

A full-spectrum, daily nutritional supplement program, doctor-developed and unconditionally guaranteed for quality and labeled potency.*

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Dosier's Suggested Use: Take 2 packets daily—1 packet with morning meal and 1 packet with midday or evening meal.

Supplement Facts

[illegible]

Supplement Facts

[illegible]

Supplement Facts

[illegible]

Distributed by Healthy Directions
Belleville, MO 63817
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.

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 Whitman 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.

- **Supports brain health:** Essential vitamins and minerals at the precise levels supported by the latest research, to help you:
 - Nourish the nervous system, boost your immune system, and reduce signs of aging
 - Support your cardiovascular system by homocysteine levels
 - Support cognitive function
 - Support strong, healthy bones
 - Enhance renewed cellular renewal

- **2 unique omega-3 fatty acids providing critical omega-3 fatty acid EPA and DHA**

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| <ul style="list-style-type: none"> ■ Enhance cardiovascular health ■ Maintain healthy blood pressure ■ Maintain healthy blood cholesterol and triglyceride levels ■ Support healthy arteries and blood vessel dilate ■ Support eye health and hydration | <ul style="list-style-type: none"> ■ Comprehensive antioxidant support ■ Concentrated phytonutrient support from concentrated, high-quality olive extract and cardiovascular health ■ Cellular support from concentrated fruit extracts and proteins |
|--|---|

- Comprehensive antioxidant support
- Concentrated phytonutrient support from resveratrol, for healthy cellular function and cardiovascular health
- Cellular support from concentrated true acai antioxidants

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

ADVANCED MULTINUTRIENT

Bone, heart, immune, and
total body support for optimal
nutrient replenishment*

Daily Multinutrient • Dietary Supplement

60 PACKETS - 30-DAY SUPPLY
60 packets containing 8 capsules and 1 softgel each.
(Net 360 capsules and 60 softgels)



Lentini et al. / Effects of Parental Monitoring 697

9XU-REG-02 Rev000, 2021 R-1



High performance nutrition
have been the foundation
of Whiteaker Nutrition
since 1978. 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, mineral 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 support for their entire body. Taking two packets daily is recommended will enhance your vitality, neutralize free-radical damage, and help reduce the signs of 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.

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