

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 360 capsules and 60 softgels)

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



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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 (20% as beta-carotene)	2,280 mcg RAE 285%	Vitamin B12 (as cyanocobalamin)	75 mcg 8,100%	Chromium (as polychrome)	600 mcg 288%
Iron (as ferrous sulfate)	65 mg 118%	Biotin	100 mcg 200%	Calcium (as calcium carbonate)	250 mg 125%
Vitamin C (as ascorbic acid)	60 mg 100%	Phosphorus (as calcium phosphate)	25 mg 50%	Omega-3 Fatty Acids (as fish oil)	100 mg 200%
Vitamin D (as cholecalciferol)	10 mcg (200 IU) 20%	Calcium (as calcium carbonate)	100 mg 10%	Selenium (as selenomethionine)	50 mcg 100%
Vitamin E (as d-alpha-tocopherol succinate)	40 mg 80%	Calcium (as calcium carbonate)	100 mg 10%	Plant Sterols (as phytosterols)	20 mg 40%
Thiamine (as thiamine mononitrate)	20 mg 40%	Calcium (as calcium carbonate)	100 mg 10%	Alpha Lipoic Acid	10 mg 20%
Riboflavin	20 mg 40%	Zinc (as zinc monomethionine)	15 mg 30%	Silica (as silicon dioxide)	10 mg 20%
Niacin (as niacinamide, nicotinic acid)	20 mg 40%	Selenium (as selenomethionine)	50 mcg 100%	Omega-3 Fatty Acids	10 mg 20%
Vitamin B6 (as pyridoxine hydrochloride)	36 mg 72%	Copper (as gluconate)	2 mg 40%	Mixed Tocopherols (from palm oil)	5 mg 10%
Capsules	600 mg (120 capsules)	Caprylic Acid (as gluconate)	5 mg 10%	Trace Mineral Complex	5 mg 10%

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

O-3 Essentials®

Supplement Facts

Amount Per Serving	% DV
Omega-3 Fatty Acids (as fish oil)	100 mg 200%
Plant Sterols (as phytosterols)	20 mg 40%
Alpha Lipoic Acid (as gluconate)	10 mg 20%
Silica (as silicon dioxide)	10 mg 20%
Omega-3 Fatty Acids (as fish oil)	100 mg 200%

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

Amount Per Serving	% DV
Omega-3 Fatty Acids (as fish oil)	100 mg 200%
Plant Sterols (as phytosterols)	20 mg 40%
Alpha Lipoic Acid (as gluconate)	10 mg 20%
Silica (as silicon dioxide)	10 mg 20%
Omega-3 Fatty Acids (as fish oil)	100 mg 200%

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

CONTAINS: Fish (anchovy, sardine)

Distilled by Healthy Directions, Bedford, MA 03007
www.healthydirections.com

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

- 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 rosehip, for healthy cellular function and cardiovascular health, equivalent to at least 3.4 glasses of red wine
- Cellular support from concentrated fruit extracts and pterins

Forward Plus

DAILY REGIMEN®

EVERYDAY VITALITY

Advanced foundation for robust health and optimal nutrient replenishment¹

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



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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