



C9

**BUILD THE FOUNDATION
FOR LOOKING AND
FEELING BETTER.**



FOREVER

CAN YOU LOOK BETTER AND FEEL BETTER IN JUST 9 DAYS? **YES.**

The **CLEAN 9** programme can help to jumpstart your journey to a slimmer, healthier you. This effective, easy-to-follow cleansing programme will give you the tools you need to start transforming your body today!

WHAT CAN YOU EXPECT OVER THE NEXT 9 DAYS?

YOU'LL LOOK BETTER AND FEEL BETTER. YOU'LL ALSO BEGIN TO FEEL LIGHTER AND MORE ENERGISED AS YOU PROVE YOU CAN TAKE CONTROL OF YOUR APPETITE AND SEE YOUR BODY BEGIN TO CHANGE.



MOVING TOWARDS A HEALTHIER LIFESTYLE ISN'T EASY...

...but few things that are truly worthwhile are. Establishing lifelong habits can help you to achieve true and lasting weight management.

Clean 9 is the foundation of the **Forever F.I.T.** programme and will put you in the best possible position to attain optimal health, cleanse your body and build a slimmer, leaner you.

Forever Aloe Vera Gel

2 X 1-Litre bottles

Forever Garcinia Plus

54 softgels

Forever Lite Ultra Shake Mix

1 X Pouch

What your CLEAN 9 Pack includes:

Forever Fiber

9 sticks

Forever Therm

18 Tablets

Tape Measure & Shaker

Please consult your doctor for more in-depth information before beginning any exercise programme or using any dietary supplement.

Please note that Clean 9 and the Forever F.I.T. programmes are not suitable for, and should not be taken by, anyone who has diabetes or kidney disease.

If you have any medical condition, please consult your doctor before starting the programme.



YOU DESERVE MAXIMUM RESULTS.

FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.



WEIGH AND MEASURE YOURSELF BEFORE YOU BEGIN.

Record your measurements in this booklet and calculate the difference at the end of the **CLEAN 9** programme.



CHOOSE 3 REALISTIC GOALS YOU WANT TO ACHIEVE IN THE NEXT 9 DAYS.

It could be anything from having more energy, to taking the stairs instead of the lift at work.



RECORD YOUR DAILY EXERCISE, FOOD INTAKE AND HOW YOU FEEL, IN THIS BOOKLET.

Accountability will help prevent you from deviating from the programme.



EXERCISE DAILY.

It's important to not over-exert yourself at the beginning of the programme. Start with easy, low-impact exercises and gradually increase activity.



INSTEAD OF WEIGHING YOURSELF DAILY, RECORD YOUR WEIGHT ONLY ON DAYS 1,3,6 AND 9.

As your body responds to the different phases of **CLEAN 9**, your weight may fluctuate.



DRINK PLENTY OF WATER.

Approximately 3 litres a day for men and 2 - 2.5 litres a day for women. This can help you feel fuller and support healthy skin and optimal health.



PUT DOWN THE SALTSHAKER.

Salt contributes to fluid retention. Flavour foods with herbs and spices instead.



AVOID FIZZY DRINKS AND CARBONATED BEVERAGES.

Carbonation promotes bloating. Drinking fizzy drinks also adds unwanted calories and sugar.

**KNOW THAT YOU
CAN DO THIS.**

DAYS 1&2

THE FIRST TWO
DAYS OF THE CLEAN 9
PROGRAMME
ARE DESIGNED
TO RESET YOUR BODY
AND YOUR MIND.

Breakfast

**2X Forever
Garcinia Plus
Softgels**

Taken **20 minutes**
before the Forever
Aloe Vera Gel



**120ml
Forever Aloe Vera
Gel**

With a minimum of
250ml of water

**1X Forever
Therm Tablet**

**Minimum
of 30 minutes
of low-intensity
exercise**

See pages 15 & 16

Snack

**1X Packet
Forever Fiber**

Mixed with water or
other beverage

Be sure to take
Forever Fiber separate
from your daily supplements.
Fibre can bind to some
nutrients, affecting
their absorption by
your body.

