



## Forever Nature's 18®

Are you getting *your* recommended 5 servings a day of fruits and vegetables? The National Cancer Institute's nutritional guidelines state that every man, woman and child should consume a minimum of 5 servings of fruits and vegetables a day. Fruits and vegetables contain powerful health-promoting and immune-enhancing antioxidants and other phytochemicals, and are an important source of many nutrients our bodies need daily.

Forever Living knows that our good intentions of eating a balanced diet are not always met. We want to make sure that you and your family meet these minimum requirements, so we have created Forever Nature's 18 – a proprietary blend of fruits and vegetables that are the heavyweights, so to speak, when it comes to supporting your health.

Just 4 tablets give you the antioxidant equivalent of eating 5 servings of fruits and vegetables a day: Grape, Apple, Blueberry, Elderberry, Cranberry, Raspberry, and Grape Seed Extract all support the immune system with their antioxidant phytochemicals. Rutin, which is found in orange, grapefruit, lemons and limes, has been shown to support healthy joint function and circulation, and Bananas are known for their potassium content and ability to support healthy blood pressure levels. Carrots, Cabbage, Cauliflower, Celery and Green Beans are all noted for their phytochemicals that promote good health through the elimination of free radicals in the body. And Kiwi, Prunes, Red Bell Pepper, Zucchini and Parsley all provide Vitamin C as well as promoting good digestion and eye health.

Forever Nature's 18 is a pleasant-tasting, easy-to-chew tablet that delivers your daily requirement of antioxidants from fruits and vegetables. A daily serving of Forever Nature's 18 is *your* way of supporting your body with the fruits and vegetables it needs to maintain your health. Forever Nature's

18 is *Forever Living's* way of assuring you that no matter what your day throws at you, the antioxidant benefits of 5 servings of fruits and vegetables is conveniently at your disposal!

### Supplement Facts

Serving Size 2 tablets

Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2g	<1%*
Sugars	2g	†
Vitamin C (as ascorbic acid)	20mg	33%
Proprietary Blend:	1004mg	†
Grape ( <i>Vitis vinifera</i> )(juice), Apple ( <i>Malus pumila</i> ) (juice), Blueberry Extract [standardized to contain 1.5% anthocyanins ( <i>Vaccinium corymbosum</i> )(fruit)], Elderberry Extract [standardized to contain 4% anthocyanins ( <i>Sambucus nigra</i> )(fruit)], Cranberry Extract ( <i>Vaccinium macrocarpon</i> )(fruit), Banana ( <i>Musa sapientum</i> )(fruit), Grape Seed Extract [standardized to contain 95% Proanthocyanins ( <i>Vitis vinifera</i> )(seed)], Rutin, Raspberry Extract [standardized to contain 4% Ellagic Acid ( <i>Rubus chingii</i> )(fruit)], Cabbage ( <i>Brassica oleracea capitata</i> )(aerial part), Carrot ( <i>Daucus carota sativa</i> )(root), Cauliflower ( <i>Brassica oleracea botrytis</i> )(aerial part), Celery ( <i>Apium graveolens</i> ) (aerial part), Green Bean( <i>Phaseolus vulgaris</i> )(fruit), Kiwi ( <i>Actinidia chinensis</i> )(fruit), Lime ( <i>Citrus aurantifolia</i> )(fruit), Parsley ( <i>Petroselinum crispum</i> )(leaf and stem), Prune ( <i>Prunus domestica</i> )(fruit), Red Bell Pepper ( <i>Capsicum annuum</i> )(fruit), and Zucchini ( <i>Cucurbita Pepo</i> )(fruit).		

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

† Daily Value not established.

### OTHER INGREDIENTS

Dextrose, Malic Acid, Stearic Acid, and Silicon Dioxide.

### CONTENTS

120 tablets (30 day supply)

### DIRECTIONS

Chew two tablets twice daily.



- 4 tablets give you the antioxidant equivalent of eating 5 servings of fruits and vegetables a day

- Fruits and vegetables contain powerful health-promoting and immune-enhancing antioxidants plus other phytochemicals

- Chewable, great tasting tablet – ideal for the entire family!

PRODUCT #271



*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.*