

Weight Management



Forever Lite Ultra®

with Aminotein®†† Vanilla and Chocolate

Forever Lite Ultra® with Aminotein® is the perfect addition to your healthy Forever Living lifestyle. Forever Lite Ultra® with Aminotein® integrates new thinking with new technologies to help you maintain a healthy diet and lifestyle.

Two servings a day of Forever Lite Ultra®, prepared with skim milk as directed, supply a full 100% of the Reference Daily Intake (RDI) for the vitamins and minerals shown in the Nutrition Facts section. Forever Lite Ultra® supplies the 18 important amino acids, including essential, non-essential and the branch-chain amino acids.

Forever Lite Ultra® is also an integral part of Forever's Clean 9 program. It will help you take charge of your health and put you on the path to effective and sustained weight management!

Vanilla Ingredients

Soy Protein Isolate, Fructose, Fructooligosaccharides, Dicalcium Phosphate, Aminogen®†† (Patented Protease Blend), Natural Vanilla Flavor, Guar Gum, Safflower Oil, Soy Lecithin, Disodium Phosphate, Biotin, Sucralose, Ascorbic Acid, D-Alpha-Tocopheryl Acetate, Beta Carotene, Niacinamide, Vitamin A Palmitate, Zinc Oxide, D-Calcium Pantothenate, Potassium

Iodide, Vitamin D3, Pyridoxine Hydrochloride, Brewer's Yeast, Thiamine Hydrochloride, Chromium Chloride, Cyanocobalamin, Riboflavin, Folic Acid, Spirulina, Sodium Selenite.

Contains: Soy

Chocolate Ingredients

Soy Protein Isolate, Cocoa Powder, Natural Chocolate Flavor, Fructose, Fructooligosaccharides, Dicalcium Phosphate, Aminogen®†† (Patented Protease Blend), Guar Gum, Safflower Oil, Sucralose, Soy Lecithin, Biotin, Ascorbic Acid, D-Alpha-Tocopheryl Acetate, Disodium Phosphate, Beta Carotene, Niacinamide, Vitamin A Palmitate, Zinc Oxide, D-Calcium Pantothenate, Potassium Iodide, Vitamin D3, Pyridoxine Hydrochloride, Brewers Yeast, Thiamine Hydrochloride, Chromium Chloride, Cyanocobalamin, Riboflavin, Folic Acid, Spirulina, Sodium Selenite.

Contains: Soy

††Aminotein® and Aminogen® are registered trademarks of Triarco Industries. Aminogen® is protected by U.S. Patent No. 5,387,422.

CONTENTS

18.5 Oz. (524g)—about 21 servings per can

DIRECTIONS

Blend or mix 1 level scoop with 10 fluid ounces of skim milk. (Use scoop provided.) For a special treat, mix with crushed ice or fruit. Shake can before each use.



- For your low-carb lifestyle
- Two shakes provide 100% RDI of numerous vitamins and minerals
- Naturally Flavored
- About 21 servings per can



SEE REVERSE SIDE FOR NUTRITION FACTS

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.

PRODUCT #324 (Vanilla)
PRODUCT #325 (Chocolate)

Weight Management

VANILLA

Nutrition Facts

Serving Size 1 Scoop (25g) Servings Per Container about 21

| Amount Per Serving | Powder | Powder with skim milk (10 fl.oz.) |
|------------------------------|--------|-----------------------------------|
| Calories | 90 | 216 |
| Calories from fat | 10 | 10 |
| % Daily Value** | | |
| Total Fat 0.5g* | <1% | <1% |
| Saturated Fat 0g | 0% | 0% |
| <i>Trans Fat</i> 0g | | |
| Cholesterol 0mg | 0% | 2% |
| Sodium 160mg | 7% | 14% |
| Potassium 150mg | 4% | 17% |
| Total Carbohydrate 3g | 1% | 5% |
| Dietary Fiber 1g | 4% | 4% |
| Sugars 1g | | |
| Protein 17g | 34% | 54% |
| Vitamin A | 40% | 50% |
| Vitamin C | 50% | 50% |
| Calcium | 20% | 55% |
| Vitamin D | 30% | 50% |
| Vitamin E | 50% | 50% |
| Thiamine | 40% | 50% |
| Riboflavin | 15% | 50% |
| Niacin | 50% | 50% |
| Vitamin B6 | 50% | 50% |
| Folate | 50% | 50% |
| Vitamin B12 | 30% | 50% |
| Biotin | 50% | 50% |
| Pantothenic Acid | 40% | 50% |
| Phosphorus | 20% | 50% |
| Iodine | 35% | 50% |
| Zinc | 40% | 50% |
| Selenium | 50% | 50% |
| Chromium | 50% | 50% |

Typical Amino Acid Profile

| | | |
|---------------|----------|----------|
| Isoleucine | 1,075mg† | 1,747mg† |
| Leucine | 1,800mg† | 2,890mg† |
| Lysine | 1,375mg† | 2,254mg† |
| Methionine | 300mg† | 577mg† |
| Phenylalanine | 1,150mg† | 1,685mg† |
| Threonine | 825mg† | 1,326mg† |
| Tryptophan | 300mg† | 457mg† |
| Valine | 1,100mg† | 1,842mg† |
| Alanine | 950mg† | 1,334mg† |
| Arginine | 1,675mg† | 2,075mg† |
| Aspartic Acid | 2,550mg† | 3,390mg† |
| Cysteine | 275mg† | 379mg† |
| Glutamic Acid | 4,200mg† | 6,520mg† |
| Glycine | 925mg† | 1,160mg† |
| Histidine | 575mg† | 875mg† |
| Proline | 1,125mg† | 2,205mg† |
| Serine | 1,150mg† | 1,750mg† |
| Tyrosine | 825mg† | 1,360mg† |

*Amount in Powder. Ten fl. oz. of skim milk contributes an additional 126 calories, 181mg sodium, 17g total carbohydrate (17g sugars), and 10g protein.

†Daily Value not established.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 26g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

CHOCOLATE

Nutrition Facts

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| Amount Per Serving | Powder | Powder with skim milk (10 fl.oz.) |
|------------------------------|--------|-----------------------------------|
| Calories | 90 | 216 |
| Calories from fat | 10 | 10 |
| % Daily Value** | | |
| Total Fat 0.5g* | <1% | <1% |
| Saturated Fat 0g | 0% | 0% |
| <i>Trans Fat</i> 0g | | |
| Cholesterol 0mg | 0% | 2% |
| Sodium 160mg | 7% | 14% |
| Potassium 150mg | 4% | 17% |
| Total Carbohydrate 3g | 1% | 5% |
| Dietary Fiber 1g | 4% | 4% |
| Sugars 1g | | |
| Protein 17g | 34% | 54% |
| Vitamin A | 40% | 50% |
| Vitamin C | 50% | 50% |
| Calcium | 20% | 55% |
| Vitamin D | 30% | 50% |
| Vitamin E | 50% | 50% |
| Thiamine | 40% | 50% |
| Riboflavin | 15% | 50% |
| Niacin | 50% | 50% |
| Vitamin B6 | 50% | 50% |
| Folate | 50% | 50% |
| Vitamin B12 | 30% | 50% |
| Biotin | 50% | 50% |
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| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

Calories per gram

Fat 9 Carbohydrate 4 Protein 4