

Forever lite : nutritional diet with aloe / Forever Living Products, Inc.

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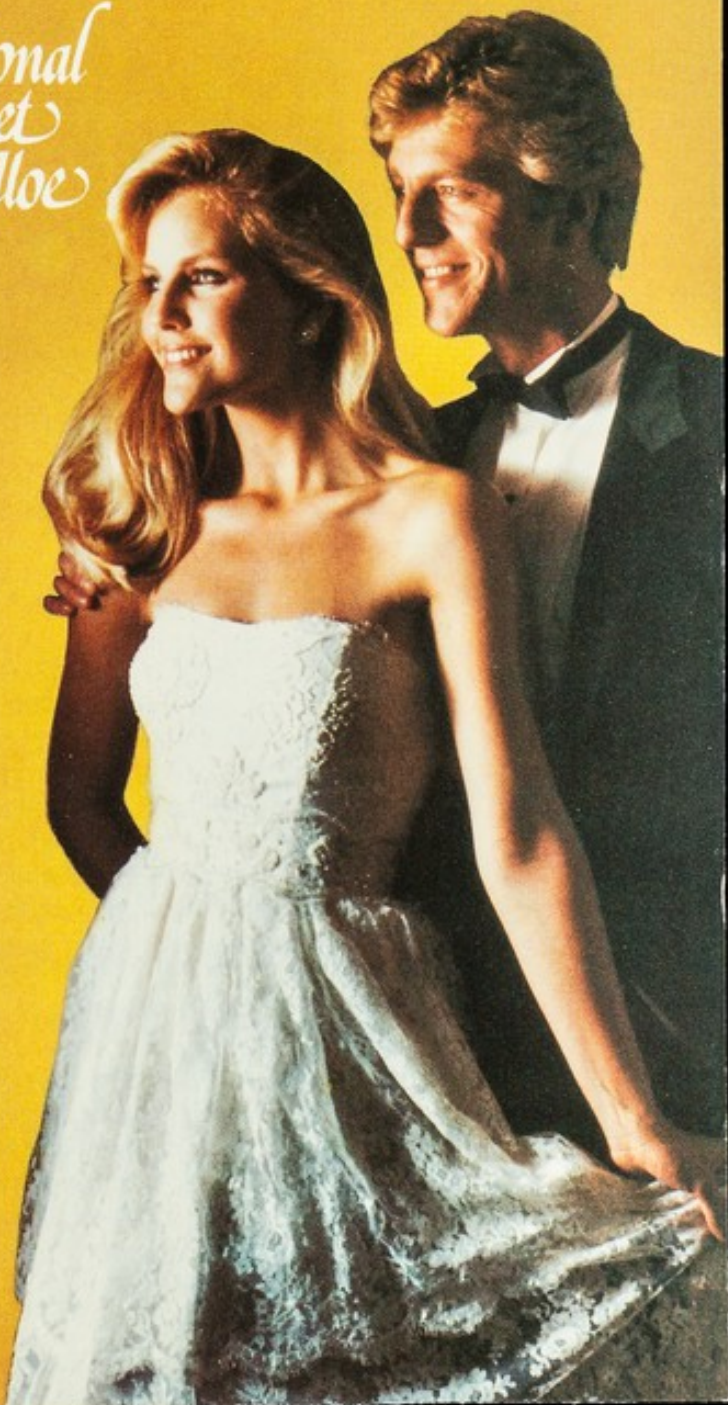
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FOREVER LIFE™

*Nutritional
Diet
With Aloe*





Although our generation seems more concerned than ever about health, lifestyle, and appearance, over half the adult population in America today are victims of overconsumption and undernutrition. Because many people with a serious need to reduce weight have been unsuccessful, an in-depth study of the entire weight management concept was undertaken. *Conclusions paved the way for the development of a new weight-loss method. One that would provide the basis for better health and a more enjoyable lifestyle.*



FOREVER LITE

*Nutritional
Diet
With Aloe*

Forever Lite Nutritional Diet with Aloe is not merely a new way to control weight, but a way to maintain good health by supplying 100% of the U.S. Recommended Daily Allowance of vitamins and minerals, when taken with 10 ounces of skim milk. It's totally safe and effective. Qualified experts readily endorse it. And, one of the best benefits of the product is that it contains Aloe, one of the great natural ingredients known to man.

