

# CLEAN + LEAN



## nutritional cleansing programme

FOR A CLEANER, LEANER, HEALTHIER YOU

Forever Clean & Lean is a diet and exercise programme designed to take the guesswork out of a lifetime of healthy eating and controlling your diet. Clean 9 puts you on the path to a cleaner, healthier, happier you, whilst cleansing your body of unnatural chemicals. Lifestyle 30 will continue to aid in your body's natural cleansing process while burning your stored fat cells and teaching you how to achieve and maintain your desired weight. Remaining committed to completing this programme will help you develop good habits for lifelong weight management and overall improved health.





\*(Scales not included).

12 lbs. in 9 days

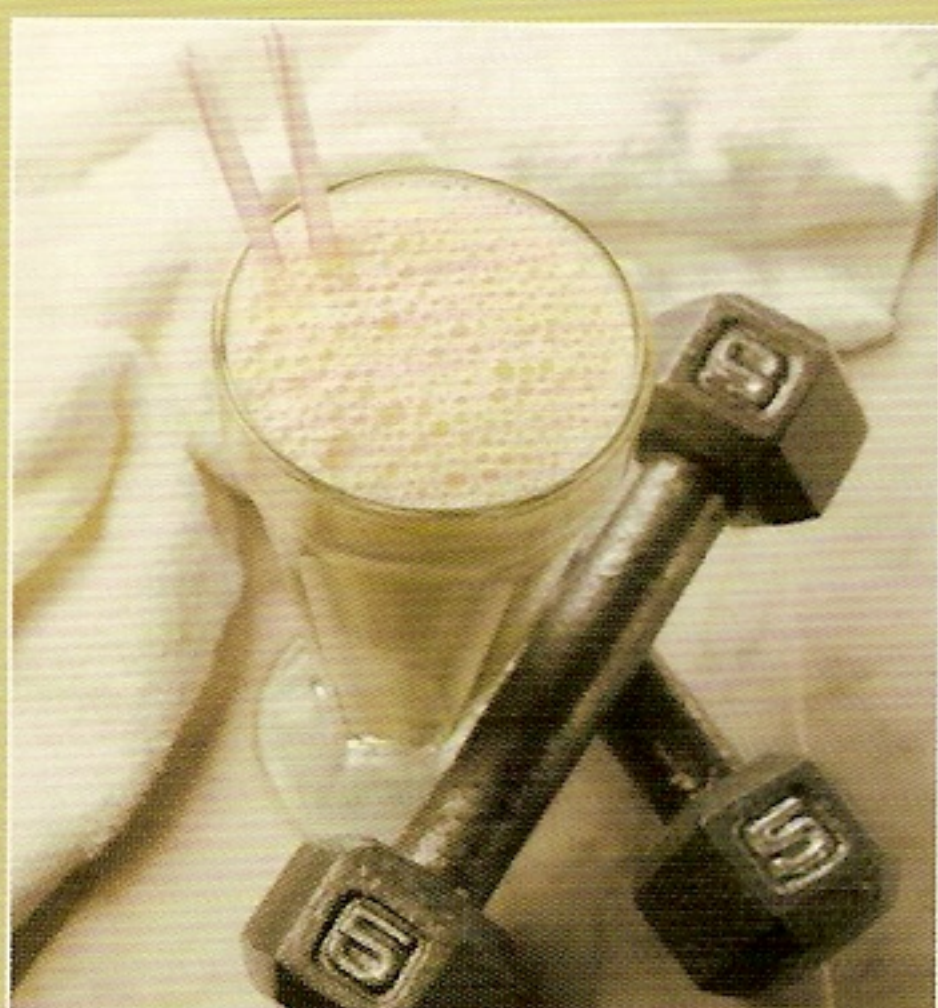
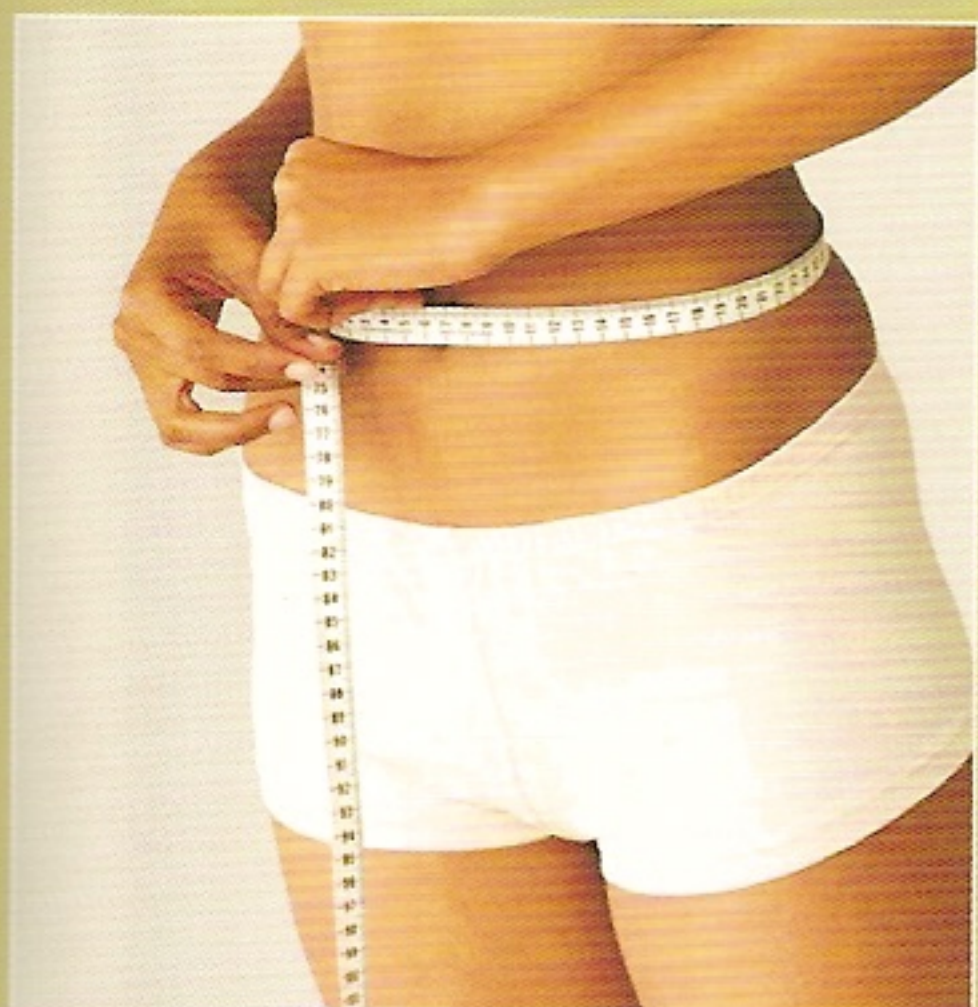
“I lost 12 pounds and 3 inches off my stomach in just 9 days on Forever Living Products’ Clean & Lean programme. People began to compliment me on how I looked and asked me what I was doing. It really made me feel great. In total, I lost 14 pounds and 4.5 inches. Everyone needs to be Clean & Lean!”

