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F.I.T. APP NOW



# NUTRITIONAL CHANGE SYSTEM

A **nine-day** program to help you transform your eating habits and build a healthier lifestyle



FOREVER®

# TRANSFORM YOUR NUTRITION

Forever's easy-to-follow C9™ program helps you jump-start your journey to a leaner, healthier you. As the second step for many people on the F.I.T. journey, C9 is a nine-day nutritional change system of five powerful nutritional products and supplements. Combining these with light movement, delicious recipes for reduced-calorie meals, and Free Foods that include a variety of fruits and vegetables, the C9 program may help contribute to weight loss, a flatter stomach, and becoming leaner.

All aspects of the C9 program work together to help you make positive changes to your nutritional intake, set a goal, and experience improved wellness. C9 will train you to make better decisions about your nutrition and show you how easy, and beneficial, it is to incorporate daily movement into a new, healthier lifestyle.



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# PILLARS OF THE PROGRAM



Set a goal



Guided  
food and  
supplement  
intake



Proper  
hydration



Body  
awareness



Healthy  
recipes



Light  
movement



Sharing  
or posting  
about your  
experience



Celebrating  
your victory

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# WHAT YOUR C9 SYSTEM INCLUDES



## Forever's Aloe Drinks

2X 1-liter Tetra Paks

This gel comes in a variety of flavors to choose from, including the original Forever Aloe Vera Gel®, Forever Aloe Peaches® or Forever Aloe Berry Nectar®. Containing up to 99% pure aloe vera, it helps cleanse the digestive system and maximize absorption of nutrients.



## Forever Fiber®

9 packets

This fiber supplement provides a proprietary blend of water-soluble fiber that can help promote feelings of fullness.



## Forever Therm®

18 tablets

This offers a powerful combination of botanical extracts and vitamins to help support metabolism.



## Forever Garcinia Plus®

54 softgels

This may help the body burn fat more efficiently and help suppress appetite by increasing serotonin levels.



## Forever Lite Ultra®

1X serving pouch

This shake mix offers an excellent source of vitamins and minerals with 17 grams of protein per serving.



**Plus:** A tape measure so you can take accurate body measurements (more details on page 9).

# SET YOURSELF UP FOR SUCCESS

The first step toward success is preparation. Let's go through some key steps that will help you through your C9 journey.



## QUICK TIPS

- 1) Weigh and measure yourself.** On the day you start C9, record your measurements in this guide (on page 9) or in the Forever F.I.T. app upon waking up before eating. Then, on the day after C9, remeasure yourself upon waking up before eating and note it on the same page or in the app.
- 2) Record your daily movement, food intake, and how you feel while on the program in this C9 guide or the C9 workbook.** Accountability will help you stay on track with the program. More details about tracking movement and food intake can be found on the following pages.
- 3) Drink plenty of water.** Drinking eight glasses (64 oz) of water per day can help you feel fuller, and flush out toxins while supporting healthy skin and optimal health.
- 4) Be mindful of your salt intake.** Salt contributes to fluid retention. Instead, flavor food with herbs and spices that add a boost of flavor and anti-inflammatory properties, including ginger, garlic, basil, cinnamon, rosemary, thyme and turmeric.

## CUT THESE DURING C9

- + Alcohol and caffeine
- + Soda, carbonated beverages and “sugar-free” drinks
- + Processed foods including prepared or canned meals and fast-food restaurants
- + These dairy products: milk, yogurt, butter, ice cream
- + Added sugars: cane, corn syrup, maple syrup and honey
- + Fats: avoid anything partially hydrogenated, vegetable oil, margarine, and trans fats which are frequently hiding in packaged or processed foods like potato chips and cakes
- + Non-lean meats (chicken, turkey and fish are OK)
- + Grains: oats, quinoa, pasta, bread, cereal (wild rice and whole grain couscous are OK)

Find a robust list of do's and don'ts on the next page.

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# DO

Begin C9 when you have a normal schedule that doesn't involve heavy stress, travel or excessive physical exertion.

Take the time to get all the appropriate food you'll need and clear out what doesn't serve you or what may tempt you.

Let others know what you are doing and that you will appreciate the support.

Reach out to those in your life with your successes and struggles.

Plan ahead! Make sure you have all your supplements and food prepared for where you'll be on any given day. Prepare C9 program-approved recipes in advance if needed.

Commit to the full nine days.

Use any of the program-approved healthy food options as listed.

Consult your doctor if you have any concerns before participating and continue taking all required medication you are currently using.

Hold off on taking Forever nutritional products other than the ones included with C9 while on the C9 program.

Repeat C9 biannually.

Recognize and celebrate small change. Be observant and discover what you did learn. Applying what you've learned AFTER C9 is where the real work begins.

Practice good sleep hygiene: no screens in the bedroom, keep the room dark and cool, take time to wind down, have a consistent bedtime, and strive for eight hours of sleep.

Do light movement daily.

# DON'T

Wait for the perfect time when you feel motivated. Motivation burns bright once you're in the process and experiencing success!

Arbitrarily substitute food and beverages. If you want optimal results, stick to the plan.

Surround yourself with those that are unsupportive and negative.

Wait to share until something epic happens.

Throw this together on the fly. Success will be so much easier, if you've taken the time to prepare everything you need in advance.

Do one or two days or skip days in between.

Make your own modifications. No alcohol, processed foods, hydrogenated or partially hydrogenated oils, or caffeine.

Ignore any medication or health issues that need to be addressed.

Continue supplementing with any Forever products except for those that are part of the C9 program.

Repeat more than twice per year.

Worry if you didn't achieve your goal the first time.

Take your work, worries and stress to your bedroom.

Exert yourself with strenuous exercise.

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# SETTING YOUR GOAL

Choose one goal you want to achieve during the C9 program. This can be anything from losing weight to having more energy. In your C9 workbook or in the space below, write down your C9 program goal and why this is important to you. For example, do you want to lose weight to feel more confident, or do you want to have more energy for keeping up with your kids?



