

Forever Lite Ultra Chocolate & Vanilla Flavours

Description and Purpose

Forever Lite Ultra is the perfect addition to your healthy Forever lifestyle. With 55% more protein and less than 50% the carbohydrates of regular Forever Lite powder, Forever Lite Ultra integrates new thinking with new technologies to help you maintain a healthy diet and lifestyle.

Two servings each day of Forever Lite Ultra, added to (300ml) of skimmed milk, supply a full 100% of the RDA for the vitamins and minerals shown in the Nutrition Facts section. Forever Lite Ultra provides more of the 18 important amino acids, including essential, non-essential and the branch-chain acids. With Forever Lite Ultra you can rest assured that you are getting the latest advancements in nutritional science without having to sacrifice taste.

Forever Lite Ultra is an integral part of the Forever Nutri-Lean Programme. It will help you take charge of your health and put you on the path to effective and sustained weight management.

At a glance...

- For a low-carb lifestyle
- Two shakes provide 100% RDA vitamins and minerals
- 55% more protein and less than 50% the carbohydrates of regular Forever Lite powder
- Approximately 21 servings per can



Ingredients

Forever protein blend (consisting of whey protein, soya protein isolate and calcium caseinate), cocoa powder*, fructose, dicalcium phosphate, natural and artificial flavours, guar gum, disodium phosphate, soyabean oil, fructooligosaccharide, ascorbic acid, D-alpha tocopheryl acetate, sucralose, biotin, niacinamide, soya lecithin, zinc oxide, vitamin A palmitate, D-calcium pantothenate, chromium chloride, vitamin D3, pyridoxine hydrochloride, potassium iodide, brewer's yeast, thiamine hydrochloride, riboflavin, spirulina, folic acid, cyanocobalamin and sodium selenate. Contains: milk and soya.

*Only in Chocolate Ultra

Contents

525g (18.5oz) – approximately 21 servings per can.

Directions

Shake can before each use. Blend or mix 1 level scoop (25g) with 300ml (10fl oz) of skimmed milk or fruit juice. Rice milk or soya milk can also be used.

Nutrition Facts

	% Daily Value*	
	Powder	With 300ml skimmed milk
Vitamin A	40%	50%
Vitamin C	50%	50%
Calcium	20%	55%
Vitamin D	30%	50%
Vitamin E	50%	50%
Thiamin	40%	50%
Riboflavin	15%	50%
Niacin	50%	50%
Vitamin B6	50%	50%
Folate	50%	50%
Vitamin B12	30%	50%
Biotin	50%	50%
Pantothenic Acid	40%	50%
Phosphorus	20%	50%
Iodine	35%	50%
Zinc	40%	50%
Selenium	50%	50%
Chromium	50%	50%

300ml of skimmed milk contributes an additional 110 calories.

†Daily Value not established.

* Percent Daily Values are based on a 2000 calorie diet.