— Christopher S. Turpin



# CLEAN + LEAN

# nutriti



**Aloe Vera Gel:** Forever Living Product's high quality Aloe contains over 75 nutritional components and 200 other compounds, including 20 minerals, 18 amino acids and 12 vitamins.

**Forever Lite Meal Replacement Shake:** Each Forever Lite shake delivers a nutritious kick of vitamins, minerals, proteins and carbohydrates.

**Garcinia Plus:** Garcinia effectively reduces the body's conversion of carbohydrates into fats.

**Bee Pollen:** Our Bee Pollen is packed with Vitamins C, D, E, K, betacarotene, B complex, minerals, enzymes, coenzymes, plant-source fatty acids, carbohydrates, minerals and 22 amino acids.

**Forever Active Probiotic:** This small, easy-to-swallow beadlet is designed to promote a healthy digestive system and help overcome imbalances by our food and lifestyle choices.

**Note:** Forever Lite Ultra is available separately and could be used instead of Forever Lite Vanilla or Chocolate.



# onal cleansing programme



## Clean 9 includes:

Aloe Vera Gel  
(3 1-litre bottles)

Forever Lite Meal  
Replacement Shakes  
(1 Vanilla)

Garcinia Plus  
(70 capsules)

Bee Pollen  
(100 tablets)

Shaker

Tape Measure

## Lifestyle 30 includes:

Aloe Vera Gel  
(4 1-litre bottles)

Forever Lite Meal  
Replacement Shakes  
(2 Vanilla/1 Chocolate)

Garcinia Plus  
(70 capsules)

Bee Pollen  
(100 tablets)

Forever Active Probiotic  
(30 beadlets)



# Clean 9

## day 1 -2 clean zone phase 1

morning

Garcinia Plus Capsules  
Aloe Vera Gel  
20 minutes of exercise

snack

Bee Pollen Tablets

lunch

Garcinia Plus Capsules  
Aloe Vera Gel  
Nutritious Forever Lite Shake  
Bee Pollen Tablets

dinner

Garcinia Plus Capsules  
Aloe Vera Gel  
Bee Pollen Tablets

evening

Aloe Vera Gel



## day 3 – 9 clean zone phase 2

morning

Garcinia Plus Capsules  
Aloe Vera Gel  
Nutritious Forever Lite Shake  
20 minutes of exercise