Don't forget to download the Forever F.I.T. app in the Apple App Store or Google Play Store to track your progress on the go, monitor your water intake, and stay motivated!

# TRACKING YOUR PROGRESS

You are more likely to stick with the C9 program and achieve your goals if you record your daily progress. On the following pages, this guide will help you do that for each day of C9. Here, keep track of how your body is improving by recording your weight and measurements at the start and end of C9 (Day 10, the day after you complete the program).

## WEIGHT

Your weight can fluctuate throughout the program. Only record your weight on days 1 and 10.

## CHEST/BACK

Measure under your armpits directly across your nipple line.

## WAIST

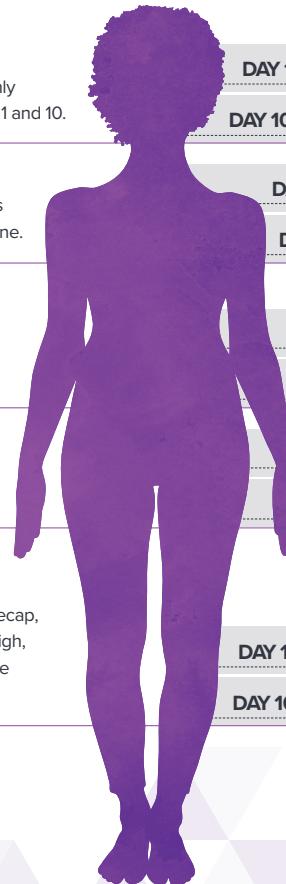
Measure your natural waist approximately two fingers below the navel.

HIPS

Measure around the widest part of your hips.

## THIGHS

Go approximately 6 inches up from the top of your kneecap, or the widest part of your thigh, then measure the girth of the thigh at this point.



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# DID YOU DO DX4 BEFORE THIS PROGRAM?

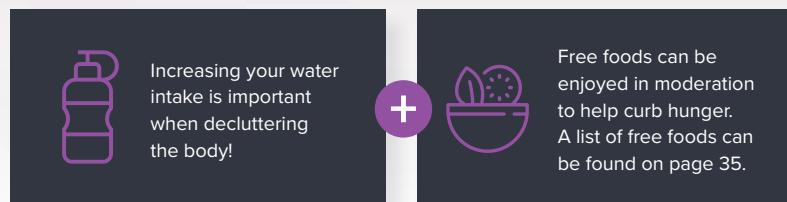
If so, skip the schedule on the opposite page and continue to pages 12 and 13, where you will follow that schedule for days 1-9.



## DAYS 1 & 2 SCHEDULE



The first two days of the C9 Program are designed to reset your body and your mind.



During this time, you will begin to purge unnecessary clutter and stressors from your body. Committing to the program is crucial, and the first two days are the toughest. Keep your goals in mind and know that the difficulty is only temporary.

### BREAKFAST

**2X** Forever Garcinia Plus® softgels with a minimum 8 oz. of water

⌚ Wait 30 minutes before taking a **Forever aloe drink**

**4 oz.** of a **Forever aloe drink**

**1X** Forever Therm® tablet with a minimum 8 oz. of water

### SNACK

**1X** packet **Forever Fiber**® with a minimum 8-10 oz. of water

Be sure to take **Forever Fiber**® separately as fiber can bind to some nutrients, impacting their absorption by your body.

### LUNCH

**2X** Forever Garcinia Plus® softgels with a minimum 8 oz. of water

⌚ Wait 30 minutes before taking a **Forever aloe drink**

**4 oz.** of a **Forever aloe drink**

**1X** scoop **Forever Lite Ultra**® Mixed with 10 oz. of water, almond milk, light soy milk, or coconut milk

**1X** Forever Therm® tablet with a minimum 8 oz. of water

### DINNER

**2X** Forever Garcinia Plus® softgels with a minimum 8 oz. of water

⌚ Wait 30 minutes before taking a **Forever aloe drink**

**4 oz.** of a **Forever aloe drink**

### EVENING

**4 oz.** of a **Forever aloe drink**

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# DID YOU DO DX4 BEFORE THIS PROGRAM?

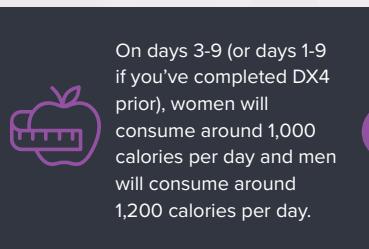
If so, follow the schedule on the opposite page for days 1-9.



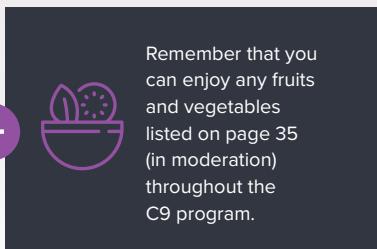
## DAYS 3-9 SCHEDULE



Your weight may fluctuate from day to day. Remember to only weigh yourself on days 1 and 10.



On days 3-9 (or days 1-9 if you've completed DX4 prior), women will consume around 1,000 calories per day and men will consume around 1,200 calories per day.



Remember that you can enjoy any fruits and vegetables listed on page 35 (in moderation) throughout the C9 program.

Regardless of what the scale says, you may also 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 with a minimum 8 oz. of water

Wait 30 minutes before taking a **Forever aloe drink**

4 oz. of a **Forever aloe drink**

1X Forever Therm® tablet with a minimum 8 oz. of water

1X scoop **Forever Lite Ultra®** Mixed with 10 oz. of water, almond milk, light soy milk, or coconut milk

### SNACK

1X packet **Forever Fiber®** with a minimum 8-10 oz. of water

Be sure to take **Forever Fiber®** separately as fiber can bind to some nutrients, impacting their absorption by your body.