The Forever Lite Plan is simple to follow — making losing weight an easy, enjoyable, and rewarding experience. Delicious flavor ideas, a low-calorie third meal, and moderate daily exercise enhance the program even further, making the Forever Lite Nutritional Diet with Aloe a delicious, effective way to weight management and good health. It's the best diet program available anywhere. We show it with pride. We sell it with confidence.



Product Design

The Forever Lite Nutritional Diet with Aloe is unlike a fad diet which will prove unsatisfactory when people tire of it. It's a tasteful, nutritious meal replacement that provides the proper amount of high quality protein and carbohydrates to allow the reduction and removal of fats at an accelerated rate and, at the same time, prevent the loss of lean muscular tissue. To insure the effectiveness of the program, the quality of the product had to be exceptional. Great care was taken to develop a unique blend of ingredients that would meet all regulatory requirements and be superior in taste, content, texture and solubility.

As a comparison, Forever Lite Nutritional Diet with Aloe was compared against leading diet supplements. It ranks superior in nutritional composition, protein, mineral, carbohydrate and enzyme content, as well as in taste and affordability. Plus, it includes gel from nature's wonder plant, Aloe Vera. The high quality of this product has entitled it to the endorsements of outstanding nutritionists and doctors throughout the United States.

"The Forever Lite Nutritional Diet with Aloe is a safe, well balanced, high efficiency product which, when used as directed, will allow selective fat loss while maintaining vital body muscle stores. The combination of Forever Lite with Forever Living Products Aloe Vera Juice or Aloe Vera Gel may help facilitate overall body functions while providing 100% of all U.S. RDA protein, vitamins and minerals. The cornerstones of Forever Lite are safety, quality, nutrition and health improvement in a delightful tasting product which encourages compliance. If an individual follows this program they can easily achieve and maintain their desired weight and appearance." Jeffrey S. Bland, Ph.D.

Dr. Bland has a Ph.D. in Nutritional Biochemistry, and is a Professor in the Departments of Chemistry and Environmental Science at the University of Puget Sound. He is Director of the Bellevue/Redmond Medical Laboratories and author of *Your Health Under Siege: Using Nutrition to Fight Back*. Dr. Bland has written numerous articles and is well known for his lectures in the field of nutrition and preventative medicine.

"The Forever Lite Nutritional Diet with Aloe will, in my opinion, bring about nutritionally sound and safe weight loss, if used as directed. This program represents a major breakthrough and warrants serious consideration by physicians and the general public as an effective tool in preventative medicine and health and weight management." Arnold Fox, M.D.

Dr. Fox is a practicing physician in Beverly Hills, California, and former Senior Cardiologist at the Beverly Hospital. As an internist cardiologist he specializes in stress management, nutrition and problems of obesity. He is the author of the national best seller, *"The Beverly Hills Medical Diet"*, as well as an international lecturer. Dr. Fox is also the founder of Life Style Centers, a stress and weight management workshop, located throughout the United States.



Nutrient Information

The ingredients of Forever Lite are the key to the quality and success of our product . . .

Proteins

Comprise all human cells. Made up of chains of amino acids. Proteins' various combination of chains, account for vast differences in the specialized cells that make up all body organs. Proteins are needed in specific amounts and combinations in order to properly build and maintain body tissue.

Carbohydrates

Supply energy needed for body functions, work and play. Useful to the body in assimilating some B vitamins.

Fats

Useful energy sources, providing a cushion for body organs. Help maintain body warmth and aid in taking oil soluble vitamins into the system.

Vitamin A

Considered one of the essential vitamins for proper growth in children, good vision, healthy skin and hair, and for other body development.

