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	Amount Per Serving		% DV	Amount Per Serving		% DV
Vitamin A (80% as beta-carotene, 10% as retinyl palmitate)	2,250 mcg RAE	250%	Vitamin B12 (as cyanocobalamin)	75 mcg	3,125%	Chromium (as polynicotinate)	100 mcg	286%
			Biotin	150 mcg	500%	Molybdenum (as ascorbate)	65 mcg	144%
Vitamin C (as magnesium and calcium ascorbates, ascorbic acid)	500 mg	556%	Pantothenic Acid (as calcium pantothenate)	25 mg	500%	Citrus Bioflavonoid Complex	125 mg	*
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%	Choline (as bitartrate)	100 mg	18%	Quercetin Dihydrate	50 mg	*
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%	Calcium (as carbonate, ascorbate)	500 mg	38%	Rutin	25 mg	*
Thiamine (as mononitrate)	25 mg	2,083%	Iodine (as potassium iodide)	75 mcg	50%	Para-Aminobenzoic Acid (PABA)	25 mg	*
Riboflavin	25 mg	1,923%	Magnesium (as oxide, ascorbate)	250 mg	60%	Inositol	25 mg	*
Niacin (as niacinamide, niacin)	50 mg NE	313%	Zinc (as monomethionine)	15 mg	136%	Alpha Lipoic Acid	15 mg	*
Vitamin B6 (as pyridoxine hydrochloride)	38 mg	2,235%	Selenium (as selenomethionine)	105 mcg	192%	Silica (as silicon dioxide)	13 mg	*
Folate	665 mcg DFE	166%	Copper (as gluconate)	1 mg	111%	Delta Tocopherol	5 mg	*
			Manganese (as gluconate)	5 mg	217%	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	15	
Total Fat	1 g	1%*
Cholesterol	<5 mg	1%*
Fish Oil Concentrate	1 g	*
EPA (eicosapentaenoic acid)(as ethyl ester)	275 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, 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
Proprietary Fruit Blend: Acerola (as Chromemax® cassis, bark)	500 mg	*
Proprietary Fruit Blend: Acerola, Cherry, Red Raspberry Concentrate, Plum Concentrate, Strawberry Concentrate, Tart Cherry Concentrate, Wild Blueberry Powder, Wild Bilberry Concentrate, Cranberry Concentrate	100 mg	*
Resveratrol (from Japanese knotweed, root)	4 mg	*
Lutein (from marigold flower)	500 mcg	*
Zeaxanthin (from tamarind 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 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.

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

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

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[1]

Daily Multinutrient • Dietary Supplement

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

QUALITY PROMISE · TRIPLE-TESTED · PURE · POTENT · FORMULATED · 100% GUARANTEED

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 concentrated 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 from free-radical damage, and reduce the likelihood of premature aging. If you have type 2 diabetes or diabetic complications, it is 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.

Forward Plus DAILY REGIMEN®

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

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