### LUNCH

2X Forever Garcinia Plus® softgels with a minimum 8 oz. of water

Wait 30 minutes before taking **1X scoop Forever Lite Ultra®** or **eating a 600-calorie meal**.

1X scoop **Forever Lite Ultra®**  
Mixed with 10 oz. of water, almond milk, light soy milk, or coconut milk

OR

**Eat up to a 600-calorie meal** for lunch.  
You have the freedom to choose which option works for your lifestyle.

1X **Forever Therm® tablet** with a minimum 8 oz. of water

### DINNER

2X Forever Garcinia Plus® softgels with a minimum 8 oz. of water

Wait 30 minutes before taking **1X scoop Forever Lite Ultra®** or **eating a 600-calorie meal**.

1X scoop **Forever Lite Ultra®**  
Mixed with 10 oz. of water, almond milk, light soy milk, or coconut milk

OR

**Eat up to a 600-calorie meal** for dinner.  
You have the freedom to choose which option works for your lifestyle.

Men can either have an additional shake or an additional 200 calories such as 2-3 oz. lean protein in their meal on days 3-9 to reach up to 1,200 calories per day.

### EVENING

A minimum 8 oz. of water

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# LIGHT MOVEMENT

During C9, it's best to focus on low-intensity exercises rather than medium- or high-intensity workouts. Take a 30-minute walk at a slow to moderate pace, engage in gentle stretching, or take a low-key yoga class designed for beginners. You can also do simple body weight exercises such as squats, planks, side planks, lunges, pushups, bird dog, and dead bugs. These activities will not only stimulate your metabolism, but they will also help you stay centered and calm as you begin your transformation.

## LOW-INTENSITY MOVEMENT IDEAS:

- + **WALK**
- + **MOBILITY WORK**
- + **YOGA**
- + **ELLIPTICAL MACHINE (LOW INTENSITY)**
- + **DANCING (LOW INTENSITY)**
- + **TREADMILL (WALKING PACE WITH LOW INTENSITY)**
- + **STRETCHING**
- + **BODY WEIGHT EXERCISES**

\*You should check with a physician if you have debilitating fatigue lasting more than a few hours or notice any symptoms that might require medical attention during this program.

# OTHER ACTIVITIES

Along with 30 minutes of light movement, you should also focus on what you are doing with the remaining hours of the day. The energy you expend outside of exercise, sleeping and eating is called NEAT, which stands for Non-Exercise Activity Thermogenesis. This accounts for cleaning, yardwork, folding laundry, shopping, traveling and even fidgeting. NEAT helps improve basal metabolic rate and is a much bigger contributor to energy expenditure than workouts because it happens continuously throughout the entire day.

Think about the ways you currently utilize NEAT in your life: walking to work, parking further away, taking the stairs, standing every 30 minutes, walking work meetings, etc.

The goal is to increase NEAT — especially since, because of technology, it has become easy to operate many facets of life from a chair. A simple way to do this is to make sure that you stand up and move for 3 minutes every 30 minutes.

## HERE ARE A FEW SUGGESTIONS OF HOW TO IMPLEMENT 3 EVERY 30:

- + **TAKE A BATHROOM BREAK**
- + **TAKE YOUR PHONE CALLS WHILE STANDING**
- + **GET A STAND-UP DESK**
- + **PRACTICE A FEW SIMPLE STRETCHES**
- + **PERFORM SOME BODY WEIGHT SQUATS, LUNGES, PUSHUPS AND PLANKS**

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# YOUR DAILY PLANNER



Research shows that people who record what they eat and how much they exercise lose more weight. Plus, those that keep a daily planner are two to three times more likely to stick with a program.

The following pages will provide a place for you to do check off your daily C9 supplements and document your food and water intake, your daily movement, how well you sleep, and how you feel. Doing this will give you great insight into your progress and provide a good reference in the future as you continue your health and weight loss journey.



Don't forget to download the Forever F.I.T. app in the Apple App Store or Google Play Store to track your progress on the go, monitor your water intake, and stay motivated!



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## DIDN'T COMPLETE THE DX4 PROGRAM BEFORE STARTING C9? START HERE!

If you did complete the DX4 program right before C9, start your C9 program on page 20.

# C9 CHECKLIST DAY 1

Check the boxes below when completing your C9 Checklist for Day 1.

30-Minute Movement	<input type="checkbox"/>	5-Minute Stretch	<input type="checkbox"/>
NEAT Activities	<input type="checkbox"/>	8 Glasses of Water	<input type="checkbox"/>
Breakfast	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink	<input type="checkbox"/>	
Snack	1X Forever Fiber® packet	<input type="checkbox"/>	
	<small>⚠ Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting its absorption by your body.</small>		
Lunch	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / 1X scoop Forever Lite Ultra® / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink	<input type="checkbox"/>	
Dinner	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink	<input type="checkbox"/>	
Evening	4 oz. Forever aloe drink	<input type="checkbox"/>	

### DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your C9 workbook.

# C9 CHECKLIST DAY 2

Check the boxes below when completing your C9 Checklist for Day 2.

30-Minute Movement	<input type="checkbox"/>	5-Minute Stretch	<input type="checkbox"/>
NEAT Activities	<input type="checkbox"/>	8 Glasses of Water	<input type="checkbox"/>
Breakfast	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink	<input type="checkbox"/>	
Snack	1X Forever Fiber® packet	<input type="checkbox"/>	
	<small>⚠ Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting its absorption by your body.</small>		
Lunch	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / 1X scoop Forever Lite Ultra® / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink	<input type="checkbox"/>	
Dinner	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink	<input type="checkbox"/>	
Evening	4 oz. Forever aloe drink	<input type="checkbox"/>	

### DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your C9 workbook.

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## DID YOU COMPLETE THE DX4 PROGRAM BEFORE STARTING C9? IF YES, START HERE!

If you didn't complete the DX4 program before C9, go back to page 18 and start there.

# C9 CHECKLIST DAY 1

Check the boxes below when completing your C9 Checklist for Day 1.

