

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

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

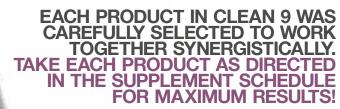
WHAT CAN YOU EXPECT OVER THE NEXT 9 DAYS?

YOU'LL NOT ONLY LOOK AND FEEL BETTER, YOU'LL ALSO BEGIN TO ELIMINATE STORED TOXINS THAT MAY BE KEEPING YOU FROM ABSORBING THE MAXIMUM NUTRIENTS IN YOUR FOOD. YOU'LL ALSO BEGIN TO FEEL LIGHTER AND MORE ENERGIZED AS YOU PROVE YOU CAN TAKE CONTROL OF YOUR APPETITE AND SEE YOUR BODY BEGIN TO CHANGE.

MOVING TOWARDS A HEALTHIER LIFESTYLE

...but few things that are truly worthwhile are.
CLEAN 9 is the first step in establishing lifelong habits that will help you achieve true and lasting weight management. This proven cleansing system is the foundation of the Forever F.I.T. program and will put you in the best possible position to attain optimal health, cleanse your body and build a slimmer, leaner you.†

† Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using any dietary supplement.



FOREVER ALOE VERA GEL®

helps cleanse the digestive system and maximize absorption of nutrients.



FOREVER FIBER®

provides a proprietary blend of 5g of water soluble fiber that can help promote feelings of fullness.



FOREVER THERM®

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



FOREVER GARCINIA PLUS®

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



FOREVER LITE ULTRA

shake mix is a rich source of vitamins and minerals with 17g of protein per serving.



Forever Aloe Vera Gel® 2X 1-Liter Bottles Forever Lite Ultra® 1X 15 Serving

Forever Garcinia Plus® 54 Softgels What your CLEAN 9 Pak includes:

Forever Therm®

18 Tablets

Forever Fiber®
9 Packets

Tape Measure

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

Choose one goal you plan to achieve during the **CLEAN 9** program. This can be anything from losing a few pounds to taking the stairs everyday.

WHAT WILL YOU MAKE A PLAN TO ACCOMPLISH?

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

Remember,
your weight can
fluctuate throughout the
program. Only record
your weight on days
1 and 9.

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.

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 halfway between the knee and the ankle, while your calves are relaxed.

BEFORE CLEAN 9 MEASUREMENTS:

CHEST HIPS

BICEPS THIGHS

WAIST CALVES

WEIGHT

AFTER CLEAN 9 MEASUREMENTS:

CHEST HIPS

BICEPS THIGHS

WAIST CALVES

WEIGHT

