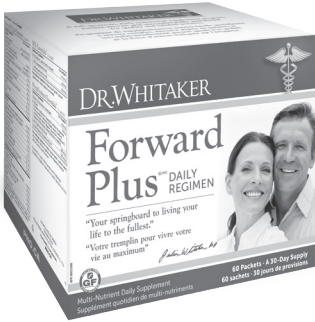


DR. WHITAKER

Forward Plus®



- Support Bones and Cartilage
- Support Liver Function
- Maintain Teeth and Gums
- Provide Healthy Metabolism
- Support Brain Function
- Reduce Risk of Osteoporosis
- Support Immune Function
- Maintain Night Vision
- Support Thyroid Function
- Maintain Eyesight
- Maintain Muscle Function

Forward Plus has been designed to include every nutrient that your body needs for optimal health. The Forward Plus program is based on three important formulas:

1. An antioxidant-rich multivitamin and mineral supplement that goes to work right away to fight free-radical damage, and saturates your tissues and organs with powerful nourishment.
2. An essential fatty acid complex from fish oil to keep your heart and immune system healthy and strong, and your cholesterol and triglyceride levels in check.
3. A phytonutrient blend that contains a fruit blend high in antioxidants, cinnamon to help control blood sugar levels, lutein to protect the eyes and lycopene for prostate health.

The Forward Plus regime provides a superior combination of nutrients for supporting the health of your heart, bones, immune system, brain and much more. Forward Plus provides unprecedented cardiovascular support with natural vitamin E and fish oil for normal cholesterol, blood pressure and triglyceride levels. Studies have consistently shown that antioxidant vitamins, especially vitamin E, can help to reduce the risk of cardiovascular disease. The evidence for fish oils is even stronger, with studies showing that omega-3 fatty acids help to reduce the incidence of cardiovascular disease and cardiac events like heart attack and stroke, and also help to balance cholesterol, triglyceride and blood pressure levels. In fact, it has been suggested that a deficiency in omega-3 fatty acids is the sixth highest cause of preventable death in the United States each year!

Forward Plus also contains optimal amounts of folic acid, vitamin B12 to help maintain normal homocysteine levels and arterial function. Research has shown that elevated homocysteine levels are a serious risk factor for cardiovascular disease and stroke. Folic acid, and B vitamins like B6 and B12 are essential for the elimination of excess levels of this toxic amino acid, and studies have shown that supplementation with these vitamins is effective for reducing homocysteine, thereby improving cardiovascular health.

As you pass 50, you also need enhanced bone nourishment. Forward Plus includes an outstanding mineral complex that gives you more absorbable forms of the most important bone-supporting nutrients, such as calcium and magnesium, as well as highly bioavailable forms of zinc, copper and manganese for optimal absorption. Reduced intake of minerals like calcium, magnesium and



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phosphorus is common as we age, and has been associated with a much greater incidence of osteoporosis. Supplementation with these essential minerals is thus very important for maintaining strong, healthy bones throughout life.

Finally, many patients are also worried about retaining their mental sharpness as they age, for this reason, Forward Plus contains several nutrients such as Alpha-Lipoic Acid, vitamin D₃, vitamin E, fish oil, lutein and bioflavonoids with research supporting their role for the promotion of mental clarity and cognitive function.

Forward® Multi-Nutrient (5 capsules)

Medicinal Ingredients: Per 5 Capsules

Vitamins:

Vitamin A (palmitate)	227 mcg RAE (750 IU)
Beta-Carotene4050 mcg (6750 IU)
Vitamin C (magnesium ascorbate, calcium ascorbate, ascorbic acid)	500 mg
Vitamin D ₃ (cholecalciferol)	10 mcg (400 IU)
Vitamin E (d-alpha tocopheryl acid succinate)	50 mg AT (75 IU)
Niacinamide	40 mg
Vitamin B6 (pyridoxine hydrochloride)	38 mg
Vitamin B1 (thiamine mononitrate)	25 mg
Vitamin B2 (riboflavin)	25 mg
Pantothenic Acid (calcium d-pantothenate)	25 mg
Niacin	10 mg
Folic Acid (folate)	400 mcg
Biotin	150 mcg
Vitamin B12 (cyanocobalamin)75 mcg

Minerals:

Calcium (citrate, carbonate, aspartate, ascorbate)	500 mg
Magnesium (oxide, ascorbate, citrate, aspartate)	250 mg
Potassium (aspartate)	50 mg
Zinc (monomethionine)	15 mg
Silicon (dioxide)	5 mg
Manganese (gluconate)	4.5 mg
Copper (gluconate)	1 mg
Selenium (selenomethionine)	100 mcg
Chromium (polynicotinate)	100 mcg
Iodine (<i>Ascophyllum nodosum</i>) (whole plant)75 mcg
Molybdenum (sodium molybdenum)	65 mcg

Additional Ingredients:

Citrus Bioflavonoids

(<i>Citrus limon</i> , <i>Citrus sinensis</i> , <i>Citrus paradisi</i>) (fruit)	125 mg
Choline (bitartrate)	100 mg
Rutin (<i>Sophora japonica</i>) (flower bud)	25 mg
PABA (para-aminobenzoic acid)	25 mg

Inositol	20 mg
DL-Alpha-Lipoic Acid	15 mg

Non-medicinal Ingredients: Gelatin capsule (gelatin, purified water), vegetable grade magnesium stearate (lubricant), microcrystalline cellulose, ethyl vanillin.

EPA Essentials® (1 softgel)

Medicinal Ingredients: Per Softgel

Fish Oil (anchovy, sardine and/or mackerel)	1110 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

Non-medicinal Ingredients: Softgel capsule (gelatin, glycerin, purified water), mixed tocopherol concentrate.

PhytoNutrient Essentials® (1 capsule)

Medicinal Ingredients: Per Capsule

Cinnamon (Cinnamomum cassia) (bark)	500 mg
Fruit Blend50 mg
Proprietary Fruit Blend of: Grape (<i>Vitis vinifera</i>), Pomegranate (<i>Punica granatum</i>), Strawberry (<i>Fragaria vesca</i>), Cranberry (<i>Vaccinium macrocarpon</i>), Blueberry (<i>Vaccinium corymbosum</i>), Raspberry (<i>Rubus idaeus</i>), Bilberry (<i>Vaccinium myrtillus</i>)	
Lutein (<i>Tagetes erecta</i>) (flower)500 mg
Lycopene (<i>Solanum lycopersicum</i>) (fruit)500 mg

Non-medicinal Ingredients: Gelatin capsule (gelatin, purified water), microcrystalline cellulose, vegetable grade magnesium stearate (lubricant), silicon dioxide, sucrose.

Recommended adult dose: 2 packets daily with meals or as directed by a health care practitioner. Take a few hours before or after taking other medications. Each packet contains 5 Forward Multi-Nutrient capsules, 1 EPA Essentials softgel and 1 PhytoNutrient Essentials capsule.

CODE: 0021-60 packets NPN: 80050539



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