30-Minute Movement	<input type="checkbox"/>	5-Minute Stretch	<input type="checkbox"/>
NEAT Activities	<input type="checkbox"/>	8 Glasses of Water	<input type="checkbox"/>
Breakfast	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / 1X scoop Forever Lite Ultra® or leftover Forever Plant Protein® / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink	<input type="checkbox"/>	
Snack	1X Forever Fiber® packet	<input type="checkbox"/>	
	<small>⚠ Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting its absorption by your body.</small>		
Lunch	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or leftover Forever Plant Protein®, or having up to a 600-calorie meal / 1X Forever Therm® tablet	<input type="checkbox"/>	
Dinner	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or leftover Forever Plant Protein®, or having up to a 600-calorie meal	<input type="checkbox"/>	
	<small>⚠ Men can either have an additional shake or an additional 200 calories such as 2-3 oz. lean protein in their meal on days 3-9 to reach up to 1,200 calories per day.</small>		
Evening	A minimum 8 oz. of water	<input type="checkbox"/>	

### DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your C9 workbook.

# C9 CHECKLIST DAY 2

Check the boxes below when completing your C9 Checklist for Day 2.

30-Minute Movement	<input type="checkbox"/>	5-Minute Stretch	<input type="checkbox"/>
NEAT Activities	<input type="checkbox"/>	8 Glasses of Water	<input type="checkbox"/>
Breakfast	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / 1X scoop Forever Lite Ultra® or leftover Forever Plant Protein® / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink	<input type="checkbox"/>	
Snack	1X Forever Fiber® packet	<input type="checkbox"/>	
	<small>⚠ Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting its absorption by your body.</small>		
Lunch	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or leftover Forever Plant Protein®, or having up to a 600-calorie meal / 1X Forever Therm® tablet	<input type="checkbox"/>	
Dinner	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or leftover Forever Plant Protein®, or having up to a 600-calorie meal	<input type="checkbox"/>	
	<small>⚠ Men can either have an additional shake or an additional 200 calories such as 2-3 oz. lean protein in their meal on days 3-9 to reach up to 1,200 calories per day.</small>		
Evening	A minimum 8 oz. of water	<input type="checkbox"/>	

### DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

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# C9 CHECKLIST

## DAY 3

Check the boxes below when completing your C9 Checklist for Day 3.

<b>30-Minute Movement</b>	<input type="checkbox"/>	<b>5-Minute Stretch</b>	<input type="checkbox"/>
<b>NEAT Activities</b>	<input type="checkbox"/>	<b>8 Glasses of Water</b>	<input type="checkbox"/>
<b>Breakfast</b>	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / 1X scoop Forever Lite Ultra® / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink		<input type="checkbox"/>
<b>Snack</b>	1X Forever Fiber® packet		<input type="checkbox"/>
<p><span style="color: #FF0000;">⚠</span> Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting its absorption by your body.</p>			
<b>Lunch</b>	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal / 1X Forever Therm® tablet		<input type="checkbox"/>
<b>Dinner</b>	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal		<input type="checkbox"/>
<p><span style="color: #FF0000;">⚠</span> Men can either have an additional shake or an additional 200 calories such as 2-3 oz. lean protein in their meal on days 3-9 to reach up to 1,200 calories per day.</p>			
<b>Evening</b>	A minimum 8 oz. of water		<input type="checkbox"/>

## DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your C9 workbook

# C9 CHECKLIST

## DAY 4

Check the boxes below when completing your C9 Checklist for Day 4.

<b>30-Minute Movement</b>	<input type="checkbox"/>	<b>5-Minute Stretch</b>	<input type="checkbox"/>
<b>NEAT Activities</b>	<input type="checkbox"/>	<b>8 Glasses of Water</b>	<input type="checkbox"/>
<b>Breakfast</b>	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / 1X scoop Forever Lite Ultra® / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink		<input type="checkbox"/>
<b>Snack</b>	1X Forever Fiber® packet		<input type="checkbox"/>
<p><b>⚠</b> Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting its absorption by your body.</p>			
<b>Lunch</b>	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal / 1X Forever Therm® tablet		<input type="checkbox"/>
<b>Dinner</b>	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal		<input type="checkbox"/>
<p><b>⚠</b> Men can either have an additional shake or an additional 200 calories such as 2-3 oz. lean protein in their meal on days 3-9 to reach up to 1,200 calories per day.</p>			
<b>Evening</b>	A minimum 8 oz. of water		<input type="checkbox"/>

## DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

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# C9 CHECKLIST

## DAY 5

Check the boxes below when completing your C9 Checklist for Day 5.

<b>30-Minute Movement</b>	<input type="checkbox"/>	<b>5-Minute Stretch</b>	<input type="checkbox"/>
<b>NEAT Activities</b>	<input type="checkbox"/>	<b>8 Glasses of Water</b>	<input type="checkbox"/>
<b>Breakfast</b>	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / 1X scoop Forever Lite Ultra® / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink		<input type="checkbox"/>
<b>Snack</b>	1X Forever Fiber® packet		<input type="checkbox"/>
<p><span style="color: #FF0000;">⚠</span> Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting its absorption by your body.</p>			
<b>Lunch</b>	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal / 1X Forever Therm® tablet		<input type="checkbox"/>
<b>Dinner</b>	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal		<input type="checkbox"/>
<p><span style="color: #FF0000;">⚠</span> Men can either have an additional shake or an additional 200 calories such as 2-3 oz. lean protein in their meal on days 3-9 to reach up to 1,200 calories per day.</p>			
<b>Evening</b>	A minimum 8 oz. of water		<input type="checkbox"/>

## DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your C9 workbook

# C9 CHECKLIST

## DAY 6

Check the boxes below when completing your C9 Checklist for Day 6.

