



10 lbs. in 11 days

“The first 2 days on the Clean and Lean plan were pretty tough, but the results were well worth the sacrifice. Once I started day 3 and I was able to have 2 Forever Lite Shakes and a meal, the plan became very easy to stick with. Other than meal-time, I am not even hungry. The Clean and Lean plan is very easy to follow and flexible enough to fit into my schedule. I am now in day 11 and have lost 10 lbs since I started the Clean and Lean plan.”

— Debbie Whitmoyer

CLEAN + LEAN

Forever Clean and Lean is a safe and effective 30-day diet and exercise program designed with two distinct “zones” — Clean 9 and Lean 21. Start with Clean 9 (Days 1-9), the first step to a “clean” body that will put you on your way to a healthier, happier you. Lean 21 (Days 10-30), will help your body continue to purge itself of harmful chemicals and begin burning your fat stores. Keeping up the pace for all 30 days will help you develop good habits for continued weight-loss and an overall improved health.

To start achieving your personal health and weight goals, contact the individual who provided you with this brochure, and order your Clean 9 and Lean 21 paks today! Good luck!

Remember, always consult your doctor before starting this or any other diet or exercise program. Not all exercises are suitable for everyone. The results mentioned are NOT typical and are specific only to the featured participants. This product has not been clinically tested to support these results.

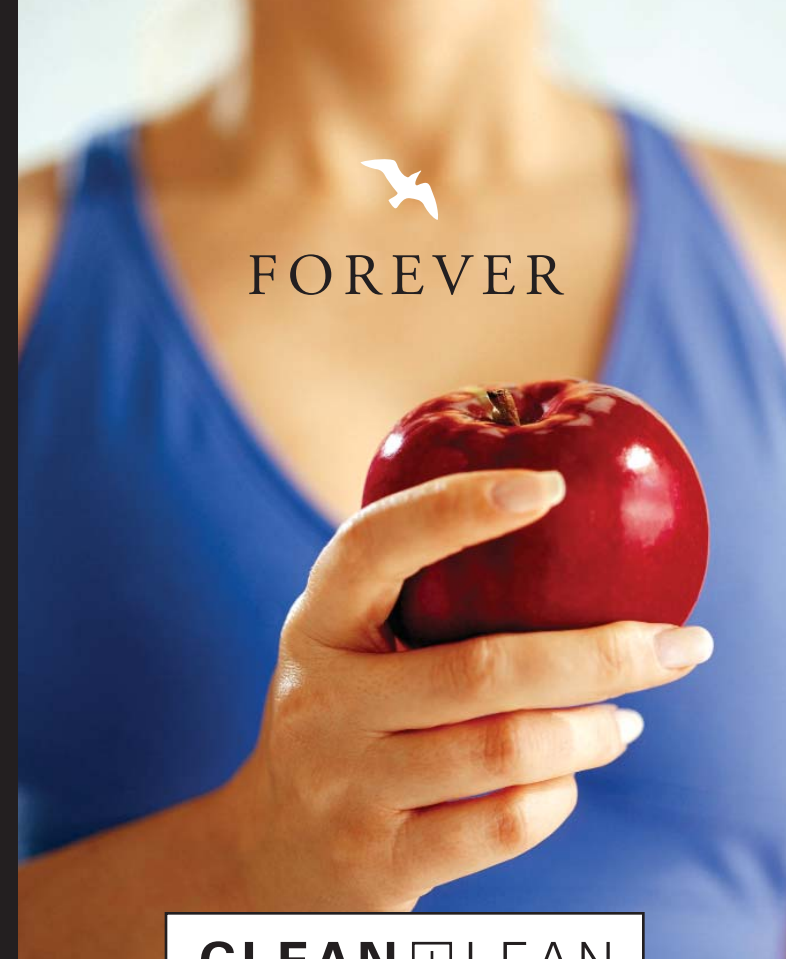


FOREVER LIVING PRODUCTS

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Re-order # 9752



FOREVER

CLEAN + LEAN

nutritional cleansing program

FOR A CLEANER, LEANER, HEALTHIER YOU

Forever Clean and Lean is a 30-day weight-loss program designed to help clear your system of preservatives and other unnatural chemicals and provide you with the tools to continue losing weight in a healthy and natural way. For just a few dollars a day you'll lose weight, clean out your system and take charge of your health.



CLEAN \square LEAN

nutritional cleansing program



12 lbs. in 9 days

“I lost 12 pounds and 3 inches off my stomach in just 9 Days on Forever Living Products’ Clean and Lean program. People began to compliment me on how I looked and asked me what I was doing. It really made me feel great. With the Lean 21 program, I continued to lose weight and feel great. I lost 14 pounds and 4.5 inches the first month. I’m now using Lean 21 every month. Everyone needs to be Clean and Lean!”

— Christopher S. Turpin

32 lbs. in 23 days / from a size 14 to size 8

“I am very excited and happy with the Clean and Lean program and how well it works. I look at myself in the mirror and can’t believe how much weight I have lost! Starting the program, my goal was to lose 30 lbs. In the first 9 days I lost 21 lbs., and after 23 days I’ve already lost a total of 32 lbs. I used to be a size 14 and now I’m down to a size 7-8! I still exercise for 1 hour as I did before, but now I have better results. I recommend this program 100% and know that whoever follows the program step by step will have great results. I have more energy and feel good. I think I’m going to start carrying a scale under my arm so I can start weighing anyone who wants to be clean and lean, and above all to be happy for who they are. The Clean and Lean program is the solution.”

— Elvira Duran

Contact the person who gave you this brochure to find out what Clean and Lean can do for you!