Lunch

**2X Forever
Garcinia Plus
Softgels**

Taken **20 minutes**
before the Forever
Aloe Vera Gel



**120ml
Forever Aloe Vera
Gel**

With a minimum of
250ml of water

**1X Forever
Therm Tablet**

**1X Scoop
Forever Lite Ultra**

Mixed with **300ml** of water,
almond milk, light soy
milk, or coconut milk



Dinner

**2X Forever
Garcinia Plus
Softgels**

Taken **20 minutes**
before the Forever
Aloe Vera Gel



Wait **20**
minutes

**120ml
Forever Aloe Vera
Gel**

With a minimum of
250ml of water



Free Foods
can be found
on **page 11**.
Enjoy these foods
in moderation
to help curb
hunger.

Evening

**120ml
Forever Aloe Vera
Gel**

With a minimum of
250ml of water

Increasing
your water intake
is important when
cleansing the
body!

Water supports
digestive health and
flushes toxins and impurities
out of your system.
Drink plenty of water,
approximately 3 litres a day
for men and 2 - 2.5 litres
a day for women.



**DURING THIS TIME, YOU
WILL BEGIN TO PURGE
TOXINS FROM YOUR BODY.
COMMITTING TO THE
PROGRAMME IS CRUCIAL,
AND THE FIRST TWO DAYS
ARE THE TOUGHEST.
KEEP YOUR GOALS IN
MIND AND KNOW THAT
THE DIFFICULTY IS ONLY
TEMPORARY.**

DAYS 3 THROUGH 9

BE AWARE THAT YOUR WEIGHT MAY FLUCTUATE FROM DAY TO DAY. REMEMBER TO ONLY WEIGH YOURSELF ON DAYS 1, 3, 6 AND 9, AND DON'T BE DISCOURAGED! REGARDLESS OF WHAT THE SCALES SAY, YOU WILL BEGIN TO SEE POSITIVE CHANGES IN YOUR BODY, SUCH AS A FLATTER STOMACH AND A GREATER FEELING OF WELL BEING.

Breakfast

2X Forever
Garcinia Plus
Softgels

Taken **20 minutes**
before the Forever
Aloe Vera Gel



120ml
Forever Aloe Vera
Gel

With a minimum
of 250ml of water

1X Forever
Therm Tablet

1X Scoop
Forever Lite Ultra

Mixed with **300ml.** of water,
almond milk, light soy
milk, or coconut milk

Minimum
of **30 minutes**
of moderate
intensity exercise

See pages 15 & 16

Lunch

2X Forever
Garcinia Plus
Softgels

1X Packet
Forever Fiber

Mixed with water or
other beverage

1X Forever
Therm Tablet



You're almost
there! On **DAY 9**,
introduce a **300-calorie**
meal for lunch instead
of a **Forever Lite Ultra**
shake. This will help
your transition into
Forever F.I.T. 1.

1X Scoop
Forever Lite Ultra

Mixed with **300ml.** of water,
almond milk, light soy
milk, or coconut milk

Dinner

**2X Forever
Garcinia Plus
Softgels**



600-Calorie Meal

See pages 13 & 14 for
suggestions

**Men can have
up to 200 more
calories on days 3-8.**

They can either have an
additional shake or an
additional **200 calories**
in their meal.

Evening

A minimum
of **250ml**
of water

The **CLEAN 9**
meal schedule can
be adapted to fit
your lifestyle.

If you prefer to have
your 600-calorie meal
for lunch and a protein
shake made with
Forever Lite Ultra
for dinner, feel free to
make the switch!



**ON YOUR FINAL DAY,
YOUR BODY WILL FEEL
ENERGISED AND
REFRESHED AS YOU
COMPLETE THE
CLEAN 9 PROGRAMME
AND PREPARE
YOURSELF FOR
THE NEXT STEP!**

FOREVER LITE ULTRA SHAKE RECIPES.

