

Forward GOLD DAILY REGIMEN®

A full-spectrum, daily nutritional supplement for adults 65+, doctor-developed and unconditionally guaranteed for quality and labeled potency.

Forward Gold Daily Regimen®

Suggested Use: Take 2 packets daily; 1 with breakfast and 1 with lunch or dinner. Due to the nature of these ingredients, color variation may occur.

Forward Gold® Brain and Body Multinutrient

Supplement Facts

Serving Size: 2 Capsules		
Servings Per Container: 60		
Amount Per Serving		% DV
Vitamin A (as beta-carotene)	2,250 mcg RAE	250%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%
Thiamine (as mononitrate)	25 mg	2,083%
Riboflavin	25 mg	1,923%
Niacin (as niacinamide, niacin)	50 mg	313%
Vitamin B6 (as pyridoxine HCl)	37 mg	2,178%
Folic Acid	667 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%
Biotin	150 mcg	500%
Pantothenic Acid (as calcium pantothenate)	25 mg	500%
Iodine (as potassium iodide)	75 mcg	50%
Zinc (as monomethionine)	15 mg	136%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as gluconate)	1 mg	111%
Manganese (as gluconate)	5 mg	217%
Chromium (as polynicotinate)	100 mcg	286%
Molybdenum (as ascorbate)	65 mcg	144%
Citicoline (Cognizin®)*	125 mg	*
Para-Aminobenzoic Acid (PABA)	25 mg	*
Inositol	20 mg	*

*Daily Value (DV) not established.

Other ingredients: Gelatin, microcrystalline cellulose, magnesium stearate, calcium silicate, silica

*Cognizin® is a registered trademark of Kyowa Hakko BIO Co., Ltd.

Bone and Balance Essentials™

Supplement Facts

Serving Size: 2 Capsules		
Servings Per Container: 60		
Amount Per Serving		% DV
Vitamin D (as cholecalciferol)	12.5 mcg (500 IU)	63%
Calcium (as carbonate, 50% from eggshell)	500 mg	36%
Magnesium (as oxide)	125 mg	30%
Boron (as chelate)	2.5 mg	*

*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, gelatin, magnesium stearate, silica

CONTAINS: EGG

O-3 Essentials®

Supplement Facts

Serving Size: 1 Softgel		
Servings Per Container: 60		
Amount Per Serving		% DV
Calories	10	
Total Fat	1 g	1%**
Cholesterol	<5 mg	1%**
Fish Oil Concentrate	1,000 mg	*
EPA (eicosapentaenoic acid)†	270 mg	*
DHA (docosahexaenoic acid)‡	180 mg	*

*Daily Value (DV) not established.

Other ingredients: Gelatin, glycerin, natural lemon flavor, mixed tocopherols, rosemary extract, ascorbyl palmitate †As Ethyl Ester

CONTAINS: FISH (anchovy, sardine)

Forward Gold Daily Regimen®

THREE ADVANCED, NUTRIENT-RICH COMPLEXES IN ONE CONVENIENT FORMULA

Making **Forward Gold Daily Regimen** part of your daily routine is the single most important action you can take for lifelong vitality and independence. **Forward Gold Daily Regimen**, for adults 65+, combines optimal levels of antioxidants, vitamins, minerals, and essential fatty acids in a convenient three-part program:

1 Forward Gold® Brain and Body Multinutrient

An advanced foundation to support total brain and body health after age 65:

- Support healthy brain and cognitive function
- Support your immune system and help ensure vibrant, healthy aging
- Support your cardiovascular health, blood pressure, and homocysteine levels
- Provide antioxidant support against harmful free radicals
- Provide a boost in energy while maintaining total-body wellness

2 O-3 Essentials®

This unique omega oil complex provides critical omega-3 fatty acids EPA and DHA to help:

- Maintain healthy neurovascular and brain function
- Support cardiovascular health
- Maintain healthy blood cholesterol and triglyceride levels
- Support skin and hair

3 Bone and Balance Essentials™

A rich, mineral-based blend that supports bone and muscle strength to keep you strong and steady. Altogether it will:

- Support strong, healthy bones with uniquely bioavailable calcium and vitamin D3
- Assist absorption of calcium for enhanced bone strength
- Maintain optimal bone mineral density
- Support muscle strength and function
- Maintain physical stability and balance

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Precautions: Consult a health care practitioner before use if you are pregnant or nursing, have a serious medical condition or use any medications. Do not consume more than two packets per day. To preserve quality and freshness, keep in a cool, dry place.

Keep out of reach of children.



Forward GOLD DAILY REGIMEN®

FOR ADULTS 65+

Advanced foundation for a strong, vibrant, independent life after 65

Daily Multinutrient • Dietary Supplement

60 PACKETS • 30-DAY SUPPLY

60 packets containing 4 capsules and 1 softgel each (Net 240 capsules and 60 softgels)

Almost Out? Call 1-800-722-8008 or visit drwhitaker.com

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Daily Multinutrient • Dietary Supplement

60 PACKETS • 30-DAY SUPPLY

60 packets containing 4 capsules and 1 softgel each (Net 240 capsules and 60 softgels)

Distributed by
HEALTHY DIRECTIONS
Bethesda, MD 20817 • healthydirections.com

Forward Gold Daily Regimen

includes a full complement of recommended vitamins, minerals, antioxidants, and essential fatty acids, plus additional key nutrients to address the specific concerns of aging.

This program is designed to provide optimal everyday nutrition for folks over age 65, and it leverages the very best science to deliver additional support for strong, healthy bones, physical strength and balance, and long-term mental function.†

Forward Gold is highly recommended for all adults over age 65, and to anyone seeking advanced nutritional support for long-term vitality and independence. Taking two packets daily is the best—and simplest—way to stay on the right track for a long and healthful life.