<b>30-Minute Movement</b>	<input type="checkbox"/>	<b>5-Minute Stretch</b>	<input type="checkbox"/>
<b>NEAT Activities</b>	<input type="checkbox"/>	<b>8 Glasses of Water</b>	<input type="checkbox"/>
<b>Breakfast</b>	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / 1X scoop Forever Lite Ultra® / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink		<input type="checkbox"/>
<b>Snack</b>	1X Forever Fiber® packet		<input type="checkbox"/>
<p>⚠ Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting its absorption by your body.</p>			
<b>Lunch</b>	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal / 1X Forever Therm® tablet		<input type="checkbox"/>
<b>Dinner</b>	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal		<input type="checkbox"/>
<p>⚠ Men can either have an additional shake or an additional 200 calories such as 2-3 oz. lean protein in their meal on days 3-9 to reach up to 1,200 calories per day.</p>			
<b>Evening</b>	A minimum 8 oz. of water		<input type="checkbox"/>

## DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your C9 workbook

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# C9 CHECKLIST DAY 7

Check the boxes below when completing your C9 Checklist for Day 7.

30-Minute Movement	<input type="checkbox"/>	5-Minute Stretch	<input type="checkbox"/>
NEAT Activities	<input type="checkbox"/>	8 Glasses of Water	<input type="checkbox"/>
Breakfast	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / 1X scoop Forever Lite Ultra® / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink	<input type="checkbox"/>	
Snack	1X Forever Fiber® packet	<input type="checkbox"/>	
	<p>⚠ Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting its absorption by your body.</p>		
Lunch	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal / 1X Forever Therm® tablet	<input type="checkbox"/>	
Dinner	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal	<input type="checkbox"/>	
	<p>⚠ Men can either have an additional shake or an additional 200 calories such as 2-3 oz. lean protein in their meal on days 3-9 to reach up to 1,200 calories per day.</p>		
Evening	A minimum 8 oz. of water	<input type="checkbox"/>	

## DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your C9 workbook.

# C9 CHECKLIST DAY 8

Check the boxes below when completing your C9 Checklist for Day 8.

30-Minute Movement	<input type="checkbox"/>	5-Minute Stretch	<input type="checkbox"/>
NEAT Activities	<input type="checkbox"/>	8 Glasses of Water	<input type="checkbox"/>
Breakfast	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / 1X scoop Forever Lite Ultra® / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink	<input type="checkbox"/>	
Snack	1X Forever Fiber® packet	<input type="checkbox"/>	
	<p>⚠ Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting its absorption by your body.</p>		
Lunch	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal / 1X Forever Therm® tablet	<input type="checkbox"/>	
Dinner	2X Forever Garcinia Plus® softgels / Then wait 30 minutes before taking 1X scoop Forever Lite Ultra® or having up to a 600-calorie meal	<input type="checkbox"/>	
	<p>⚠ Men can either have an additional shake or an additional 200 calories such as 2-3 oz. lean protein in their meal on days 3-9 to reach up to 1,200 calories per day.</p>		
Evening	A minimum 8 oz. of water	<input type="checkbox"/>	

## DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your C9 workbook.

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# C9 CHECKLIST

## DAY 9

Check the boxes below when completing your C9 Checklist for Day 9.

30-Minute Movement	<input type="checkbox"/>	5-Minute Stretch	<input type="checkbox"/>
NEAT Activities	<input type="checkbox"/>	8 Glasses of Water	<input type="checkbox"/>
<b>Breakfast</b>	2X Forever Garcinia Plus® softgels / 1X Forever Therm® tablet / 1X scoop Forever Lite Ultra® / Then wait 30 minutes before taking 4 oz. of a Forever aloe drink		<input type="checkbox"/>
<b>Snack</b>	1X Forever Fiber® packet		<input type="checkbox"/>
<p><span style="color: #FF0000;">⚠</span> Be sure to take Forever Fiber® separately as fiber can bind to some nutrients, impacting its absorption by your body.</p>			
<b>Lunch</b>	2X Forever Garcinia Plus® softgels / 300 or 600-calorie meal / 1X Forever Therm® tablet		<input type="checkbox"/>
<b>Dinner</b>	2X Forever Garcinia Plus® softgels / 1X scoop Forever Lite Ultra® or wait 30 minutes before having a 600-calorie meal		<input type="checkbox"/>
<p><span style="color: #FF0000;">⚠</span> Men can either have an additional shake or an additional 200 calories such as 2-3 oz. lean protein in their meal on days 3-9 to reach up to 1,200 calories per day.</p>			
<b>Evening</b>	A minimum 8 oz. of water		<input type="checkbox"/>

## DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your C9 workbook

# YOU'VE COMPLETED THE C9 PROGRAM: WHAT NOW?



**Congratulations!** You've successfully completed the C9 program. The day after you complete C9, go to page 9 and record your "after" measurements and weight to review your progress. Then, take some time to review the goal you set. Acknowledge yourself for committing to the program and completing, or getting closer toward, your goal.

# YOUR NEXT C9

C9 helps you reset your nutritional intake and move more mindfully. Doing this reset twice per year will help support your healthy lifestyle goals. And it starts with committing to what's next.

**SELECT A TIME SIX MONTHS  
FROM NOW TO DO YOUR  
NEXT C9 PROGRAM:**



**Pro tip:** It helps to set a calendar reminder with an alert a few weeks in advance so you can prepare ahead of time and be sure you have all the C9 products you need ready to go!

# SHAKE RECIPES



These tasty recipes will add some variety to your Forever Lite Ultra® shakes. Packed with protein and antioxidants, they are specially formulated to keep you feeling full and energized for hours. You can also use these shake ideas as a post-workout drink during F15® and Vital5®. They are a healthy and delicious way to stay full and indulge any time you need a low-calorie, nutrient-dense boost. Each recipe makes 1 serving.

