever Garcinia Plus softgels
- 120ml Forever aloe vera drinking gel
- 1X Forever Therm tablet
- 1X scoop Forever Lite Ultra
- 30 minutes of low-medium impact exercise

Mid-morning

- 1X packet Forever Fiber

Noon

- 2X Forever Garcinia Plus softgels
- 1X Forever Therm tablet
- 1X scoop Forever Lite Ultra

Early evening

- 2X Forever Garcinia Plus softgels
- 600-calorie meal

Night

- 240ml of water

+ Food 🍏

(Record your free foods to track your progress)

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+ C9 Checklist, Day 7

2-minute stretch

5-minute warm-up

30-minute exercise

8 glasses of water

Exercise activity	Notes (Intensity level, weight, reps, etc.)	Duration
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.....		
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Morning	Mid-morning	Noon
2X Forever Garcinia Plus softgels 120ml Forever aloe vera drinking gel 1X Forever Therm tablet 1X scoop Forever Lite Ultra 30 minutes of low-medium impact exercise	1X packet Forever Fiber	2X Forever Garcinia Plus softgels 1X Forever Therm tablet 1X scoop Forever Lite Ultra
Early evening	Night	
2X Forever Garcinia Plus softgels 600-calorie meal	240ml of water	

+ Food 🍏

(Record your **free foods** to track your progress)

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+ C9 Checklist, Day 8

2-minute stretch

5-minute warm-up

30-minute exercise

8 glasses of water

Exercise activity	Notes (Intensity level, weight, reps, etc.)	Duration
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Morning	Mid-morning	Noon
2X Forever Garcinia Plus softgels 120ml Forever aloe vera drinking gel 1X Forever Therm tablet 1X scoop Forever Lite Ultra 30 minutes of low-medium impact exercise	1X packet Forever Fiber	2X Forever Garcinia Plus softgels 1X Forever Therm tablet 1X scoop Forever Lite Ultra
Early evening	Night	
2X Forever Garcinia Plus softgels 600-calorie meal	240ml of water	

+ Food 🍏

(Record your **free foods** to track your progress)

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D1

D2

D3

D4

D5

D6

D7

D8

D9

+ C9 Checklist Day 9



2-minute stretch



5-minute warm-up



30-minute exercise

8 glasses
of water

Exercise activity

Notes

(Intensity level, weight, reps, etc.)

Duration

Exercise activity	Notes (Intensity level, weight, reps, etc.)	Duration

Morning

- 2X Forever Garcinia Plus softgels
- 120ml Forever aloe vera drinking gel
- 1X Forever Therm tablet
- 1X scoop Forever Lite Ultra
- 30 minutes of low-medium impact exercise

Mid-morning

- 1X packet Forever Fiber

Noon

- 2X Forever Garcinia Plus softgels
- 1X Forever Therm tablet
- 300-calorie meal

Early evening

- 2X Forever Garcinia Plus softgels
- 600-calorie meal

Night

- 240ml of water

+ Food 🍏

(Record your free foods to track your progress)

**CONGRATULATIONS!
YOU HAVE
SUCCESSFULLY
COMPLETED THE
C9 PROGRAMME.**

YOU DID IT!

GO TO P.6 AND RECORD
YOUR "AFTER" C9
MEASUREMENTS TO REVIEW
YOUR PROGRESS.

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.

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.

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.

TO LEARN MORE ABOUT FOREVER F.I.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:

- Vitamins C, B2, B6 and B12 help to reduce tiredness and fatigue.
- Vitamins C, B6, B12 can all be found in **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:

- 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:

- 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. **Vital⁵** offers supplemented support for body and mind by combining five amazing products that deliver high quality nutrients to supplement your nourishment.



LOOKING FOR DIGESTIVE AND IMMUNE SUPPORT?

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**.



Ensuring the
highest quality.

We own numerous patents for the stabilisation of aloe vera, which assures you of the highest quality aloe vera-based health and beauty products. 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.

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FOREVER