These tasty recipes will add some variety to your **Forever Lite Ultra** shakes. Packed with protein, they are specially formulated to keep you feeling full and energised for hours. You can also use these shake ideas as a post-workout drink throughout the **Forever F.I.T.** programme. It's a healthy, low-calorie and delicious way to stay full.

CHERRY & GINGER RECOVERY SHAKE

The perfect midday shake to help soothe sore muscles and enhance the benefits of your exercise routine.

Combine:

1 scoop of Forever Lite Ultra Vanilla shake mix / **250ml** unsweetened coconut milk / **½ cup** of frozen cherries / **½ tsp** minced ginger / **4-6** small ice cubes in a blender / Blend on high for **20-30 seconds** and serve immediately.

219
calories per
serving

PEACHES & CREAM SHAKE

Light and creamy, this refreshing shake combines all the best flavours of summer.

Combine:

1 scoop of Forever Lite Ultra Vanilla shake mix / **250ml** unsweetened almond milk / **1 cup** of frozen unsweetened peaches / **½ tsp** cinnamon / **4-6** small ice cubes in a blender / Blend on high for **20-30 seconds** and serve immediately.

180
calories per
serving

BLUEBERRY BLAST

Packed with figure-friendly fibre, this shake will help keep you full for hours.

Combine:

1 scoop of Forever Lite Ultra Vanilla shake mix / **250ml** of blueberries / **4-6** small ice cubes in a blender / Blend on high for **20-30 seconds** and serve immediately.

203
calories per
serving

CHOCOLATE & RASPBERRY SHAKE

A decadent blend of rich chocolate and sweet raspberries will help satisfy those dessert cravings.

Combine:

1 scoop of Forever Lite Ultra Vanilla shake mix / **250ml** unsweetened coconut milk / **1 cup** fresh raspberries / **1 tsp** cocoa powder / **4-6** small ice cubes in a blender / Blend on high for **20-30 seconds** and serve immediately.

204
calories per
serving



VANILLA & STRAWBERRY SHAKE

This is a tasty way to boost your intake of healthy fat without a huge calorie hit.

Combine:

1 scoop of Forever Lite Ultra Vanilla shake mix / **250ml** of water / **1 cup** of frozen strawberries / **1 tsp** of flax oil / **4-6** small ice cubes in a blender / Blend on high for **20-30 seconds** and serve immediately.

203

calories per serving

APPLE CRISP SHAKE

All the flavours of autumn, this shake boasts antioxidant-rich apples and cinnamon.

Combine:

1 scoop of Forever Lite Ultra Vanilla shake mix / **250ml** unsweetened coconut milk / **4 oz.** apple sauce / **½ tsp** cinnamon / **4-6** small ice cubes in a blender / Blend on high for **20-30 seconds** and serve immediately.

188

calories per serving

LEAN & GREEN POWER SHAKE

A great way to sneak in an extra serving of leafy greens, this shake is surprisingly delicious and nutritious.

Combine:

1 scoop of Forever Lite Ultra Vanilla shake mix / **½ cup** fresh spinach leaves / **½ cup** frozen blueberries / **5** whole frozen strawberries / **60ml** unsweetened coconut milk / **4-6** small ice cubes in a blender / Blend on high for **20-30 seconds** and serve immediately.

166

calories per serving

Fruits and vegetables from your Free Foods list on page 11

can be mixed and matched with Forever Lite Ultra in countless ways.

FEEL FREE TO SWAP RICE MILK, UNSWEETENED ALMOND MILK, UNSWEETENED COCONUT MILK OR UNSWEETENED SOY MILK IN ANY OF THESE RECIPES. CHECK THE LABEL TO ENSURE THAT THE MILK ALTERNATIVE YOU CHOOSE PROVIDES APPROXIMATELY 50 TO 60 CALORIES PER 250ml.

You can substitute Forever Lite Ultra Chocolate shake mix in any shake recipe or experiment and create your own!

