

Forever Lite Chocolate & Vanilla Flavours

Description and Purpose

For a meal when you're on the move, whether you're looking to lose weight, gain muscle or just need an energetic boost, use Forever Lite. Mixed with milk or your favourite fruit juice, Forever Lite delivers a nutritious dose of vitamins, minerals, protein and carbohydrates. Rich in proteins for bodybuilding, growth and repair, two shakes a day (with milk) provide 100% of the RDA of vitamins and minerals.

Each shake contains 18 amino acids (including all 8 essential ones) and trace elements including iron, selenium, chromium and iodine and provide you with soluble and insoluble fibre. To protect against free radicals, we've added antioxidant beta carotene and vitamins A and E, and used the natural fruit sugar fructose, instead of sugar or aspartame.

Forever Lite is available in two delicious flavours - chocolate and vanilla. Mixed with skimmed milk, soya milk or fruit juice, a Forever Lite shake can be a healthy, tasty way to manage your weight. If used as a meal replacement, eat at least one nutritiously complete, low-calorie meal a day, including fresh fruit, vegetables, whole grains and lean protein.

At a glance...

- Two drinks (with milk) provide 100% RDA of vitamins and minerals
- Use for healthy weight gain and weight loss
- Provides the perfect balance of proteins and carbohydrates
- Healthy snack or meal replacement
- Approximately 21 servings per can
- No added preservatives



Nutritional Profile

Forever Lite: a special blend of proteins that provide a high Protein Efficiency Ration (PER) of 2.5 for bodybuilding, growth and repair.

Vitamins and minerals: 2 servings with milk provide 100% of the UK RDA.

Amino acids: contains 18 amino acids, including all eight 'essentials', those which cannot be fabricated in the body from other nutrients.

Fibre: two servings provide a good daily intake of soluble and insoluble fibre, needed to regulate the release of nutrients into the blood stream and to help maintain bulk and good intestinal regularity.

Beta-carotene: (vitamin A) and vitamin E - antioxidant vitamins, included in the diet for protection against reactive substances called free radicals.

Fructose: a natural fruit sugar to assist in normalising blood sugar levels.

Trace elements: including iron, selenium, chromium and iodine - added to regulate a several body functions.

Ingredients

Forever protein blend (consisting of soya protein isolate, calcium caseinate, and whey), fructose, dutch processed cocoa*, cellulose gel and cellulose gum, carob*, soya lecithin, calcium phosphate, magnesium oxide, natural and artificial flavours, soyabean oil, carrageenan, pectin, ascorbic acid, ferrous fumarate, brewer's yeast, guar gum, D-alpha tocopheryl acetate, niacinamide, zinc oxide, calcium pantothenate, vitamin A palmitate, copper sulfate, bromelain, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, vitamin D3, folic acid, biotin, potassium iodide, beta carotene, GTF chromium yeast, selenium yeast, spirulina, cyanocobalamin. Contains: milk and soya.

*Only in Chocolate

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.

