

FOREVER NUTRI-LEAN™ 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.

- BREAKFAST** Forever Garcinia Plus®
Forever Lite Ultra® Shake
Fruit
- SNACK** Aloe Vera Gel*
Light toast with peanut butter
- LUNCH** Forever Lean™
Forever Garcinia Plus®
Forever Lite Ultra® Shake
Raw vegetables with light dressing
- SNACK** Aloe Vera Gel*
Meal of approx. 220 calories**
- DINNER** Forever Lean™
Forever Garcinia Plus®
Forever Active Probiotic®
Low-calorie meal

*May be substituted with Aloe Berry Nectar
**Refer to the calorie counter & meal suggestions in the guide book
Menus for weight maintenance or weight gain may vary.



BEFORE AFTER

79lbs (36kgs)

In January 2004, I decided to lose some weight, and this time I was really serious. I was taking prescription drugs for existing health problems that increased my appetite and consequently resulted in weight gain, so it meant that any weight loss was going to be a real struggle. I weighed 227 lbs (103 kgs) at the time, so I decided to put FLP's program to work along with light exercise, like walking my dog. Today my weight is 148 lbs (67 kgs) – but the best part is my improved health!
— Wesley Pinto



BEFORE AFTER

45lbs (20kgs)

I am 60 years old. Even though I have tried diet centers throughout Athens, I have lived my life fat and hungry. Sometimes I would have good results, but I always felt hungry, so I lost hope - I would never be thin. One day my sponsor convinced me that I could achieve positive results with the program. Today, almost three months later, I have lost 45 lbs (20 kgs) and 8 inches from my hips – and I have the energy of a woman half my age! Most importantly is that I feel completely healthy. Now I am not always hungry, but strong, and I am determined to never stop using this program - because this is my life!
— Verka Stefanova



BEFORE AFTER

16lbs (7kgs)

I think the hardest part about Clean 9 is committing to starting the program. Once I did, I followed the program closely and lost 16 lbs (7 kgs) and over 2 inches in my waist and hips. It's wonderful to wake up each morning with so much liveliness! I am so thankful for Clean 9, because after trying many other diets that failed, I am thrilled to have found one that works!
— Mariyana Georgieva

FOREVER NUTRI-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 INTO 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 FOREVER NUTRI-LEAN™ TODAY! GOOD LUCK!



FOREVER LIVING PRODUCTS
Forever Plaza, 74 Hill Road, Opp. St. Stanislaus High School
Bandra (W), Mumbai - 400 050
Tel.: (022) 6641 4000 Email: flpindia@flpindia.net

Visit www.forevernutrilean.com today!



FOREVER
Nutri-Lean™
Program

NUTRITIONAL CLEANSING PROGRAM
FOR A CLEANER, LEANER, HEALTHIER YOU

FOREVER NUTRI-LEAN™ IS A DIET AND EXERCISE PROGRAM DESIGNED TO TAKE THE GUESSWORK OUT OF A LIFETIME OF HEALTHY EATING AND CONTROLLING YOUR DIET, PUTTING YOU ON THE PATH TO A CLEANER, HEALTHIER, HAPPIER YOU.

CLEAN 9 FOREVER NUTRI-LEAN™

NUTRITIONAL CLEANSING PROGRAM

Aloe Vera Gel: Forever Living Products' high quality aloe contains over 200 different compounds and is the closest thing to drinking aloe straight from the leaf.

Forever Lite Ultra® Meal Replacement Shake: Each Forever Lite Ultra shake contains 55% more protein and less than 1/2 the carbohydrates of regular Forever Lite powder.

Forever Garcinia Plus®: Garcinia has been shown to reduce the body's conversion of carbohydrates into fats and acts as a natural appetite suppressant.

Forever Lean™: Contains two revolutionary ingredients that can help reduce the body's absorption of calories from fat and carbohydrates.

Forever Bee Pollen®: Our Bee Pollen contains trace amounts of Vitamins C, D, E, K, betacarotene, B complex, minerals, enzymes, coenzymes, plant-source fatty acids, carbohydrates, proteins and 22 amino acids (including 8 essential acids).

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

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.



CLEAN 9 INCLUDES:	FOREVER NUTRI-LEAN™ INCLUDES:
Aloe Vera Gel* Three 1-liter bottles	Aloe Vera Gel Two 1-liter bottles
Forever Lite Meal Replacement Shakes Vanilla/Chocolate	Aloe Berry Nectar 1-liter bottle
Forever Garcinia Plus® 70 softgels	Forever Lite Ultra® Meal Replacement Shakes 1 Vanilla & 1 Chocolate
Forever Bee Pollen® 100 tablets	Forever Garcinia Plus® 70 softgels
Shaker*	Forever Lean™ 120 capsules
Tape Measure	Forever Active Probiotic® 30 beadlets
T-Shirt	Shaker*
Program Guide	Tape Measure
Nutri-Lean Pamphlets	T-Shirt
	Nutri-Lean Guide
	Nutri-Lean Pamphlets

*subject to availability



CLEAN 9

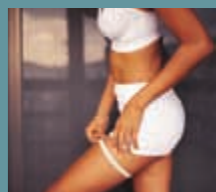
DAY 1-2: CLEAN ZONE

BREAKFAST	Forever Garcinia Plus® Aloe Vera Gel 20 minutes of exercise
SNACK	Forever Bee Pollen®
LUNCH	Forever Garcinia Plus® Aloe Vera Gel Forever Lite Shake Forever Bee Pollen®
DINNER	Forever Garcinia Plus® Aloe Vera Gel Forever Bee Pollen®
SNACK	Aloe Vera Gel



DAY 3-9: CLEAN ZONE

BREAKFAST	Forever Garcinia Plus® Aloe Vera Gel Forever Lite Shake 20 minutes of exercise
SNACK	Forever Bee Pollen®
LUNCH	Forever Garcinia Plus® Forever Lite Shake Forever Bee Pollen®
DINNER	Aloe Vera Gel Forever Garcinia Plus® Low-calorie meal Forever Bee Pollen®
SNACK	Min. 240 ml of water



Losing weight has changed my life. At 304 lbs (138 kgs), I had trouble walking and was in poor health, and my doctors urged me to lose weight. When my daughter said, "If you cared about us, Mom, then you would take care of yourself" – so I finally decided to lose the weight. After trying different diets unsuccessfully, a friend introduced me to Clean 9. I ultimately lost 100 lbs (45 kgs)! I now have more energy and am motivated to focus on my Forever business. Do not hesitate to try the Forever Nutri-Lean™ Program!
— Jackeline Azúa



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