Vitamin C

Essential to strengthen body cells and blood vessels. Fights infection. Essential for good bone, teeth, and gum health.

Vitamin B1 (Thiamine)

Vital to circulatory and central nervous system.

Vitamin B2 (Riboflavin)

Essential for building and maintaining body tissues. Useful for controlling the eye's sensitivity to light.

Niacin (Niacinamide)

Essential for the conversion of food into energy.

Calcium

Vital to the formation of bones and teeth. Helps regulate some body processes such as blood clotting.

Iron

Found in the liver, spleen and bone marrow. Helps transport oxygen to the cells.

Vitamin D

Useful and essential to the growth and maintenance of strong teeth and bones. Also helps utilize calcium and phosphorus.

Vitamin E

Recognized as a preservative useful in protecting vitamin A and protein. Essential to red blood cells, helping to prevent oxygen from destroying other substances in the body.

Vitamin B6 (Pyridoxine)

Important for healthy teeth and gums. Essential to blood vessels and red blood cells. Hastens protein metabolism.

Phosphorus

Present in the body in approximately the same amount as calcium. An important part of all body tissues.

Iodine

Needed by the body to supply the thyroid gland.

Magnesium

Found in all body tissues and predominant in the bones. An essential part of many enzyme systems responsible for conversion of energy in the body.

Zinc

Aids in the healing process and in the metabolism of nucleic acids and proteins.

Panthenic Acid

Considered essential to the nervous system and adrenal gland. Also involved in the manufacture of antibodies.





Knowledge of nutrition has been growing rapidly in recent years. It is now known that selenium, molybdenum, and chromium, as well as manganese, are essential nutrients. Choline is known to be important in brain and nerve functions as well as metabolic processes. These and Vitamin K (and other substances whose significance in human nutrition is not yet established — inositol, PABA and nickel) are present in trace amounts; they are natural constituents of the ingredients.

How the Plan Works

The plan is really quite simple. Two meals a day are replaced with a tasty drink made from Forever Lite Nutritional Diet with Aloe. A third regular meal, selected for its low-calorie content, is eaten daily. And, as with any successful diet regime, regular exercise is encouraged. It is also recommended that individuals consider the addition of approximately two ounces of Forever Living Products Aloe Vera Juice or Aloe Vera Gel, three times per day, which may aid in the digestive process.

Directions for Diet Meals

Diet meals are easy to prepare. Just mix one level scoop of the flavored powder with either 10-ounces of cold skim milk or 8-ounces of juice (For a special treat, blend with crushed ice or fruit.) Once dissolved, a great tasting nutritious meal is ready to enjoy.

Suggestions for the Third Meal

This meal can be enjoyed morning, noon or night, as desired. The time is not critical. But calories are, so allow no more than 200-400 calories for these meals.

There is a wealth of books, magazines, pamphlets and articles that provide low calorie menus. As a general guideline, concentrate on lean meat, fish or baked poultry (without skin) for entrees. Boiled or steamed green leafy vegetables and greens are ideal. Salads with low-calorie dressings are fine. A good intake of liquids should be





maintained throughout the program, so drink hot or cold unsweetened tea, diet drinks, water, or skim milk. Look to fresh fruits as dessert selections.

Avoid the forbidden foods that disrupt any weight loss program, such as fried foods, fat meat, candy, pop, chips, cookies, and high starch and sugar content foods like pies and cakes. Eliminate alcoholic beverages. They are full of calories.

This product should not be used as a sole source of nutrition.

Consult your doctor prior to starting this or any weight loss program. Children under 4 years old, pregnant women and nursing mothers should not be on a weight loss program.

