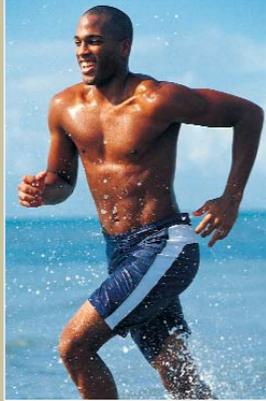


Lifestyle 30

Lifestyle 30 is designed to help you achieve a comprehensive knowledge of how to live your life free of yo-yo dieting, unhealthy eating practices and other nutritional and fitness misconceptions. This program is a lifestyle change and will help put you on your way to achieving a realistic balance for a lifetime of healthy living.



morning

Garcinia Plus Tablets
Nutritious Forever Lite Shake
Fruit
Bee Pollen Tablets

snack

Aloe Vera Gel*
Light toast with peanut butter

lunch

Garcinia Plus Tablets
Nutritious Forever Lite Shake
Raw vegetables with hummus or light dressing
Bee Pollen Tablets

snack

Aloe Vera Gel*
Fast Break Bar**

dinner

Probiotic Beadlet
Garcinia Plus Tablets
400-calorie Meal
Bee Pollen Tablet

*May be substituted with Aloe Berry Nectar or Bits n' Peaches

**Not included in Lifestyle 30 pak



It has been incredible!

“Because of my busy lifestyle I was unable to diet effectively, until I was introduced to Clean and Lean. Now I look and feel great. I have gone from a size 18 to a size 10. Clean and Lean shows you exactly what you need to do step by step. It has been incredible!”

— Zonia Espinosa

CLEAN + LEAN

Through your desire and motivation to follow this program, along with light to moderate exercise, Clean and Lean will provide you with the tools you need for effective weight management in a healthy and natural way. Make those six-pack abs a reality; sport that new bikini or fit your old jeans. You'll look and feel great!

To start achieving your personal health and weight goals, contact the individual who provided you with this brochure, and order your Clean 9 and Lifestyle 30 paks today! Good luck!

Remember, always consult your doctor before starting this or any other diet or exercise program. Not all diets and exercises are suitable for everyone. The results mentioned are not typical and are specific only to the featured participants. This product has not been clinically tested to support these results.



FOREVER LIVING PRODUCTS

7501 East McCormick Parkway, Scottsdale, AZ 85258 U.S.A. www.foreverliving.com

Re-order # 9752
C40



FOREVER™



CLEAN + LEAN

nutritional cleansing program

FOR A CLEANER, LEANER, HEALTHIER YOU

Forever Clean and Lean is a diet and exercise program designed to take the guesswork out of a lifetime of healthy eating and controlling your diet. Clean 9 puts you on the path to a cleaner, healthier, happier you, while cleansing your body of unnatural chemicals. Lifestyle 30 will continue to aid in your body's natural cleansing process while burning your stored fat cells and teaching you how to achieve and maintain your desired weight. Remaining committed to completing this program will help you develop good habits for lifelong weight management and overall improved health.



CLEAN + LEAN

nutritional cleansing program



12 lbs. in 9 days

“I lost 12 pounds and 3 inches off my stomach in just 9 days on Forever Living Products’ Clean and Lean program. People began to compliment me on how I looked and asked me what I was doing. It really made me feel great. In total, I lost 14 pounds and 4.5 inches. Everyone needs to be Clean and Lean!”

— Christopher S. Turpin

Aloe Vera Gel: Forever Living Product’s high quality aloe contains over 75 nutritional components and 200 other compounds, including 20 minerals, 18 amino acids and 12 vitamins.

Forever Lite Meal Replacement Shake: Each Forever Lite shake delivers a nutritious kick of vitamins, minerals, proteins and carbohydrates.

Forever Garcinia Plus: Garcinia effectively reduces the body’s conversion of carbohydrates into fats.

Forever Bee Pollen: Our Bee Pollen is packed with Vitamins C, D, E, K, betacarotene, B complex, minerals, enzymes, coenzymes, plant-source fatty acids, carbohydrates, minerals and 22 amino acids.

Forever Active Probiotic: This small, easy-to-swallow beadlet is designed to promote a healthy digestive system and help overcome imbalances by our food and lifestyle choices.

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

Clean 9 includes:

Aloe Vera Gel
[Three 1-liter bottles]

Forever Lite Meal Replacement Shakes
[1 Vanilla]

Forever Garcinia Plus
[70 tablets]

Forever Bee Pollen
[100 tablets]

Shaker

Tape Measure

Lifestyle 30 includes:

Aloe Vera Gel*
[Four 1-liter bottles]

Forever Lite Meal Replacement Shakes
[2 Vanilla/1 Chocolate]

Forever Garcinia Plus
[70 tablets]

Forever Bee Pollen
[100 tablets]

Forever Active Probiotic
[30 beadlets]

*Choose from Aloe Vera Gel, Aloe Berry Nectar, or Bits n’ Peaches

Clean 9

day 1 -2 clean zone phase 1

morning	Garcinia Plus Tablets Aloe Vera Gel ≥20 minutes of exercise
snack	Bee Pollen Tablets
lunch	Garcinia Plus Tablets Aloe Vera Gel Nutritious Forever Lite Shake Bee Pollen Tablets
dinner	Garcinia Plus Tablets Aloe Vera Gel Bee Pollen Tablets
evening	Aloe Vera Gel



day 3 – 9 clean zone phase 2

morning	Garcinia Plus Tablets Aloe Vera Gel Nutritious Forever Lite Shake ≥20 minutes of exercise
snack	Bee Pollen Tablets
lunch	Garcinia Plus Tablets Nutritious Forever Lite Shake Bee Pollen Tablets
dinner	Aloe Vera Gel Garcinia Plus Tablets 600-Calorie Meal Bee Pollen Tablets
evening	Min. 8 oz. of water