## LEAN POWER SHAKE

202  
calories  
per  
serving

- 8 oz unsweetened coconut milk
- ½ cup frozen blueberries
- 5 whole frozen strawberries
- ½ cup fresh spinach
- 1 scoop Forever Lite Ultra® Chocolate
- 4-6 ice cubes

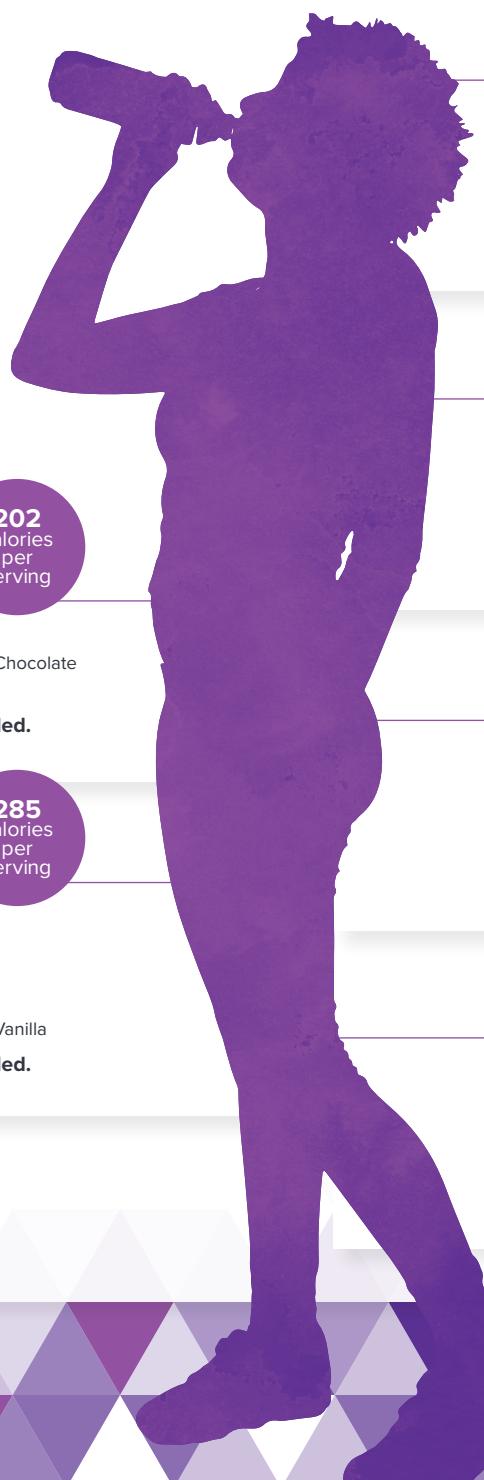
Combine all ingredients in a blender and mix until well blended.  
Makes 14 oz.

## THE REFRESHER

285  
calories  
per  
serving

- 3 celery stalks
- ¼ avocado
- ½ green apple
- 1 cup coconut water
- 4-6 ice cubes
- ½ squeezed lemon
- 1 cup parsley
- ½ tsp sea salt
- ½ tsp cayenne pepper
- 1 scoop Forever Lite Ultra® Vanilla

Combine all ingredients in a blender and mix until well blended.  
Makes approx. 16-20 oz.



256  
calories  
per  
serving

## MINTY MELON

- ¾ cup melon (cantaloupe, honeydew and/or casaba)
- 1 tbsp almond butter
- 1 tsp ground flax
- ½ cup ice
- ½ cup water
- 1 scoop Forever Lite Ultra® Vanilla
- ½ cup fresh mint

Combine all ingredients in a blender and mix until well blended.  
Makes 16 oz.

259  
calories  
per  
serving

## COOL AS A CUCUMBER

- 1 cored pear
- 1 cucumber
- ½ squeezed lemon
- ¼ cup fresh cilantro
- ½-inch piece fresh ginger root
- ½ cup ice
- 1 cup coconut water
- 1 scoop Forever Lite Ultra® Vanilla

Combine all ingredients in a blender and mix until well blended.  
Makes approx. 16-20 oz.

274  
calories  
per  
serving

## SWEET TART ANTIOXIDANT

- 1 cup spinach
- ½ cup kale
- 1 packet frozen acai (3.5 oz/100g)
- ½ cup frozen blueberries
- 1 cup coconut water
- ½ squeezed lime
- 1 scoop Forever Lite Ultra® Vanilla

Combine all ingredients in a blender and mix until well blended.  
Makes 16 oz.

275  
calories  
per  
serving

## NUTTY CHOCOLATE BANANA

- 1 banana
- 2 tbsp powdered peanut butter (such as PB2)
- ½ cup ice
- 1 cup plant-based milk with no sugar added
- 1 scoop Forever Lite Ultra® Chocolate

Combine all ingredients in a blender and mix until well blended.  
Makes 16 oz.

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# MEALS TO MAKE



These quick, easy meal ideas add variety to your C9 program during days 3-9.

Each meal is approximately 400 to 600 calories and consists of high protein/low-carb foods to accelerate your metabolism. The balanced nutrients in each meal will also help keep you full and energized while supporting optimal health.

## SO YUMMY SOUP

408 calories per serving

- 5 medium-sized Japanese yams with the peel (or yam if preferred)
- 1 large onion
- 3 celery stalks
- 4 cloves garlic (chopped)
- 1 large beet (chopped)
- 1/2 small cabbage head
- 8 cups bone broth (beef, chicken or turkey)
- 3 cups plant-based milk (hemp, coconut, etc.)
- 2 tsp coconut oil
- 1 tbsp chopped walnuts
- 1 tsp cinnamon
- 1 tsp turmeric

Wash and chop vegetables into small pieces, then sauté in coconut oil for 5 minutes. Add bone broth. Cover and cook for 30 minutes or until tender. Remove the lid. Add plant-based milk and reduce heat. Cook for 5 minutes. Use an immersion blender to puree soup or puree in a blender. Garnish with toasted walnuts. Makes 4 servings. Each serving is approximately 1 1/2 cups.

