

# Weight Management



## Forever Lean®

Forever Lean® provides two revolutionary ingredients that can help reduce the body's absorption of calories from fat and carbohydrates. The first of these ingredients is a unique, fat-absorbing fiber derived from the cactus plant, *Opuntia ficus-indica*, otherwise known as Indian fig, nopal or prickly pear. Studies have shown that this unique fiber has a very high ability to bind fats, compared to other types of plants.

The other unique ingredient in Forever Lean® is a protein specially derived from the beans of the *Phaseolus vulgaris* plant, otherwise known as white kidney beans. This protein works by slowing the body's absorption of sugar in the small intestine by temporarily inhibiting the enzyme activity that converts starches into sugar.

Together these two revolutionary ingredients can help you succeed in your quest to reach your ideal weight by helping to block the absorption of some of the fat and carbohydrate calories you ingest.

The third most effective ingredient in Forever Lean® is Chromium Trichloride. Chromium is a very important trace mineral that helps support the body's natural ability to regulate blood sugar by acting as a GTF (glucose tolerance factor) cofactor. This is especially important for metabolism.

To maximize the effectiveness of this supplement, however, it is important to remember that you should also incorporate a healthy diet and regular exercise into your overall weight control regimen in order to achieve and maintain your weight goal.

Supplement Facts		
Serving Size 4 Capsules		
Servings Per Container 30		
	Amount Per Serving	% Daily Value
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Chromium (as chromium trichloride)	120 mcg	100%
Indian Fig Extract ( <i>Opuntia ficus-indica</i> ), powdered (leaf)	1050 mg	†
White Kidney Bean Extract ( <i>Phaseolus vulgaris</i> ), powdered	445 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet  
† Daily Value not established

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, water, stearic acid, croscarmellose sodium, silicon dioxide, gellan gum, and potassium acetate.

**CONTENTS**  
120 capsules

**SUGGESTED USE**  
Take one capsule with water immediately before meals or snacks, up to four capsules a day.



- Helps block the absorption of calories from fat and carbohydrates
- Chromium helps support metabolism
- Temporarily helps inhibit the body's absorption of calories from sugar



PRODUCT #289

*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.*