WHITAKER NUTRITION

Forward Plus DAILY REGIMEN®

A full-spectrum, daily nutritional supplement program, patient-proven and unconditionally guaranteed for quality and labeled potency.†

Daily Multinutrient • Dietary Supplement

60 PACKETS • 30-DAY SUPPLY
60 packets containing 6 capsules and 1 softgel each (Net 360 capsules and 60 softgels)

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

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Lot No. / Exp. Date:

SKU:REG 02 B50000, 2018 R-1

Forward Plus Daily Regimen®

Doctor's Suggested Use: Take 2 packets daily—1 packet with morning meal and 1 packet with midday or evening meal.

Forward® Multinutrient

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving		% DV
Vitamin A (90% as beta-carotene from mixed carotenoids, 10% as retinyl palmitate)	2,250 mcg RAE	250%
Vitamin C (as magnesium and calcium ascorbates, ascorbic acid)	500 mg	556%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%
Thiamine (as mononitrate)	25 mg	2,083%
Niacin (as niacinamide, niacin)	65 mg NE	413%
Vitamin B6 (as pyridoxine hydrochloride)	39 mg	2,293%
Folate	665 mcg DFE	166%
Vitamin B12 (as cyanocobalamin)	75 mcg	3,125%
Biotin	150 mcg	500%
Pantothenic Acid (as calcium pantothenate)	25 mg	556%
Choline (as bitartrate)	100 mg	18%
Calcium (as carbonate, ascorbate)	508 mg	39%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as oxide, ascorbate)	100 mg	24%
Zinc (as monomethionine)	10 mg	106%
Selenium (as selenomethionine)	105 mcg	192%
Copper (as gluconate)	1 mg	111%
Manganese (as gluconate)	5 mg	217%
Chromium (as polynicotinate)	100 mcg	286%
Molybdenum (as ascorbate)	45 mcg	144%
Olive Bioflavonoid Complex	125 mg	*
Gamma Tocopherol	50 mg	*
Rutin	25 mg	*
Para-Aminobenzoic Acid (PABA)	25 mg	*
Inositol	25 mg	*
Alpha Lipoic Acid	15 mg	*
Silica (as silicon dioxide)	10 mg	*
Beta Tocopherol	10 mg	*
Mixed Tocotrienols (from palm oil)	5 mg	*
Trace Mineral Complex	5 mg	*

* Daily Value (DV) not established.

Other ingredients: Gelatin, potassium aspartate, microcrystalline cellulose, magnesium stearate, ethyl vanillin

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%*
Anti-Oil Concentrate	1 g *
EPA (eicosapentaenoic acid/(as ethyl ester)	310 mg *
DHA (docosahexaenoic acid/(as ethyl ester)	186 mg *

* Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Gelatin, glycerin, purified water, natural lemon flavor, antioxidant blend for freshness (mixed tocopherols, rosemary extract, ascorbyl palmitate)

CONTAINS: FISH (anchovy, sardine)

PhytoNutrient Essentials®

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% DV
Proprion (as Cimicimonum caisie, bark)	500 mg *
Proprietary Blend	100 mg *
Grape Extract (skin and seed), Red Raspberry Concentrate, Plum Concentrate, Strawberry Concentrate, Acai Berry Concentrate, Wild Blueberry Powder, Mint Blueberry Concentrate, Cranberry Concentrate	
Resveratrol (from Japanese knotweed, root)	4 mg *
Lutein (from marigold flower)	500 mcg *
Lycopene (from tomato fruit)	500 mcg *

* Daily Value (DV) not established.

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

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com

Precautions: Consult a health care practitioner before use if you are pregnant or nursing, have a 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 Plus Daily Regimen®

THREE NUTRIENT-RICH, HEALTHY COMPLEXES IN ONE CONVENIENT FORMULA

Making **Forward Plus Daily Regimen** part of your daily routine is the single most important action you can take for lifelong health and well-being. Every product in the Whitaker Nutrition line is specifically designed to complement this sound nutritional foundation. **Forward Plus Daily Regimen** combines optimal levels of antioxidants, vitamins, minerals, and essential fatty acids in a convenient three-part program:

1 Forward® Multinutrient

A strong foundation to support total-body health. Essential vitamins and minerals at the precise levels supported by the latest research, to help you:

- Neutralize free radicals, boost your immune system, and reduce the likelihood of premature aging
- Support your cardiovascular system by promoting healthy blood pressure and homocysteine levels
- Support cognitive function
- Support strong, healthy bones
- Enjoy renewed energy and endurance while maintaining

2 O-3 Essentials®

A unique omega oil complex providing critical omega-3 fatty acids EPA and DHA so you can:

- Enhance cardiovascular health
- Maintain healthy blood pressure and blood flow
- Maintain healthy blood cholesterol and triglyceride levels
- Support healthy arteries and blood vessel dilation
- Maintain a healthy insulin response
- Support eye health and hydration

3 PhytoNutrient Essentials®

This unique antioxidant complex supports normal aging and targets free radicals, with:

- Comprehensive antioxidant support
- Concentrated phytonutrient support from resveratrol, for healthy cellular function and cardiovascular health, equivalent to at least 3.4 glasses of red wine
- Cellular support from concentrated fruit extracts and powders

Due to the nature of these ingredients, color variation may occur.

†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.

WHITAKER NUTRITION

Forward Plus DAILY REGIMEN®

EVERYDAY VITALITY

Advanced foundation for robust health and optimal nutrient replenishment†

Daily Multinutrient • Dietary Supplement

60 PACKETS • 30-DAY SUPPLY
60 packets containing 6 capsules and 1 softgel each (Net 360 capsules and 60 softgels)

TRIPLE-TESTED • HIGHEST QUALITY • GUARANTEED • 100% SATISFACTION

QUALITY PROMISE

High performance nutrients have been the foundation of Whitaker Nutrition since 1979. Many thousands have experienced what the powerful difference a carefully designed program of thoughtful nutrition can have on your health and your enjoyment of life.

Forward Plus Daily Regimen includes a full complement of recommended vitamins, minerals, antioxidants, essential fatty acids, and other key nutrients for total health—in one easy-to-use, convenient daily program.

Forward Plus is recommended for anyone seeking advanced, natural support for their entire body. Taking two packets daily as recommended will enhance your vitality, protect you from free-radical damage, and reduce the likelihood of premature aging. If you have type 2 diabetes or diabetic complications, it's even more important to ensure that you get optimal nutrition due to nutrient depletion that occurs with this condition.

Forward Plus is guaranteed unconditionally to include only the highest quality ingredients and manufacturing standards. Quite simply, a program like the **Forward Plus Daily Regimen** can dramatically change your health and your life.

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