**NUTRITION INFORMATION PER SERVING: (21 Servings)**

Serving:	1 scoop (25 grams)	1 scoop with 10 oz. skim milk	1 scoop with 8 oz. orange juice
Calories	90	200	200
Protein	13 grams	24 grams	14 grams
Carbohydrate	8 grams	23 grams	34 grams
Fat	1 gram	1 gram	1 gram

Percentage of U.S. Recommended Daily Allowances (U.S. RDA)

Protein	30	50	30
Vitamin A	50	60	70
Vitamin C	50	50	250
Thiamine	50	60	50
Riboflavin	50	80	50
Niacin	50	50	50
Calcium	20	60	20
Iron	50	50	50
Vitamin D	50	70	50
Vitamin E	50	50	50
Vitamin B6	50	50	50
Folic Acid	50	50	50
Vitamin B12	50	60	50
Phosphorous	20	50	20
Iodine	50	50	50
Magnesium	40	50	40
Zinc	50	60	50
Copper	50	50	50
Biotin	50	50	50
Pantothenic Acid	50	60	50
*Sodium	100 mg	258 mg	103 mg
*Potassium	40 mg	474 mg	590 mg

*No USRDA has been established and no nutritional claim is made.

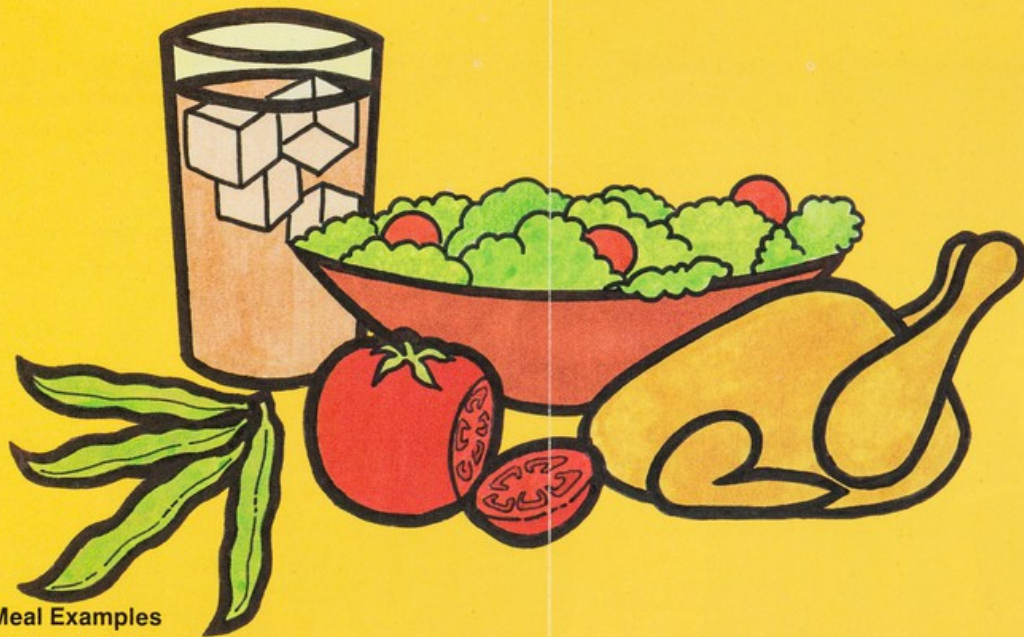
Typical Amino Acids per 25 gram serving in 10 ounces of skim milk.

*Isoleucine	1319 mg	Arginine	1124 mg
*Leucine	2442 mg	Aspartic Acid	1985 mg
*Lysine	1726 mg	Cystine	203 mg
*Methionine	518 mg	Glutamic Acid	5367 mg
*Phenylalanine	1210 mg	Glycine	607 mg
*Threonine	1003 mg	Histidine	1350 mg
*Tryptophan	337 mg	Proline	2297 mg
*Valine	1440 mg	Serine	1388 mg
Alanine	1460 mg	Tyrosine	1144 mg

*Essential Amino Acids.

ALL INGREDIENTS ARE DERIVED FROM NATURAL SOURCES.

