

DR. WHITAKER

America's Most Trusted Wellness Doctor®



Forward GOLD DAILY REGIMEN®

For adults 65+

Advanced foundation for a strong,
vibrant, independent life after 65

2 Packs
Per Day!

Daily Multinutrient • Daily Supplement

60 PACKETS • 30-DAY SUPPLY

60 packets containing 4 capsules and 1 softgel each
(Net 240 capsules and 60 softgels)



Dr. Julian Whitaker's Forward Gold Daily Regimen®

Doctor's Suggested Use: Take 2 packets daily; 1 with breakfast and 1 with lunch or dinner.
This product contains natural ingredients; therefore, variation in color may occur.

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 from mixed carotenoids)	7,500 IU	150%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Thiamine (as mononitrate)	25 mg	1,667%
Riboflavin	25 mg	1,471%
Niacin (as niacinamide, niacin)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	37 mg	1,850%
Folic Acid	400 mcg	100%
Vitamin B12 (as methylcobalamin)	250 mcg	4,167%
Biotin	150 mcg	50%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
Iodine (as potassium iodide)	75 mcg	50%
Zinc (as monomethionine)	15 mg	100%
Selenium (as selenomethionine)	100 mcg	143%
Copper (as gluconate)	1 mg	50%
Manganese (as gluconate)	5 mg	250%
Chromium (as polynicotinate)	100 mcg	83%
Molybdenum (as ascorbate)	65 mcg	87%
Cognizin® Citicoline*	125 mg	*
Para Aminobenzoic Acid (PABA)	25 mg	*
Inositol	20 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)	500 IU	125%
Calcium (as carbonate and eggshell)	500 mg	50%
Magnesium (as oxide)	125 mg	31%
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	
Calories from fat	10	
Total Fat	1 g	2%†
Cholesterol	<5 mg	1%†
Fish Oil Concentrate	1,000 mg	*
EPA (eicosapentaenoic acid)‡	270 mg	*
DHA (docosahexaenoic acid)‡	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 ‡As Ethyl Ester

CONTAINS: FISH (anchovy, sardine)



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