

# Weight Management



## Forever Lite Ultra®

with Aminotein®<sup>††</sup>

## Vanilla and Chocolate

Forever Lite Ultra® with Aminotein is the perfect addition to your healthy Forever Living lifestyle. Forever Lite Ultra with Aminotein integrates new thinking with new technologies to help you maintain a healthy diet and lifestyle.

Two servings a day of Forever Lite Ultra, prepared with skim milk as directed, supply a full 100% of the Reference Daily Intake (RDI) for the vitamins and minerals shown in the Nutrition Facts section. Forever Lite Ultra® supplies the 18 important amino acids, including essential, non-essential and the branch-chain amino acids.

Forever Lite Ultra® is also an integral part of Forever's Clean 9 program. It will help you take charge of your health and put you on the path to effective and sustained weight management!

### Vanilla Ingredients

Soy Protein Isolate, Fructose, Fructooligosaccharides, Dicalcium Phosphate, Aminogen®<sup>††</sup> (Patented Protease Blend), Natural Vanilla Flavor, Guar Gum, Safflower Oil, Soy Lecithin, Disodium Phosphate, Biotin, Sucralose, Ascorbic Acid, D-Alpha-Tocopheryl Acetate, Beta Carotene, Niacinamide, Vitamin A Palmitate, Zinc Oxide, D-Calcium Pantothenate, Potassium

Iodide, Vitamin D3, Pyridoxine Hydrochloride, Brewer's Yeast, Thiamine Hydrochloride, Chromium Chloride, Cyanocobalamin, Riboflavin, Folic Acid, Spirulina, Sodium Selenite.

**Contains: Soy**

### Chocolate Ingredients

Soy Protein Isolate, Cocoa Powder, Natural Chocolate Flavor, Fructose, Fructooligosaccharides, Dicalcium Phosphate, Aminogen®<sup>††</sup> (Patented Protease Blend), Guar Gum, Safflower Oil, Sucralose, Soy Lecithin, Biotin, Ascorbic Acid, D-Alpha-Tocopheryl Acetate, Disodium Phosphate, Beta Carotene, Niacinamide, Vitamin A Palmitate, Zinc Oxide, D-Calcium Pantothenate, Potassium Iodide, Vitamin D3, Pyridoxine Hydrochloride, Brewers Yeast, Thiamine Hydrochloride, Chromium Chloride, Cyanocobalamin, Riboflavin, Folic Acid, Spirulina, Sodium Selenite.

**Contains: Soy**

††Aminotein® and Aminogen® are registered trademarks of Triarco Industries. Aminogen® is protected by U.S. Patent No. 5,387,422.

### CONTENTS

18.5 Oz. (524g)—about 21 servings per can

### DIRECTIONS

Blend or mix 1 level scoop with 10 fluid ounces of skim milk. (Use scoop provided.) For a special treat, mix with crushed ice or fruit. Shake can before each use.



- For your low-carb lifestyle
- Two shakes provide 100% RDI of numerous vitamins and minerals
- Natural Flavored
- About 21 servings per can



### SEE REVERSE SIDE FOR NUTRITION FACTS

*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.*

PRODUCT #324 (Vanilla)  
PRODUCT #325 (Chocolate)

Version 9

# Weight Management

## VANILLA

### Nutrition Facts

Serving Size 1 Scoop (25g) Servings Per Container about 21

Amount Per Serving	Powder	Powder with skim milk (10 fl.oz.)
<b>Calories</b>	90	216
Calories from fat	10	10
% Daily Value**		
<b>Total Fat</b> 0.5g*	<1%	<1%
Saturated Fat 0g	0%	0%
<i>Trans Fat</i> 0g		
<b>Cholesterol</b> 0mg	0%	2%
<b>Sodium</b> 160mg	7%	14%
<b>Potassium</b> 150mg	4%	17%
<b>Total Carbohydrate</b> 3g	1%	5%
Dietary Fiber 1g	4%	4%
Sugars 1g		
<b>Protein</b> 17g	34%	54%
Vitamin A	40%	50%
Vitamin C	50%	50%
Calcium	20%	55%
Vitamin D	30%	50%
Vitamin E	50%	50%
Thiamine	40%	50%
Riboflavin	15%	50%
Niacin	50%	50%
Vitamin B6	50%	50%
Folate	50%	50%
Vitamin B12	30%	50%
Biotin	50%	50%
Pantothenic Acid	40%	50%
Phosphorus	20%	50%
Iodine	35%	50%
Zinc	40%	50%
Selenium	50%	50%
Chromium	50%	50%

### Typical Amino Acid Profile

Isoleucine	1,075mg†	1,747mg†
Leucine	1,800mg†	2,890mg†
Lysine	1,375mg†	2,254mg†
Methionine	300mg†	577mg†
Phenylalanine	1,150mg†	1,685mg†
Threonine	825mg†	1,326mg†
Tryptophan	300mg†	457mg†
Valine	1,100mg†	1,842mg†
Alanine	950mg†	1,334mg†
Arginine	1,675mg†	2,075mg†
Aspartic Acid	2,550mg†	3,390mg†
Cysteine	275mg†	379mg†
Glutamic Acid	4,200mg†	6,520mg†
Glycine	925mg†	1,160mg†
Histidine	575mg†	875mg†
Proline	1,125mg†	2,205mg†
Serine	1,150mg†	1,750mg†
Tyrosine	825mg†	1,360mg†

\*Amount in Powder. Ten fl. oz. of skim milk contributes an additional 126 calories, 181mg sodium, 17g total carbohydrate (17g sugars), and 10g protein.

†Daily Value not established.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	26g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

## CHOCOLATE

### Nutrition Facts

Serving Size 1 Scoop (25g) Servings Per Container about 21

Amount Per Serving	Powder	Powder with skim milk (10 fl.oz.)
<b>Calories</b>	90	216
Calories from fat	10	10
% Daily Value**		
<b>Total Fat</b> 0.5g*	<1%	<1%
Saturated Fat 0g	0%	0%
<i>Trans Fat</i> 0g		
<b>Cholesterol</b> 0mg	0%	2%
<b>Sodium</b> 160mg	7%	14%
<b>Potassium</b> 150mg	4%	17%
<b>Total Carbohydrate</b> 3g	1%	5%
Dietary Fiber 1g	4%	4%
Sugars 1g		
<b>Protein</b> 17g	34%	54%
Vitamin A	40%	50%
Vitamin C	50%	50%
Calcium	20%	55%
Vitamin D	30%	50%
Vitamin E	50%	50%
Thiamine	40%	50%
Riboflavin	15%	50%
Niacin	50%	50%
Vitamin B6	50%	50%
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4