

Forward® is an essential part of Julian Whitaker, MD's **Forward Plus Daily Regimen®**. The complete Forward Plus Daily Regimen also includes **O-3 Essentials®** and **PhytoNutrient Essentials®**, which are Dr. Whitaker's exclusive formulas.

UNCONDITIONALLY GUARANTEED for purity and labeled potency. To preserve quality and freshness, store bottle with cap tightly closed in a cool, dry place.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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DR. WHITAKER



Forward®

FOR EVERYDAY HEALTH

With essential
vitamins and minerals
in absorbable forms†



Dietary Supplement

300 CAPSULES

Doctor's Suggested Use: Take 10 capsules daily; 5 with breakfast and 5 with lunch or dinner.

Supplement Facts

Serving Size: 5 Capsules • Servings Per Container: 60

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (90% as beta-carotene from mixed carotenoids, 10% as retinyl palmitate)	7,500 IU 150%	Zinc (as monomethionine)	15 mg 100%
Vitamin C (as magnesium and calcium ascorbates, ascorbic acid)	500 mg 833%	Selenium (as selenomethionine)	100 mcg 143%
Vitamin D (as cholecalciferol)	400 IU 100%	Copper (as gluconate)	1 mg 50%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU 333%	Manganese (as gluconate)	5 mg 250%
Thiamine (as mononitrate)	25 mg 1,667%	Chromium (as polynicotinate)	100 mcg 83%
Riboflavin	25 mg 1,471%	Molybdenum (as ascorbate)	65 mcg 87%
Niacin (as niacinamide, niacin)	50 mg 250%	Potassium (as aspartate)	57 mg 2%
Vitamin B6 (as pyridoxine HCl)	38 mg 1,900%	Citrus Bioflavonoid Complex	125 mg *
Folic Acid	400 mcg 100%	Choline (as bitartrate)	100 mg *
Vitamin B12 (as cyanocobalamin)	75 mcg 1,250%	Gamma Tocopherol	50 mg *
Biotin	150 mcg 50%	Rutin	25 mg *
Pantothenic Acid (as calcium pantothenate)	25 mg 250%	Para-aminobenzoic Acid (PABA)	25 mg *
Calcium (as carbonate, ascorbate)	500 mg 50%	Inositol	20 mg *
Iodine (from kelp)	75 mcg 50%	Alpha Lipoic Acid	15 mg *
Magnesium (as oxide, ascorbate)	250 mg 63%	Silica (as silicon dioxide)	13 mg *
		Delta Tocopherol	5 mg *
		Mixed Tocotrienols (from palm oil)	5 mg *
		Trace Mineral Complex	5 mg *

* Daily Value (DV) not established.

Other ingredients: Gelatin, microcrystalline cellulose, magnesium stearate, stearic acid, ethyl vanillin

Note: Pregnant or lactating women should consult a health care professional before taking this product.

Keep out of reach of children.

This product contains natural ingredients; therefore, some color variations may occur.

†Forward® is rich in the following antioxidants: Vitamins A, C, E, and Selenium.



SKU: FWD 02 C16000 - 2015 R-1

Expiration Date

Lot No.

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