

## 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

Nutritious Forever Lite Shake  
Fruit  
Bee Pollen tablets

### snack

Aloe Vera Gel, Aloe Berry Nectar or  
Bits N' Peaches  
Light Toast with Peanut Butter

### lunch

Garcinia Plus softgels  
Nutritious Forever Lite Ultra  
Raw vegetables with humus or light dressing,  
Bee Pollen tablets

### snack

Aloe Vera Gel, Aloe Berry Nectar or  
Bits N' Peaches  
Forever Fast Break\*

### dinner

Probiotic Beadlet  
Garcinia Plus softgel  
400 calorie meal  
Bee Pollen tablet

\*Forever Fast Break & Forever Active Probiotic are not included in the Lifestyle 30 Pack



## I set my goal to reduce weight

"I have been using FLP's Products from the last 14 months. My sister recommended that I start Lifestyle 30 and she said to exercise. I used two Lifestyle 30 and Clean 9 Combo Paks and with the help of Aloe Vera Gel and Garcinia Plus I lost an incredible amount of weight. Earlier I weighed 134 kgs but now after using these products, I am 95 kgs. I set my goal to reduce weight and I did it. Thanks to Forever Living Products' wonderful products"

– Sajid Ahmed Ekkere

## CLEAN 9 + LIFESTYLE 30

Through your desire and motivation to follow this program, along with light to moderate exercise, Clean 9 and Lifestyle 30 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

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FOREVER™



## CLEAN 9 + LIFESTYLE 30

### nutritional cleansing program

FOR A CLEANER, LEANER, HEALTHIER YOU

Forever Clean 9 & Lifestyle 30 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 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 9 + LIFESTYLE 30



## nutritional cleansing program



### I achieved my target of losing weight

“In 2004, when Clean 9 & Lifestyle 30 was launched in India, I was the first person to grab this opportunity. It was a wonderful program as it was easy to follow and did not demand drastic measures. I achieved my target of losing weight in a comfortable, natural and nutritious way. I lost close to 13 kgs by diligently following this nutrition program. In October 2007 I repeated the Clean 9 program and have lost more than 15 kgs and continue losing weight which is admirable.”

– Pankaj Desai

**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 (not included in this combo):** This 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-litre bottles]

Forever Lite Meal Replacement Shakes  
[1 Vanilla / 1 Chocolate (subject to availability)]

Forever Garcinia Plus  
[70 softgels]

Forever Bee Pollen  
[100 tablets]

T-shirt

Tape Measure

Shaker

### Lifestyle 30 includes:

Forever Lite Meal Replacement Shakes  
[1 Vanilla, 1 Chocolate, 1 Ultra Vanilla]

2 Aloe Vera Gels,  
1 Aloe Berry Nectar,  
1 Bits N' Peaches  
[Four 1-litre bottles]

2 Forever Garcinia Plus  
[70 softgels in each]

Forever Bee Pollen  
[100 tablets]

## Clean 9

### day 1 -2 clean zone

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

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. 240 ml of water