Protein Efficiency Ratio (P.E.R.) 2.5 or higher



Third Meal Examples

Breakfast

1/2 cup blueberries	50
1/2 cup cornflakes	50
1 cup skim milk	90
1 cup hot tea	0
TOTAL CALORIES	190

Breakfast

1/2 cup strawberries	30
2/3 cup wheat flakes	65
1 cup skim milk	90
beverage	0
TOTAL CALORIES	185

One Minute Masterpieces

Dutch Mocha

10 oz. skim milk
1 scoop Chocolate
Chiffon
1/2 tsp chocolate
extract
1/2 tsp cocoa
crushed ice
1 tsp sweet and low

Lady Diane

5 oz. skim milk
1 scoop Vanilla
Delight
5 oz. orange juice
1/2 tsp raspberry
extract
1/2 tsp lemon juice
1 tsp sweet and low
3 crushed ice cubes

Orange Appeal

7 oz. orange juice
3 oz. skim milk
1 scoop Vanilla
Delight
1/2 tsp pineapple
extract
3 crushed ice cubes

Fruit Fantasia

10 oz. skim milk
1 scoop Strawberry
Supreme
1/2 banana
3 fresh strawberries
1/2 tsp pineapple
extract
1 tsp orange juice
crushed ice

Apple Dandy

8 oz. apple juice
2 oz. cranapple juice
1 scoop Vanilla
Delight
1/2 tsp mint extract
3 crushed ice cubes

Strawberry Sunshine

10 oz. skim milk
1 scoop Strawberry
Supreme
1/2 tsp strawberry
extract
4 fresh strawberries
2 crushed ice cubes

Lunch

roast veal (2 oz.)	150
1 raw carrot	25
1 slice rye bread	65
lettuce and tomato salad (small)	25
beverage	0
TOTAL CALORIES	265

Lunch

vegetable soup (1 cup)	60
1/2 cantaloupe (small)	50
1 slice bread	65
tomato slices (two)	12
cucumber slices (two)	13
beverage	0
TOTAL CALORIES	200

Calories

Dinner

broiled steak (2 oz.)	150
tossed salad	75
1/2 cup green beans	25
tomato slices (two)	12
beverage	0
TOTAL CALORIES	262

Dinner

roast beef (2 oz.)	150
1/2 small broiled potato	35
1/2 cup carrots & peas	50
1 peach half	50
beverage	0
TOTAL CALORIES	285



Frequently Encountered Questions and Answers

How much weight can I expect to lose on the Forever Lite program?

The Forever Lite weight loss program is designed to help you lose fat while maintaining critical stores of body muscle. This approach will allow your body to safely normalize its lean body mass (the amount of your body made up of muscle and bone) which will help your fitness and improve your health. You should lose 2 to 4 pounds of weight, predominately as fat, each week on the average. This will be safely lost, not coming exclusively from water loss or from the loss of body protein. You should consult your doctor prior to undertaking this or any other weight loss program.

Will the Forever Lite program produce any health problems like the liquid diets?

The Forever Lite product is designed specifically to be capable of supporting all of your body's needs with regard to calories, protein, vitamins, and minerals each day to protect your health and allow you higher levels of energy and vitality. Unlike the liquid protein diets of a number of years ago which were made up of very poor quality proteins that were not balanced with regard to vitamins and minerals, this product is a high-quality, highly absorbable and utilizable protein source with more than adequate levels of all the known nutrients necessary for maintenance of proper health. This dietary program should not produce any adverse signs of ill-health if used as recommended, and should lead to progressive, safe weight loss and improvement in lean body mass.

Will the Forever Lite diet produce constipation?

By inclusion of aloe within the product along with the use of one mixed meal a day and increased fluids, there should be no long-term constipation or diarrhea while on this program. One of the major disadvantages to many other weight loss programs is that they produce constipation which can lead to the accumulation of toxic waste products in the body. This Forever Lite product is designed specifically to promote proper intestinal regularity and not lead to constipation or diarrhea. Additionally, the consumption of approximately two ounces of Forever Living Products, Aloe Vera Juice or Aloe Vera Gel, three times per day, should aid in the digestive process.

Will appetite be a problem while on the Forever Lite product?

