



## Forever Essentials®

Forever Essentials Daily Dietary Supplement System combines five of Forever Living's best and most popular dietary supplements in individually wrapped packets, convenient for daily use. They are rich in essential vitamins, minerals, phytonutrients and antioxidants to help your body function at its best.

These easy-to-carry packets provide an ideal way for everyone in your family to get their "daily essentials" in good nutrition from one of the world leaders in high quality dietary supplements, Forever Living Products.

Chosen for their ability to increase your energy and stamina, each pack contains the following dietary supplements:

- 2 Forever Bee Pollen Tablets
- 2 Forever Absorbent-C tablets
- 1 Forever A-Beta-CarE softgel
- 4 Forever Nature-Min tablets
- 1 Forever Arctic-Sea softgel

#### INGREDIENTS

See individual supplement descriptions in this section

#### CONTENTS

30 packets of supplements

#### DIRECTIONS

Simply take the contents of one supplement pack every day.



- Your daily supplement needs in one convenient packet
- Increases energy and stamina
- One month's supply in each box

PRODUCT #197

SEE REVERSE SIDE FOR SUPPLEMENT FACTS

*The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.*

# Forever Essentials®

## Supplement Facts

### Forever Absorbent-C Supplement Facts

Serving Size 1 Tablet  
Servings per Container 100

Amount Per Tablet	
Calories	6*
Total Carbohydrate	1g*
Vitamin C	60mg*

\* Daily Value not established.

### Forever A-Beta-CarE Supplement Facts

Serving Size 1 Softgel  
Servings per Container 100

Amount Per Softgel	% Daily Value*
Calories	5
Vitamin A 12,500 IU (100% As Beta Carotene)	250%
Vitamin E 200 IU	667%
Selenium 25 mcg	36%

\* Percent Daily Values are based on a 2,000 calorie diet

### Forever Nature Min Supplement Facts

Serving Size 6 Tablets  
Servings per Container 30

Amount Per Serving	% Daily Value
Calories	5
Total Carbohydrate 1g	< 1%*
Dietary Fiber 1g	4%*
Calcium (Dicalcium Phosphate) 1000 mg	100%
Iron (Ferrous Fumarate) 18 mg	100%
Phosphorus (Dicalcium Phosphate) 665 mg	70%
Iodine (Potassium Iodide) 150 mcg	100%
Magnesium (Magnesium Oxide) 400 mg	100%
Zinc (Zinc Sulfate) 15 mg	100%
Selenium (Selenomethionine) 36 mcg	50%
Copper (Copper Gluconate) 2 mg	100%
Manganese (Manganese Gluconate) 6 mg	300%
Chromium (Chromium Polynicotinate) 36 mcg	30%
Molybdenum (Molybdenum Amino Acid Chelate) 36 mcg	50%
Vanadium (Vanadium Amino Acid Chelate) 36 mcg	†

\* Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established

### Arctic-Sea Super Omega 3 Supplement Facts

Serving Size 1 Softgel  
Servings per Container 60

Amount Per Serving	% Daily Value
Calories	10
Calories From Fat	10
Total Fat 1 g	2%*
Vitamin E 1 IU	3%*
Omega-3 fatty acids 375 mg	†
EPA (eicosapentaenoic acid) 225 mg	†
DHA (docosahexaenoic acid) 150 mg	†
Oleic Acid (from olive oil) 150 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

### Forever Bee Pollen Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 30

Amount Per Tablet	
Bee Pollen, granular	1000mg*

\* Daily Value not established