Forward Gold Daily Regimen®

Suggested Use: Take 2 packets daily—1 with breakfast and 1 with lunch or dinner.

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)	2,200 mcg RAE 244%
Vitamin C (as ascorbic acid)	360 mg 400%
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 hydrochloride)	37 mg 2,176%
Folic Acid	667 mcg DFE 167%
Vitamin B12 (as methylcobalamin)	350 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%
Choline (Cognizin®)	125 mg *
Para-Aminobenzoic Acid (PABA)	25 mg *
Inositol	25 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 38%
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) (as ethyl ester)	270 mg *
DHA (docosahexaenoic acid) (as ethyl ester)	180 mg *

* Daily Value (DV) not established. ** Percent Daily Values are based on a 2,000 calorie diet

Other ingredients: Gelatin, glycerin, natural lemon flavor, mixed tocopherols, rosemary extract, ascorbyl palmitate (preservative)

CONTAINS: FISH (anchovy, sardine)

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 take medication. Do not use if safety seal is broken or more than two packets per day. To preserve quality and freshness, keep in a cool, dry place.

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

Keep out of reach of children. Keep product at room temperature and humidity (59-86°F (15-30°C), 40% RH).

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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 you:

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

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.

WHITAKER NUTRITION

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)

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, strength and balance, and sharp 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.

QUALITY PROMISE
TRIPLE-TESTED · POTENCY · PURITY · CONTAMINANTS
DOUBLE-CHECKED · 100% GUARANTEED

Forward GOLD DAILY REGIMEN®

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

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SKU: FWG 02 B12000, 2019 R-1

Lot Number | Expiration Date