**HAVE A GREAT RECIPE?
SHARE IT WITH US AT**

**f /ForeverLivingProductsUK
#FitRecipes**

YOUR FREE FOODS.

All of the foods below are low on the **Glycemic Index (GI)** - a system that measures how much a particular food impacts your blood sugar on a scale of 1 to 100. **Foods under 55 are considered low GI.** Because these foods are low in calories, and have a minimal effect on your blood sugar, these can be enjoyed as a snack throughout the day to help curb cravings.



APRICOTS
APPLES
BLACKBERRIES
BLUEBERRIES
BOYSENBERRIES
CHERRIES
FIGS
RED/PURPLE GRAPES
GRAPEFRUIT
KIWI FRUIT
ORANGES
PEACHES
PEARS
PLUMS
PRUNES
RASPBERRIES
STRAWBERRIES



ARTICHOKES
ROCKET
ASPARAGUS
BELGIAN ENDIVE
BROCCOLI
CAULIFLOWER
CELERY
CUCUMBER
AUBERGINE
SPRING ONIONS
KALE
LEEKs
LETTUCES – ALL VARIETIES
PEPPERS – ALL VARIETIES
ROMAINE LETTUCE
SNOW PEAS OR SUGAR SNAP PEAS
SOY BEANS
SPINACH
STRING BEANS
TOMATOES



Vegetables should be eaten raw (with the exception of artichokes and soy) or lightly steamed without fats or oils. If desired, enhance the flavour with herbs or your favourite seasoning.



**THESE FRUITS
AND VEGETABLES
MAY BE EATEN
IN MODERATION
ANY TIME DURING
THE CLEAN 9
PROGRAMME.**

DELICIOUS DINNERS

500-600 CALORIE MEALS.

These quick and easy meal ideas can add variety to your **CLEAN 9** programme during days 3-9. **Each meal is approximately 500 to 600 calories** and consists of high protein/low-carb foods to accelerate your metabolism. The balanced nutrients in each meal will also help to keep you full and energised while supporting optimal cleansing. Feel free to mix and match the meals to suit your tastes.

**IS THIS
ENOUGH
FOOD
FOR ME?**

DURING DAYS 3 THROUGH 9, YOU'LL BE CONSUMING 1,000 CALORIES PER DAY. MEN CAN ADD AN ADDITIONAL 100 TO 200 CALORIES PER DAY IF NEEDED BY EATING AN EXTRA 2 TO 3 OZ. OF LEAN PROTEIN OR BY DRINKING ONE ADDITIONAL FOREVER LITE ULTRA SHAKE.

CLEAN 9 REQUIRES COMMITMENT AND WILLPOWER. FORTUNATELY, MOST PEOPLE FIND THAT THEIR HUNGER DIMINISHES WITH EACH PASSING DAY, BUT IF YOU'RE TRULY HUNGRY AND NEED A LITTLE SOMETHING EXTRA, TRY THESE ADDITIONAL TIPS:

**Drink
more water.**

Water helps you feel full and can help curb hunger and cravings.

**Banish
mid-afternoon
hunger** with raw cut-up veggies from your Free Foods list.

**Eat a piece
of fruit** from your Free Foods list as an evening snack.



CHICKEN & RICE

5 oz. baked chicken breast, skinless and boneless / **¾ cup** brown rice / **2 cups** mixed vegetables (from your Free Foods list) / **15** raw almonds

584

Estimated
Calories

SIMPLE SALMON

4 oz. salmon, sautéed / **1 tbsp** olive oil (for sautéing) / **1** medium sweet potato sprinkled with cinnamon / **1** microwaveable bag of vegetables, individual size

527

Estimated
Calories

ROAST TURKEY DINNER

4 oz. turkey breast, baked without the skin / **1** medium baked potato topped with **1 tsp** of clarified butter and minced chives / **½ cup** spinach sautéed with **2** minced garlic cloves in **2 tsp** extra virgin olive oil / **1** small pear poached in water mixed with **1 tsp** of vanilla extract and sprinkled with cinnamon

