BUILD A STRONGER HIGHWAY.

MAKING HEALTHY CHOICES IS A GREAT WAY TO SUPPORT THE NUTRIENT SUPERHIGHWAY AND YOUR BODY.

F.I.T.® C9 F15 V5
Look Better. Feel Better.®

ADVANCED NUTRITION MADE SIMPLE

Don't forget to hydrate

Drinking eight glasses (64 oz.) of water each day can help you feel fuller, flush out toxins, support healthy skin and help the body's systems function properly.

Add color to your pallet

Eating whole foods and a variety of fruits and vegetables can provide your body with needed vitamins and minerals to help you feel fuller longer and boost energy.

Spring into action

Studies show that those who are active for at least 30 minutes a day, 4-5 times a week are healthier, happier and more productive. Active doesn't necessarily mean spending all your time at the gym – take the stairs at work or enjoy a bike ride with your family – just get moving!

Get some rest

Without proper sleep, the body doesn't function at its full capacity making you feel stressed, sluggish and unproductive. 7-8 hours of sleep a night can help reset your body and mind and prepare you for your day.

Vital5®

FOREVER®

F.I.T.® C9 F15 V5
Look Better. Feel Better.®

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ADVANCED NUTRITION MADE SIMPLE.

AS OUR LIVES BECOME BUSIER AND CONVENIENT CHOICES LIKE FAST FOODS OFTEN SEEM TO BE THE EASIEST SOLUTIONS, OUR BODIES CAN MISS OUT ON IMPORTANT VITAMINS AND MINERALS WE NEED TO MAINTAIN OUR HEALTH AND WELLNESS.

Vital5® combines five amazing Forever products that work together to bridge nutritional gaps and provide key nutrients your body needs to help you **look better and feel better**.

SYNERGY.

THE PRODUCTS IN VITAL5® WERE SPECIALLY FORMULATED TO WORK TOGETHER SYNERGISTICALLY.

THIS MEANS YOU RECEIVE EVEN MORE POWERFUL RESULTS WHEN ALL FIVE PRODUCTS ARE TAKEN TOGETHER THAN IF EACH PRODUCT IS TAKEN ON ITS OWN.

Forever Aloe Vera Gel®

Forever Aloe Vera Gel® boasts 99.7% pure inner-leaf aloe gel. We lovingly extract the potent pulp by hand and manufacture aseptically with no added preservatives, so you can experience the true power of nature. Our aloe supports your digestive system, promotes a healthy immune system, supports nutrient absorption and helps maintain natural energy levels.

Forever Active Pro-B™

Featuring over 8 billion CFU of probiotics, Forever Active Pro-B™ includes clinically studied probiotics in a proprietary balanced blend of six strains to promote healthy digestion, enhance nutrient absorption and support immune function. These probiotic strains were selected and engineered specifically for their ability to reach the intestines. Forever Active Pro-B™ is packaged in a unique vial to control moisture and protect the active bacteria strains, ensuring that you receive maximum benefits.

Forever Arctic Sea®

Containing an exclusive blend of oils: fish, calamari and high oleic olive oil, this is THE Omega-3, EPA and DHA supplement. Also featuring vitamin E, Forever Arctic Sea® is not sourced from one, but three pure fish oils: anchovy, salmon and cod. This well rounded supplement supports key areas of the body like the cardiovascular, digestive and immune systems as well as brain and eye health.

ARGI+®

ARGI+® provides your daily recommended dose of the “miracle molecule” also known as L-Arginine, a key amino acid. L-Arginine plays many important roles in the body, from supporting cellular function to boosting nitric oxide production, which helps increase blood flow to major organs. Fortified with synergistic vitamins and fruits, this well rounded supplement supports your entire body while adding a delicious berry flavor to your favorite beverage.

Forever Daily®

Enhanced with AOS Complex®, this powerful daily multivitamin provides the most advanced nutrient delivery system available. Our proprietary formula contains 55 perfectly balanced, Aloe-coated nutrients, including recommended daily values of essential vitamins and minerals. We also included a blend of fruit and vegetables to help provide valuable phytonutrients. Ideal health in a bottle.

YOUR SUPPLEMENT SCHEDULE.

FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE VITAL5® PROGRAM.