snack

Bee Pollen Tablets

lunch

Garcinia Plus Capsules  
Nutritious Forever Lite Shake  
Bee Pollen Tablets

dinner

Aloe Vera Gel  
Garcinia Plus Capsules  
600-calorie Meal  
Bee Pollen Tablets

evening

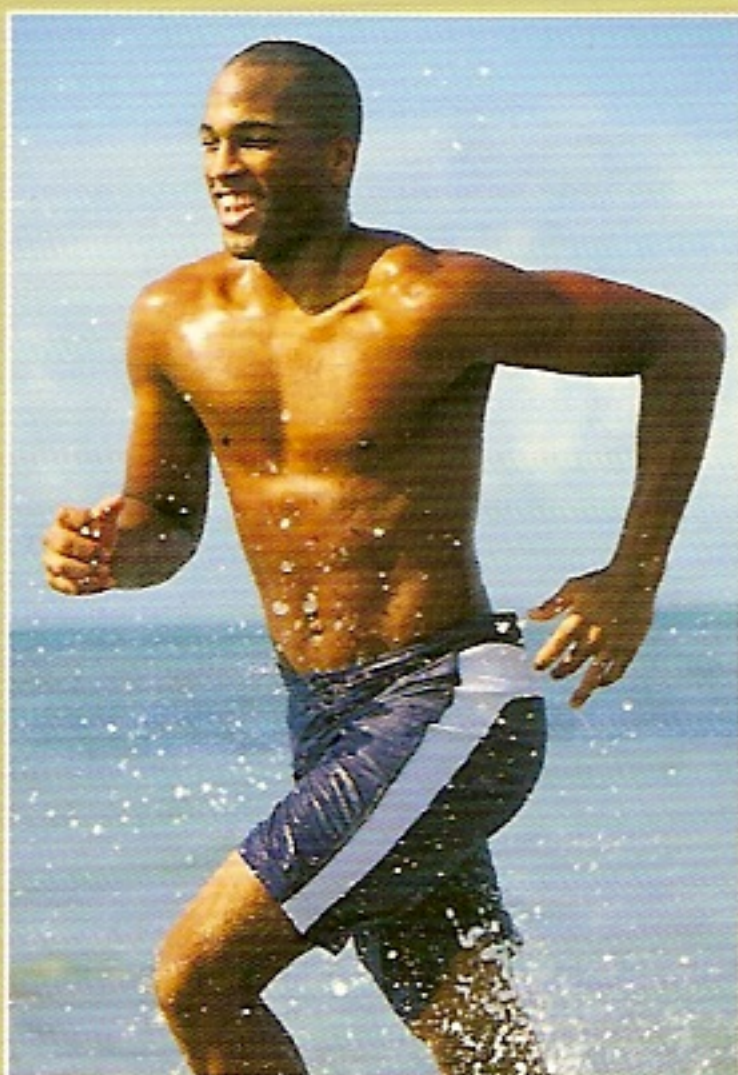
Min. 500 ml of water





# Lifestyle 30

Lifestyle 30 is designed to help you achieve a comprehensive knowledge of how to live your life free of yo-yo dieting, unhealthy eating practices and other nutritional and fitness misconceptions. This programme is a lifestyle change and will help put you on your way to achieving a realistic balance for a lifetime of healthy living.



## morning

Garcinia Plus Capsules  
Nutritious Forever Lite Shake  
Fruit  
Bee Pollen Tablets

## snack

Aloe Vera Gel  
Light toast with peanut butter

## lunch

Garcinia Plus Capsules  
Nutritious Forever Lite Shake  
Raw vegetables with houmous  
or light dressing  
Bee Pollen Tablets

## snack

Aloe Vera Gel  
Fast Break Bar\*

## dinner

Probiotic Beadlet  
Garcinia Plus Capsules  
400-calorie Meal  
Bee Pollen Tablet

\*Not included in Lifestyle 30 pack



For information on the Lifestyle Programme please see Clean 9 and Lifestyle 30 booklets.





It has been incredible!

“Because of my busy lifestyle I was unable to diet effectively, until I was introduced to Clean & Lean. Now I look and feel great. I have gone from a size 18 to a size 10. Clean & Lean shows you exactly what you need to do step by step. It has been incredible!”

— Zonia Espinosa



# CLEAN LEAN

Through your desire and motivation to follow this programme, along with light to moderate exercise, Clean & Lean will provide you with the tools you need for effective weight management in a healthy and natural way. Make those six-pack abs a reality; sport that new bikini or fit your old jeans. You'll look and feel great!

To start achieving your personal health and weight goals, contact the person who provided you with this brochure, and order your Clean 9 and Lifestyle 30 packs today! Good luck!

Note: The Lifestyle 30 pack is a lifetime starter pack only and is not designed to last 30 days.

Remember, always consult your doctor before starting this or any other diet or exercise programme. Not all diets and exercises are suitable for everyone. The results mentioned are not typical and are specific only to the featured participants. This product has not been clinically tested to support these results.

© Forever Living Products (UK) Limited   
Longbridge Manor, Longbridge  
Warwick, CV34 6RB, UK  
[www.foreverliving.com](http://www.foreverliving.com)

Forever Living Products Ireland Limited   
Magheramorne House, 59 Shore Road,  
Magheramorne, Larne BT40 3HW