

Clean 9 - Instruction Booklet

Moving towards a healthier lifestyle isn't easy but few things that are truly worthwhile are. Clean 9 is the first step in establishing lifelong habits that will help you achieve true and lasting weight management. This proven cleansing system is the foundation of the **Forever F.I.T. program** and will put you in the best possible position to attain optimal health, cleanse your body and build a slimmer, leaner you.

What can you expect over the next 9 days?

You'll look better and feel better and begin to eliminate stored toxins that may be keeping you from absorbing the maximum nutrients in your food. You'll also begin to feel lighter and more energized as you prove you can take control of your appetite and see your body begin to change.

Clean 9 Instruction on 1-2 days:

Breakfast

- 2x Forever Garcinia Plus Softgel (taken 20 minutes before the Forever aloe Vera Gel)
- 4 oz Forever Aloe Vera Gel (with a minimum of 8 oz of water)
- 1x Forever Therm Tablet
- Minimum of 30 minutes of low-intensity exercise

Snack

- 1x Packet Forever Fiber (mixed with 8-10 oz water, or other beverage)

Lunch

- 2x Forever Garcinia Plus Softgel (taken 20 minutes before the Forever aloe Vera Gel)
- Wait 20 minutes
- 4 oz Forever Aloe Vera Gel (with a minimum of 8 oz of water)
- 1x Forever Therm Tablet
- 1x Scoop Forever Lite Ultra (mixed with 10 oz of water, almond milk, light soy milk or coconut milk)

Dinner

- 2x Forever Garcinia Plus Softgel (taken 20 minutes before the Forever aloe Vera Gel)
- Wait 20 minutes
- 4 oz Forever Aloe Vera Gel (with a minimum of 8 oz of water)

Evening

- 4 oz Forever Aloe Vera Gel (with a minimum of 8 oz of water)

Clean 9 Instruction on 3-9 days:

Breakfast

- 2x Forever Garcinia Plus Softgel (taken 20 minutes before the Forever aloe Vera Gel)
- 4 oz Forever Aloe Vera Gel (with a minimum of 8 oz of water)
- 1x Forever Therm Tablet
- 1x Scoop Forever Lite Ultra (mixed with 10 oz of water, almond milk, light soy milk or coconut milk)
- Minimum of 30 minutes of low-intensity exercise

Snack

- 1x Packet Forever Fiber (mixed with 8-10 oz water, or other beverage)

Lunch

- 2x Forever Garcinia Plus Softgel (taken 20 minutes before the Forever aloe Vera Gel)
- 1x Forever Therm Tablet
- 1x Scoop Forever Lite Ultra (mixed with 10 oz of water, almond milk, light soy milk or coconut milk)

Dinner

- 2x Forever Garcinia Plus Softgel (taken 20 minutes before the Forever aloe Vera Gel)
- Wait 20 minutes
- 600 Calorie Meal