

Forward Plus

DAILY REGIMEN®

A full-spectrum, daily nutritional supplement program, patient-proven and unconditionally guaranteed for quality and labeled potency.¹

Daily Multinutrient • Dietary Supplement

60 PACKETS • 30-DAY SUPPLY
60 packets containing 6 capsules and 1 softgel each
(Net 300 capsules and 60 softgels)

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



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SKU-REG 02 B50000, 2018 R-1

Lot No. / Exp. Date:

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

Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (50% as beta-carotene, 50% as retinyl palmitate)	2,200 mcg RAE 250%	Vitamin B12 (as cyanocobalamin)	75 mcg 8,333%	Chromium (as polycrystalline)	100 mcg 200%
Vitamin C (as magnesium and calcium ascorbate, ascorbic acid)	500 mg 500%	Biotin	150 mcg 300%	Magnesium (as aspartate)	200 mg 144%
Vitamin D (as cholecalciferol)	10 mcg (400 IU) 20%	Paracetamol Acid (as calcium paracetamol)	25 mcg 50%	Gamma Tocopherol	50 mg -
Vitamin E (as alpha-tocopheryl succinate)	40 mg 444%	Choline (as bitartrate)	100 mg 90%	Rutin	25 mg -
Thiamin (as mononitrate)	25 mg 2,083%	Calcium (as carbonate, ascorbate)	500 mg 28%	Pan-Aminoaromatic Acid (PABA)	25 mg -
Riboflavin	25 mg 1,820%	Isoline (as potassium iodide)	75 mcg 30%	Inositol	20 mg -
Niacin (as nicotinamide, niacin)	40 mg 80%	Magnesium (as oxide, succinate)	250 mg 60%	Alpha Lipoic Acid	10 mg -
Vitamin B6 (as pyridoxine hydrochloride)	30 mg 2,250%	Zinc (as mononitrate)	15 mg 150%	Silica (as silicon dioxide)	15 mg -
Vitamin B12 (as cyanocobalamin)	75 mcg 8,333%	Selenium (as selenomethionine)	100 mcg 90%	Cocoa Tocopherol	5 mg -
Copper (as gluconate)	3 mg 111%	Copper (as gluconate)	3 mg 111%	Mixed Tocopherols (from palm oil)	5 mg -
Manganese (as gluconate)	5 mg 217%	Manganese (as gluconate)	5 mg 217%	Trace Mineral Complex	5 mg -

Other ingredients: Gelatin, potassium aspartate, mono-potassium citrate, magnesium stearate, ethyl vanillin

O-3 Essentials®

Supplement Facts

Amount Per Serving	% DV	Amount Per Serving	% DV
Omega-3 (as fish oil)	1 g (2%)	Omega-3 (as fish oil)	1 g (2%)
Omega-6 (as gamma-linolenic acid)	1 g (2%)	Omega-6 (as gamma-linolenic acid)	1 g (2%)
EPA, docosahexaenoic acid (as ethyl ester)	270 mg -	EPA, docosahexaenoic acid (as ethyl ester)	270 mg -
DHA, docosahexaenoic acid (as ethyl ester)	900 mg -	DHA, docosahexaenoic acid (as ethyl ester)	900 mg -

CONTAINS: FISH (anchovy, sardine)

PhytoNutrient Essentials®

Supplement Facts

Amount Per Serving	% DV	Amount Per Serving	% DV
Cholesterol (as cholesterol, beta-sitosterol)	500 mg -	Cholesterol (as cholesterol, beta-sitosterol)	500 mg -
Omega-3 (as fish oil)	1 g (2%)	Omega-3 (as fish oil)	1 g (2%)
Omega-6 (as gamma-linolenic acid)	1 g (2%)	Omega-6 (as gamma-linolenic acid)	1 g (2%)
EPA, docosahexaenoic acid (as ethyl ester)	270 mg -	EPA, docosahexaenoic acid (as ethyl ester)	270 mg -
DHA, docosahexaenoic acid (as ethyl ester)	900 mg -	DHA, docosahexaenoic acid (as ethyl ester)	900 mg -

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

Discontinued by Health Directions, Bethesda, MD 20817

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 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, 50:100 ratio:

- 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

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

¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

3 PhytoNutrient Essentials®

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

- Comprehensive antioxidant support
- Concentrated phytonutrient support from rosemary, 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

Forward Plus

DAILY REGIMEN®

EVERYDAY VITALITY

Advanced foundation for robust health and optimal nutrient replenishment¹



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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