## MEDITERRANEAN LENTIL SALAD WITH SALMON

522 calories per serving

- 12 oz wild salmon cut into 4-oz servings
- 1 cup dried brown lentils
- 1 cup carrots
- 1 cup red onion
- 4 garlic cloves
- 1 bay leaf
- 1/2 tsp dried thyme
- 2 tbsp fresh lemon juice
- 1/2 cup celery
- 1/4 cup parsley
- 1 tbsp chopped fresh rosemary
- 1/8 tsp black pepper
- 1/4 cup olive oil

Prepare the salmon by cutting it into 4 filets at 4 oz per piece. Set an oven to 400 degrees Fahrenheit or use a grill. Season the salmon with 1 chopped clove of garlic and 1/2 tbsp lemon juice. Grill or cook for 10 minutes.

For the salad, chop all the vegetables and herbs. Place the lentils, carrots, onion, garlic, celery, bay leaf and thyme in a saucepan and cover with water. Bring to a boil, then reduce the heat and simmer uncovered for 20 minutes. Test the lentils to make sure they're done, then drain them. Add 1 1/2 tbsp lemon juice, parsley, rosemary, black pepper and olive oil. Toss everything to combine and serve with the salmon on top. Makes 4 servings.

## SAVORY WAFFLE

384 calories per serving

- 2 whole eggs
- 2 egg whites
- 3/4 cup shredded potatoes (sweet or white)
- 1 tsp chives
- 1 mashed garlic clove
- 1/2 cup chopped fresh spinach
- 2 tbsp salsa
- 1/4 avocado
- 1 tsp Parmesan cheese
- 1 tsp olive oil
- Olive oil cooking spray

Heat waffle iron (alternatively, you can make this as a pancake in a skillet instead of a waffle maker). Mix 1 egg and the 2 egg whites with shredded potatoes, chives, garlic and spinach. Lightly spray the waffle iron with olive oil cooking spray. Place half of the mixture and cook until lightly crisp. Repeat with remaining batter. Meanwhile, cook the remaining egg (poach, scramble or fry) with 1 tsp olive oil (if needed). Top the savory waffle with the egg, salsa, avocado and Parmesan cheese. Makes 1 serving.



During days 3-9, you'll be consuming about 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 ounces lean protein or by drinking one additional Forever Lite Ultra® shake.

## SESAME AHI TUNA WITH RICE

459 calories per serving

### Tuna

- 4 oz ahi tuna
- 1 tsp olive oil
- 3/4 cup wild rice
- 1/2 cup shelled edamame
- 1/2 cup steamed green vegetable (such as broccoli, zucchini or green beans)
- 1 tbsp homemade ginger sesame salad dressing (see recipe below)
- Dash of dry ginger and garlic

### Sesame Ginger Dressing

- 2 tbsp raw ginger, peeled and minced
- 2 cloves crushed garlic
- 2 tbsp low-sodium, gluten-free soy sauce (can substitute tamari or coconut aminos)
- 1/4 cup rice vinegar
- 1/4 cup avocado oil
- 1 tsp toasted sesame oil
- 1 tbsp almond butter (can substitute miso)
- 2 tbsp stevia
- 1 tsp sesame seeds

**Ahi tuna directions:** Prepare the rice according to the instructions. Coat the tuna with olive oil, then sprinkle it with ginger and garlic. Sear it in a very hot nonstick skillet or cast-iron skillet on the stovetop for 2 minutes on each side. You can cook longer if preferred (up to 3-4 minutes per side). Usually, ahi tuna is served seared on the outside and raw on the inside. Steam the edamame and vegetables in the microwave or on the stovetop. Top the veggies, fish and rice with the sesame dressing. Makes 1 serving.

**Dressing directions:** Whisk the ginger, garlic and almond butter together. Then slowly add the soy sauce, whisking to keep the mixture from separating. Gradually whisk in the avocado oil and sesame oil. Once the mixture is smooth, pour in the rice vinegar while whisking. Add the remaining ingredients (stevia and sesame seed) to the mixture. Shake before serving. Makes approx. 4 servings. Store in the refrigerator for up to one week.

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# MEALS TO MAKE (CONTINUED)

## CURRIED CHICKEN

437 calories per serving

- 4 oz chicken breast
- 1 tsp coconut oil
- ½ cup whole grain couscous
- ¼ cup garbanzo beans (cooked)
- 1 tbsp raisins
- 1 tbsp pine nuts
- 1 cup fresh spinach (chopped)
- ½ cup chicken broth
- ¼ tsp curry powder
- ½ tsp cumin
- ½ tsp cinnamon
- ½ tbsp water

Spread coconut oil on the chicken and season with curry powder, cumin and cinnamon. Bake in the oven at 350 degrees Fahrenheit for 25 minutes. Bring the chicken broth to a boil and add the couscous. Let it sit for 1 minute, then fluff with a fork. Combine the garbanzo beans, spinach and raisins in a microwave safe dish with the water. Cook for 90 seconds. Mix the couscous with garbanzo beans, spinach and raisins, then top with chicken. Makes 1 serving.

## BURRITO BOWL

573 calories per serving

- 1 cup brown rice
- ½ cup cooked black beans
- 3 oz sliced broiled or grilled chicken breast (skinless and boneless)
- 1/4 cup chopped onion
- 1/4 cup salsa
- 1/4 cup diced avocado
- 1 tbsp cilantro
- 1 lime wedge

Layer all ingredients a bowl in this order: rice, beans, chicken, onion, salsa, avocado and cilantro. Then, squeeze a lime wedge over everything. Makes 1 serving.

C9 requires commitment and willpower. Fortunately, most people find their hunger diminishes as the program continues. 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.



**Utilize your Free Foods.** Banish afternoon hunger with raw, cut-up veggies from the Free Foods list. If you need an evening snack, eat one serving of fruit from the Free Foods list.

