

Give yourself a break / Forever Living Products, Inc.

Contributors

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Give yourself a break!



FAST BREAK

It's a chewy carob and peanut butter bar that's packed full of nutritional goodness and loaded with great taste. Together with a 10-ounce glass of skim milk, FAST BREAK provides 50% of all U.S. RDA requirements for vitamins, minerals and protein. So, it's both a

delicious, satisfying meal replacement for dieters and a high energy treat for snackers.

So whether you're on a weight loss program or just looking for a wholesome snack to enjoy anytime, give yourself a break. A FAST BREAK, today!

"I live an unusually active lifestyle so proper nutrition is essential. That's why FAST BREAK bars are so perfect. They're full of the vitamins and minerals I need for good health and vitality. Plus they taste great. That's why all my gymnasts snack on them!"

Kurt Thomas,
America's greatest gymnast,
three-time world champion
and winner of the coveted
Sullivan Award.

"The Forever Lite FAST
BREAK Meal Replacement Bar is
an excellent alternative for the

Forever Lite Weight Loss program. It allows for continued weight loss while providing all essential vitamins, minerals and protein and recommended trace elements in a convenient form. Forever Lite FAST BREAK is a major improvement over previous nutritional concepts and is undoubtedly the finest nutritional bar available. Try it and you'll agree."

Jeffrey S. Bland, Ph. D.
Director, Laboratory for
Nutritional Supplement
Analysis, Linus Pauling
Institute of Science and
Medicine.



Forever Lite FAST BREAK when taken with 10 fl. oz. skim milk, provides a minimum of 50% of the U.S. Recommended Daily Allowance of Vitamins, Minerals and Protein. It's an ideal complement to your Forever Lifestyle.

Nutritional Information Per Bar	% of U.S. RDA 2 oz. Serving	2 oz. Serving + 10 oz fl. Skim Milk
Protein	25	50
Vitamin A	50	65
Vitamin C	50	55
Vitamin B ₁	50	55
Vitamin B ₂	50	80
Vitamin B ₆	50	50
Niacin	50	50
Calcium	50	90
Iron	50	50
Vitamin D	50	80
Vitamin E	50	50
Folic Acid	50	50
Vitamin B ₁₂	50	70
Iodine	50	50
Magnesium	50	60
Zinc	50	60
Copper	50	50
Panthenic Acid	50	60
Phosphorous	50	80
Biotin	50	50
*Selenium	20mcg	20mcg
*Chromium	20mcg	20mcg
*Manganese	1mg	1mg

*No U.S. RDA has been established

A Delicious two-ounce FAST BREAK bar gives you:

PROTEIN - a complete protein, containing the essential amino acids (P.E.R. 2.5) for the body's cell-building and energy requirements. 25% of the U.S. RDA.

MINERALS - calcium, magnesium, phosphorous and iodine which promote tissue repair, proper body functions, strong bones and a healthy nervous system. 50% of the U.S. RDA.

VITAMINS - A, B-complex, C, D and E which the body needs to protect and activate other nutrients and to fight infection. 50% of the U.S. RDA.

TRACE MINERALS - iron, copper, zinc, manganese, chromium and selenium, so vital for a healthy heart, thyroid, immune system, brain function and stable blood sugar. 50% of the U.S. RDA.

Exclusively distributed by:

FOREVER LIVING PRODUCTS, INC.

P.O. Box 29041, Phoenix, Arizona 85038, U.S.A.