540

Estimated
Calories

BURRITO BOWL

Layer the following ingredients in a large bowl / **1 cup** brown rice / **½ cup** cooked black or pinto beans / **3 oz.** sliced broiled or grilled chicken breast, skinless and boneless / **¼ cup** each chopped onion and salsa / **¼ cup** diced avocado or guacamole / **1 tbsp** coriander / lime wedge

545

Estimated
Calories

PASTA NIGHT

1 cup cooked (rice or quinoa) pasta tossed with **1 cup** of marinara sauce and **½ cup** mushrooms / **3 oz.** baked or grilled chicken, skinless and boneless, sliced / **2 cups** romaine lettuce with tomatoes and cucumbers, dressed with **2 tsp** extra virgin olive oil and **2 tsp** balsamic vinegar

585

Estimated
Calories

PORK & BEANS PLUS

4 oz. grilled or broiled pork chop / **½ cup** cooked black beans / **½ cup** quinoa / **1 cup** mixed lettuce and **½ cup** chopped cucumber dressed with **2 tsp** extra virgin olive oil and **2 tsp** balsamic vinegar

582

Estimated
Calories

TURKEY BURGER & SWEET POTATO WEDGES

4 oz. lean ground turkey breast patty on a gluten-free bun with mustard / **4 oz.** sweet potato wedges (spray with cooking spray and dust with a sprinkling of chili powder or cinnamon; bake at **200°C / 400°F** for **30 minutes** or until tender) / **2 cups** mixed lettuce with tomatoes and red onion, dressed with **2 tsp** extra virgin olive oil and **2 tsp** balsamic vinegar

588

Estimated
Calories

EXERCISE OPTIONS.

There are many opportunities to burn extra calories throughout the day. Instead of the lift, take the stairs, or park further away from your destination and walk.

DAYS 1&2

You'll be consuming a diet very low in calories for the first 2 days. Because of this, you may feel like you have less energy than usual. This is normal and nothing to be concerned about.

While getting some exercise is important, it's best to keep it to low and moderate impact exercises during this phase of **CLEAN 9**. Take a 30-minute walk at a slow to moderate pace, engage in some gentle stretching exercises, or take a low-key yoga class designed for beginners. These activities will not only stimulate your metabolism, they will also help you stay centred and calm as you begin your transformation.



How much is enough? It's important to engage in 30 minutes of aerobic exercise every day.



While you can break this up into two 15-minute sessions, it's best to exercise for the entire 30 minutes at once to put your body into a fat-burning zone.



Be sure to take 5 minutes to warm up and 2 minutes to stretch before your 30 minutes of exercise. Preparing your body and muscles ensures that you get the most out of your workout and have a faster recovery.

DAYS 3 THROUGH 9

Time to step it up! Now that you are consuming more calories, you should feel more energised and ready to take on more physical activity. During this part of **CLEAN 9**, your focus should be on calorie-burning aerobic exercises like the examples below. Studies show that aerobic activities like running or dancing burn more calories than other forms of exercise.

LOW-MEDIUM IMPACT EXERCISES

BRISK WALKING
STRENGTH TRAINING
SWIMMING
WATER AEROBICS
YOGA
ELLIPTICAL MACHINE
CYCLING

STEP AEROBICS
HIKING
ROCK CLIMBING
DANCING
ROLLERBLADING
TREADMILL

**AS YOU HAVE MORE ENERGY,
INCREASE THE DURATION AND
INTENSITY OF LOW-MEDIUM
IMPACT EXERCISE FOR
GREATER RESULTS!**



ARE YOU READY? LET'S PUT DOWN YOUR THREE CLEAN 9 GOALS.

1

2

3

YOUR DAILY PLANNER.

Research shows that people who record what they eat and how much they exercise lose more weight. Indeed, those that keep a daily planner are two to three times more likely to stick with the **CLEAN 9** programme.