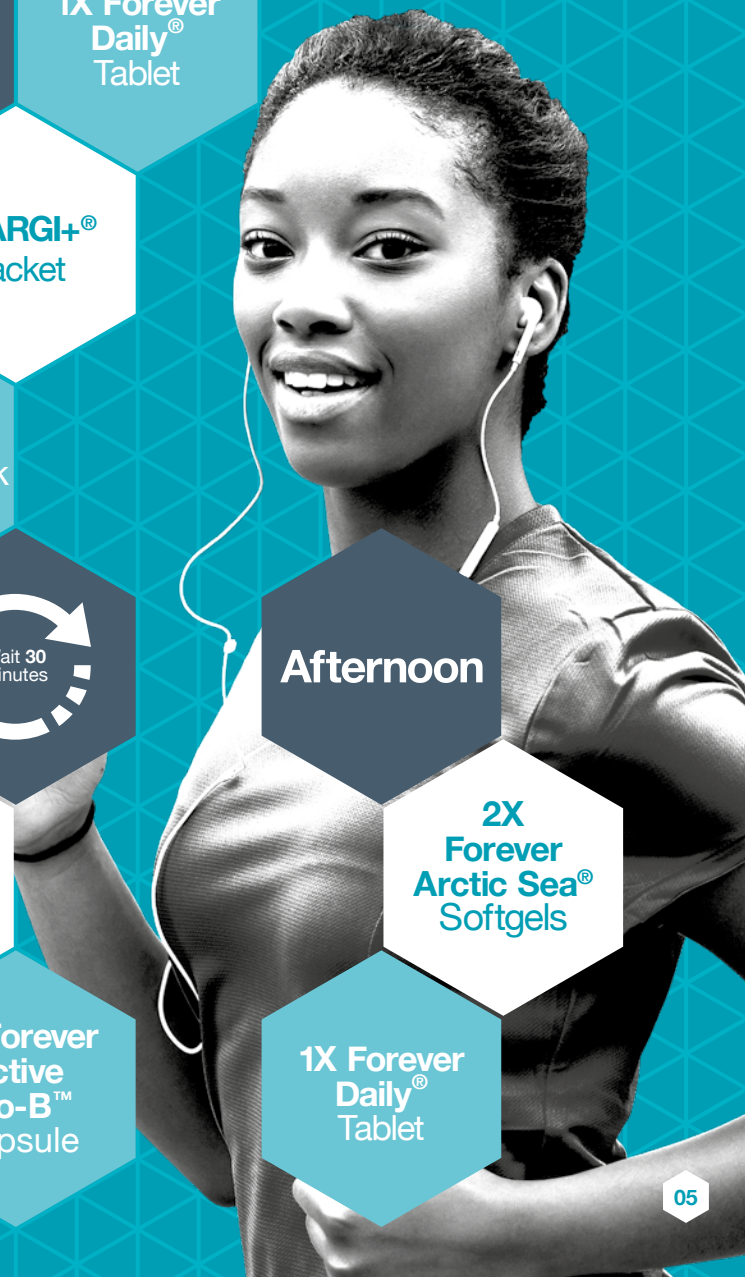
Morning

- 1X Forever Daily® Tablet
- 1X ARGI+® Packet
- 4 oz. Aloe Vera Drink

Wait **30** minutes

Afternoon

- 2X Forever Arctic Sea® Softgels
- 1X Forever Active Pro-B™ Capsule
- 2X Forever Arctic Sea® Softgels
- 1X Forever Daily® Tablet



A ROAD TO GOOD HEALTH.

YOUR BODY IS MADE UP OF CELLS, TISSUES AND ORGANS THAT ALL FUNCTION TOGETHER.

PICTURE THIS SERIES OF SYSTEMS IN YOUR BODY LIKE ROADS ON A MAP. THERE ARE SMALLER COUNTRY ROADS, HIGHWAYS, INTERSTATES AND EVERYTHING IN BETWEEN. AT FOREVER, WE CALL THIS THE **NUTRIENT SUPERHIGHWAY.**

When we consume food and dietary supplements, the **Nutrient Superhighway** ensures that these nutrients are delivered to your cells and tissues and carries waste to be eliminated from the body. The products in **Vital^{5}®** were specially chosen to support the **Nutrient Superhighway** in three key ways.

1. Absorption

Absorption refers to the bioavailability of nutrients or how much of a food or supplement is absorbed into the body. The greater the absorption is, the greater the benefit to your body. **Vital^{5}®** supports absorption two ways.

Forever Aloe Vera Gel®
and other Forever Aloe Vera drinks nourish the digestive tract to support healthy digestion and waste elimination.

Forever Active Pro-B™
provides the body with 8 billion CFU of probiotics, promotes nutrient absorption and supports your digestive health.

Together these two powerful products promote greater absorption of nutrients and help lay the foundation for the other products in **Vital^{5}®**.

In our **Nutrient Superhighway**, these two products would represent the road.

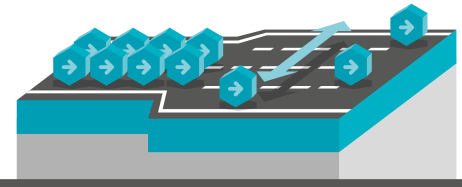
2. Circulation

Once you have optimized the absorption of nutrients, the next step is supporting cardiovascular health and circulation to deliver vitamins and minerals to the cells and organs they support.

Forever Arctic Sea®
provides essential Omega 3 fatty acids to support the cardiovascular system.

ARGI+®
contains a powerful blend of L-Arginine and antioxidants designed to increase nitric oxide production in the body, which promotes circulation and increases efficiency in delivering nutrients throughout your body.

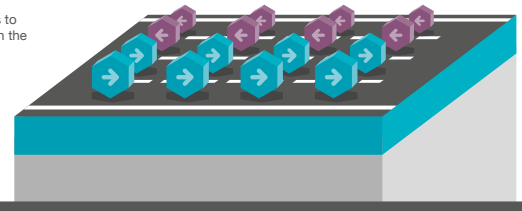
Think of these two products as the size and speed of the road on the **Nutrient Superhighway.**



3. Fortification

The final step in the **Nutrient Superhighway** is **Fortification** and the delivery of valuable nutrients to cells and tissue.

Forever Daily®
provides over 55 nutrients including essential vitamins and minerals to fill gaps left by poor diet and reduced vitamin and mineral content in the foods we eat.

Nutrient Waste

Fortification is represented by the vehicle that is traveling on the **Nutrient Superhighway.**