In general, because of the formulation of the Forever Lite product and the more than adequate levels of vitamins and minerals, along with one meal each day, there should be no persistent problem with hunger. The use of unlimited quantities of green leafy vegetables and other non-starchy vegetables is allowed on the program as long as they are used with low calorie oil dressings. These may be used to help curb appetite at times when a person becomes quite hungry. The program is designed not only to provide optimal health while losing weight but also to discourage pangs of hunger which would cause binge eating and undermine the success of the diet.



Why is the Forever Lite diet program unique?

There have recently been many products which have become available advertising quick and easy weight loss. Most of these products encourage weight loss primarily from water loss and from muscle wasting rather than selective fat loss. The Forever Lite product is unique because it is composed of very high-quality proteins that are adequately balanced with all known essential nutrients such as vitamins and trace minerals to regulate proper metabolism and encourage selective fat burning without the body being forced to use the body's muscle protein as a source of energy. The inclusion of aloe in the product helps to encourage proper balance of the product and provides the unique formulation as it relates to other competitive products that are available.

Must I increase my fluid intake while on the Forever Lite program?

Because your body is burning up more fat than usual, it is important for you to wash the fat waste products out of your body by increasing your fluid intake to the equivalent of 10-12 glasses of liquid per day. This should be non-sugared beverages (preferably without caffeine), and might include herbal teas, water, diluted vegetable and fruit juices.

Should I exercise while on the Forever Lite program?

Exercise is a very important part of any effective and permanent weight loss program. You should feel well enough and have enough energy while on the Forever Lite program to exercise, which will in turn help encourage effective weight loss and improved lean body mass. Exercise should be 10 or 15 minutes a day minimum of whatever you find interesting, including brisk walking, bicycling, trampolining, jogging, swimming, dancing, or a number of other exercises which raise your pulse rate and improve your fitness.

Will weight loss be constant while on the Forever Lite program?

Because your body must mobilize fat stores and burn them as a source of energy, there may be fluctuation in the rate at which you lose weight from week to week. Do not weigh yourself too frequently, but rather once a week to chart your progress. Plateaus may occur on the program but this is generally just a period in which your body is reestablishing the water balance and mobilizing new fat tissue for weight loss. Don't become discouraged if there are a few days where you are on a plateau before your body once again starts to lose weight.

Is the Forever Lite program expensive?

The average daily cost for meals, according to recent government studies, is about \$9.40. The cost of the Forever Lite program, including the mixed meal, is far less than this each day, meaning that you are actually saving money while on the program. Remember, you are replacing two meals a day with Forever Lite. This program represents a high quality, safe, effective, reasonably priced approach to health improvement and weight management.

Will I feel worn out or tired while on the Forever Lite program?

Because the Forever Lite product is designed to improve your basic energy, metabolism, and mobilize stored fats, there



should be no long-term feeling of tiredness or low energy. The first two to three days on the program may be a transitional period in which you may feel somewhat tired or hungry, but after that your body should adjust and from then on your energy level should be quite high and you should be able to maintain normal activity.

What happens when I achieve my desired weight range?

Forever Lite Nutritional Diet with Aloe is a versatile and delicious product which is then used to help maintain desired body weight. You should replace one or two meals each day with this product while consuming normal meals at other times. Exercise caution at this point to keep from reverting back to old habits which caused previous weight gain. Remember, to lose fat you must take in fewer calories than you use up. Excess calories become body fat.

Will the use of Forever Lite enhance physical fitness?

"As an acknowledged achiever in physical fitness and weight control, I believe that Forever Lite Nutritional Diet with Aloe will serve as a good adjunct to weight management and should provide the foundation for a sound nutritional plan, if consumed as directed. Sound nutrition and proper weight control are fundamental aspects of any physical fitness program."

*Kurt Thomas
World Gymnastics Champion (3 times)
1979 Sullivan Award Winner*

You don't have to do it alone.

Your Forever Living Products representative is interested in your health and success and will follow your progress. Therefore, any questions or concerns you may have should be directed to your retail distributor or sponsor.

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