**KEEP TRACK OF HOW
YOUR BODY IS IMPROVING
BY WEIGHING YOURSELF
ON THE DAYS INDICATED.**



**DOCUMENT ANY EXTRA
FOOD YOU EAT, THE TYPE
OF EXERCISE YOU DO EACH
DAY, HOW WELL YOU SLEEP
AND HOW YOU FEEL.**



**NOT ONLY WILL THIS GIVE YOU
A GREAT OVERVIEW OF YOUR
PROGRESS, IT WILL ALSO PROVIDE
A GOOD REFERENCE LATER ON
AS YOU CONTINUE YOUR HEALTH
AND WEIGHT LOSS JOURNEY.**

BODY WEIGHT & MEASUREMENTS.

HOW TO MEASURE:

CHEST / Measure under your armpits around the front of your chest with your arms relaxed at your sides.

BICEPS / Measure halfway between your armpit and elbow with your arm relaxed at your side.

WAIST / Measure your natural waist – approximately 2" above your hips.

HIPS / Measure around the widest part of the hips and buttocks, placing the tape measure over the hip bone on each side.

THIGHS / Measure at the widest point of the thigh including the highest point on your inner thigh.

CALVES / Measure the thickest part of your calf, typically about half way between the knee and the ankle, while your calves are relaxed.



Our experience shows that you are more likely to stick with the CLEAN 9 programme and achieve your goals if you write down your daily progress.



DATE

/ / / / / / / /

BODY PART

DAY 1

DAY 3

DAY 6

DAY 9

TOTAL LOSS

CHEST

BICEPS

WAIST

HIPS

THIGHS

CALVES

D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ CLEAN 9 Programme DAY 1

+ BREAKFAST

2X Forever Garcinia
Plus Softgels120ml Forever
Aloe Vera Gel

1X Forever Therm Tablet

30 min minimum of
low-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel

+ EVENING

120ml Forever Aloe Vera Gel
250ml of water

+ FOOD

DAY 1 DONE! 8 DAYS TO GO!



D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ CLEAN 9 Programme DAY 2

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

30 min minimum of
low-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel

+ EVENING

120ml Forever Aloe Vera Gel
250ml of water

+ FOOD



**FANTASTIC JOB!
YOU HAVE ALREADY
COMPLETED 2 DAYS
OF THE CLEAN 9
PROGRAMME.**

**KEEP GOING.
YOU CAN DO THIS!**

**DON'T FORGET, THE PROGRAMME CHANGES AFTER
DAY 2, CHECK OUT THE CHECKLIST FOR DAYS 3-8.**

C9

D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ CLEAN 9 Programme DAY 3

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+FOOD



D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ CLEAN 9 Programme DAY 4

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+ FOOD

DAY 4 DONE! ALMOST HALFWAY!



D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ CLEAN 9 Programme DAY 5

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber



+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+FOOD



D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ CLEAN 9 Programme DAY 6

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+ FOOD

DAY 6 DONE! 2/3 OF THE WAY!



D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ CLEAN 9 Programme DAY 7

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+ FOOD



D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ CLEAN 9 Programme DAY 8

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+FOOD

DAY 8 DONE! ONE DAY LEFT!



D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ CLEAN 9 Programme DAY 9

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+FOOD



**CONGRATULATIONS!
YOU HAVE
SUCCESSFULLY
COMPLETED
THE CLEAN 9
PROGRAMME.
YOU DID IT!**

C9

GET INSPIRED WITH FOREVER F.I.T. 1.

Now that you've cleansed your body and built a great foundation to look better and feel better, it's time to get inspired! The **Forever F.I.T. 1 Pack** will teach you how to break the bad habits that you've built and help you look better and feel better.



FOREVER F.I.T. 1 IS PACKED
WITH FANTASTIC INFORMATION
TO NOT ONLY CHANGE YOUR
BODY BUT ALSO TO CHANGE THE
WAY YOU THINK ABOUT
FOOD AND EXERCISE.