# FREE FOODS



The fruits and vegetables listed below can be consumed throughout the C9 program to help curb cravings. These foods are low in calories and provide vitamins, minerals, phytonutrients and fiber.

## 1 SERVING PER DAY FOODS:



- Walnuts
- Pecans
- Pumpkin seeds
- Almonds
- Hemp seeds
- Flax seeds
- Pomegranate seeds



- Blueberries
- Grapes
- Raspberries
- Blackberries
- Strawberries
- Cherries



- 1 grapefruit
- 1 apple
- 1 pear
- 1 peach
- 1 orange
- 1 banana
- 2 plums

**Pick one serving from this list.** All nuts and seeds should be raw without salt.

## 2 SERVINGS PER DAY FOODS:



- Beets
- Carrots
- Brussels sprouts
- Winter squash
- Summer squash
- Kale
- Cabbage
- Asparagus (8 spears)
- Snap peas
- String beans



- Sea vegetables



- Cauliflower
- Broccoli

**Pick two servings from this list.** That could be one serving each of two different items.

## UNLIMITED SERVINGS PER DAY FOODS:

- Arugula	- Lettuce (all varieties)	- Endives	- Cucumber
- Spinach	- Celery	- Green onions	

**Eat as much of these as you want on days 3-9** (days 1-9 if you already did DX4).

\*If you choose Forever Aloe Berry Nectar® or Forever Aloe Peaches® instead of Forever Aloe Vera Gel®, do not consume the one serving foods from this page.



Vegetables should be eaten raw or lightly steamed without fats, oils or salt.

# CONTINUING YOUR F.I.T. JOURNEY

Take your F.I.T. journey even further with additional Forever programs designed to help you meet your goals.



## DX4™

Reset your health in just four days with this body-balancing system. DX4 balances physical health — using nutritional products and supplements plus clean-eating recipes — with mindfulness, goal setting and gratitude. All aspects of the program are designed to work together to help you experience an enhanced mind-body connection and improved whole-body wellness. DX4 can be completed quarterly and is an ideal precursor to doing C9.



## F15®

Build a healthy fitness foundation through this 15-day program that balances nutrition with exercise for all levels. The workouts and nutritional guidance are complemented by nutritional products and supplements to support your ongoing commitment to a healthy lifestyle. Through F15, you'll change the way you think about food and exercise while building lean muscle. F15 can be completed after C9 to help you stay on course in achieving your weight loss and fitness goals.



## Vital5®

Support an ongoing healthy lifestyle with this set of five essential Forever products. Altogether, they work synergistically to bridge nutritional gaps, boost immunity, promote natural energy, aid in digestion, and provide key nutrients your body needs to function at its most optimally. You'll also receive an easy-to-follow supplement schedule along with optional exercises and lifestyle tips from the F.I.T. program. Vital5 can be done on an ongoing basis (except during DX4, C9 and F15).

Visit [foreverliving.com](http://foreverliving.com) to get started on any of these programs.

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# FAQs



## How much weight can I expect to lose on C9?

The amount of weight you will lose during the C9 program depends on your baseline factors, including your starting weight and what your lifestyle was like when you began the program.

## Is the C9 program safe?

Yes. Because the program is designed to be done for nine days only, it is extremely safe for most people. However, if you have a pre-existing health condition or are under a doctor's care, it's wise to consult with them before starting C9.

## Will I feel hungry during C9?

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 support feelings of fullness and help satiate hunger.\* There is also a list of Free Foods on page 35 that can help curb hunger and should be enjoyed in moderation.

## The first two days of the program look tough! Do I have to follow them exactly as outlined?

Yes. C9 is specifically designed to jump-start a healthy weight management program and help eliminate some of the clutter that can negatively impact your overall health. These first two days help reset your body's ability to declutter and set the stage for days 3 through 9. Skipping days 1 and 2 can impact your final results during this phase of the program. However, if you complete DX4 first, you do not need to repeat days 1 and 2 (as those are accounted for by doing DX4). If you completed DX4 first, you can do all nine days of C9 by following the schedule outlined for days 3-9 (your C9 schedule starts on page 20).

## What does Forever Garcinia Plus® do?

Garcinia cambogia is a small, pumpkin-shaped fruit that contains a compound known as hydroxy citric acid (HCA). Studies show that HCA helps to support a healthy weight when used in conjunction with a healthful diet and exercise program. Specifically, garcinia may help the body burn fat more efficiently. It may also help suppress your appetite by increasing serotonin levels.\*

## 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 program, can help support your weight management goals.

## Why should I drink at least eight 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 program, 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 the best results, you should follow the program exactly as outlined in this guide. Foods that are low in calories may not provide you with the correct balance of nutrients necessary for cleansing and weight loss. C9 focuses on nutrient-dense foods that not only aid in weight management but also help the body to feel and work as optimally as possible.

## Is the Forever F.I.T. app free?

The Forever F.I.T. app is available to download for free from the Apple App Store and Google Play Store. With the app, you can record your shakes, meals, measurements, movement and more.

## Why are aloe vera gel drinks included?

Drinking aloe vera gel as directed will help ensure your body is absorbing more of the key nutrients you need to look and feel your best. It promotes healthy digestion and maximizes the absorption of nutrients. You can enjoy three flavors as part of the C9 program: Forever Aloe Vera Gel®, Forever Aloe Peaches® or Forever Aloe Berry Nectar®. To help maintain your results, continue taking aloe vera gel even after you've completed the program.

## Why might I need to eliminate the one serving per day Free Foods?

If you choose Forever Aloe Berry Nectar® or Forever Aloe Peaches® as part of your C9 program, eliminating the one serving per day Free Foods will compensate for the slight increase in carbs over Forever Aloe Vera Gel®. Eliminating the one serving per day Free Foods will ensure you stay on track toward your health goals without going over the recommended to be compliant daily limit of sugar.

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# NOTES



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**F.I.T.**®  
C9 F15 VS  
Look Better. Feel Better.®