F1



F2

**CONTACT
THE PERSON THAT
INTRODUCED YOU
TO CLEAN 9...**

**...TO PURCHASE
FOREVER F.I.T. 1,
THE NEXT STEP
TO LOOKING AND
FEELING BETTER.**

FREQUENTLY ASKED QUESTIONS.

HOW MUCH WEIGHT CAN I EXPECT TO LOSE ON CLEAN 9?

The amount of weight you will lose during the **CLEAN 9** programme depends on your baseline factors, including your starting weight and what your lifestyle was like when you began the programme.

IS THE CLEAN 9 PROGRAMME SAFE?

Yes. Because the programme is designed to be done for nine days only. However if you have any medical condition, please consult your doctor before starting the **CLEAN 9** programme. The **Clean 9** programme is not suitable for, and should not be taken by, anyone who has diabetes or kidney disease.

WILL I FEEL HUNGRY DURING CLEAN 9?

You may feel hungry, especially during the first two days. This is normal. However, the sensation of hunger should subside. **Forever Fiber** and **Forever Lite Ultra** are designed to promote feelings of fullness and help stave off hunger.*

THE FIRST TWO DAYS OF THE PROGRAMME LOOK TOUGH! DO I HAVE TO FOLLOW THEM EXACTLY AS OUTLINED?

Yes. The days are specifically designed to jumpstart a healthy weight management programme. These first two days help reset your body's ability to cleanse and set the stage for Days 3 through 9. Skipping days 1 and 2 can impact your final results during this phase of the programme.

WHAT DOES FOREVER GARCINIA PLUS DO?

Garcinia cambogia is a small, pumpkin-shaped fruit that contains a compound known as hydroxycitric acid (HCA). Studies show that HCA helps to support a healthy weight.

WHAT ARE THE BENEFITS OF FOREVER THERM?

Forever Therm offers a powerful combination of botanical extracts and vitamins that can help support metabolism.*

WHY DO I NEED PROTEIN?

Protein is the basic building block of every cell in your body. In order to build or repair tissues and muscles, your body needs amino acids that can only be derived from protein. Research shows that protein is essential for successful weight loss. Calorie restriction that does not include adequate amounts of protein can cause a loss of muscle mass before you begin to lose fat. **Forever Lite Ultra**, when combined with a healthy diet and exercise programme, can help you lose fat, not muscle.*

WHY SHOULD I DRINK AT LEAST 8 GLASSES OF WATER PER DAY?

About 72% of your body is made up of water, and you must constantly replenish this supply. Water is needed to maintain a healthy metabolism because it is involved in almost every biochemical process in your body. Making sure you are well-hydrated also helps to keep you feeling full between meals.

AS LONG AS I MONITOR MY CALORIE INTAKE TO STAY WITHIN THE C9 1,000-CALORIE LIMIT, CAN I EAT WHATEVER FOODS I WANT?

One of the most important parts of changing your body is changing the way you think about food. For best results, we suggest that you follow the programme exactly as outlined in this booklet. Foods that are low in calories may not provide you with the correct balance of nutrients necessary for cleansing and weight loss.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

The logo consists of the characters 'C' and '9' in a white, bold, sans-serif font. The 'C' is a simple open circle, and the '9' has a small tail at the bottom. They are centered within a solid purple hexagon. The background of the entire image is a dark purple field with a repeating pattern of lighter purple triangles of various sizes, creating a geometric, low-poly effect.

C9

**TO LEARN MORE ABOUT
FOREVER F.I.T. VISIT:
WWW.DISCOVERFOREVER.COM**



FOREVER

Forever Living Products (UK) Ltd

Longbridge Manor
Longbridge
Warwick
CV34 6RB

Forever Living Products Ireland Ltd

Magheramorne House
59 Shore Road, Magheramorne,
Larne, County Antrim
BT40 3HW

Distributor:

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www.foreverliving.com | www.foreverknowledge.info



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