



Dr. Whitaker has been a pioneer in the field of nutritional medicine for more than 25 years. He is the Director of the Whitaker Wellness Institute and Editor of Health and Healing newsletter which provides important health advice to more than 25,000 Canadians. Dr. Whitaker graduated from Dartmouth College in 1966 and received his M.D. degree in 1970 from Emory University Medical School. In 1974 he co-founded the California Orthomolecular Medical Society with Nobel prize winner Dr. Linus Pauling.

Forward Plus Daily Regimen

Turn Your Health Around and Feel Amazing Long-Term Benefits

What to expect from this product:

- Powerful cardiovascular support
- Promotes normal blood and cholesterol levels
- Maintains normal blood pressure
- Enhanced brain support nutrients to support mental clarity
- Outstanding bone strengthening nourishment
- Helps digestion and absorption of nutrients
- Promotes proper blood sugar balance for energy and weight management
- Neutralizes free radicals
- Fortifies the immune system
- EPA is lead and mercury free



“I believe that doing this one simple thing can bring you better health for the rest of your life.”

If you are determined to turn your health around, you need to refuel your body by replenishing lost nutrients every day. That’s why I put every critical nutrient you need into **Forward Plus**. I’ve based my program on two 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 superior Norwegian fish oil to keep your heart and immune system healthy and strong, and your cholesterol and triglyceride levels in check – with natural lemon flavor for no aftertaste or odor.

Forward Plus provides unprecedented cardiovascular support with natural vitamin E and fish oil for normal cholesterol, blood pressure and triglyceride levels. It also contains optimal amounts of folic acid, vitamin B12 and the amino acid trimethylglycine (TMG) to help maintain normal homocysteine levels and arterial function. 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 chelated forms of zinc, copper and manganese for optimal absorption. Many of my patients are also worried about retaining their mental sharpness, so **Forward Plus** also contains a precise dosage of the “smart nutrient” phosphatidyl choline (LECI-PC35), which research suggests promotes mental clarity and reduces forgetfulness.

Julian Whitaker, M.D.

FORMULA:**Forward Plus Daily Regimen****NUTRIENT
(6 CAPS) PER PACKET****VITAMINS**

Vitamin A (palmitate)	2500.00 IU
Natural Betacarotene (d. salina)	7500.00 IU
Vitamin B1 (thiamine mononitrate)	25.00 mg
Vitamin B2 (riboflavin)	25.00 mg
Vitamin B3 (niacin)	10.00 mg
Vitamin B3 (niacinamide)	40.00 mg
Vitamin B5 (calcium pantothenate)	25.00 mg
Vitamin B6 (pyridoxine hydrochloride)	37.50 mg
Vitamin B12 (cyanocobalamin)	75.00 mcg
Folic Acid	400.00 mcg
Biotin	150.00 mcg
Vitamin D3 (cholecalciferol)	300.00 IU
Vitamin C (ascorbic acid, calcium ascorbate)	750.00 mg
Vitamin E (d-alpha Tocopheryl Acid Succinate)	400.00 IU

LIPOTROPHIC FACTORS

Choline Bitartrate	100.00 mg
Phosphatidyl Choline	100.00 mg
Inositol	19.80 mg

MINERALS

Calcium (citrate, carbonate)	485.00 mg
Potassium (citrate)	49.50 mg
Iodine (kelp)	72.00 mcg
Zinc (*HVP chelate)	15.00 mg
Copper (gluconate)	1.02 mg
Magnesium (oxide, citrate, gluconate)	250.00 mg
Manganese (gluconate)	4.98 mg
Chromium (*HVP chelate)	100.00 mcg
Selenium (yeast)	100.00 mcg
Molybdenum (citrate)	25.00 mcg
Silicon (horsetail)	2.34 mg

*HVP: Hydrolysed Vegetable Protein

In a non-medicinal base of Betaine HCl, Citrus Bioflavonoids, Hesperidin, Magnesium Stearate (vegetable grade), PABA, Quercetin, Rutin, Silicon Dioxide, Trace Mineral Complex and Trimethylglycine

EPA/GLA Essentials

NUTRIENT	PER SOFTGEL
ProOmega 18:12 Fish Oil	1067 mg
Providing EPA (Eicosapentaenoic acid)	180 mg
Providing DHA (Docosahexaenoic acid)	120 mg
Other Omega-3	50 mg
Borage Oil	120 mg
Providing Gamma-linolenic Acid	26 mg
Proprietary Antioxidant Blend	3 mg
Rosemary Extract	
Ascorbyl Palmitate & Mixed Tocopherols	

OTHER INGREDIENTS

Natural Lemon Flavour

It's Never Too Late

Over the years, I've learned that when it comes to your health you can undo the past. You can overcome the years of natural wear and tear on your body. I've seen living proof in my patients that it's never too late to enjoy the good, robust health that you've been entitled to all along. **Organized in convenient dosage packets**, Forward Plus has the right nutrients that will assure constant nourishment to every cell in your body, helping you feel good all day and all night. All it takes is one packet with breakfast and one at dinner.

RECOMMENDED DOSAGE:

2 packets per day, one with the morning meal and one with the evening meal.



ALL FORMULAS ARE MANUFACTURER TESTED AND 3RD PARTY VERIFIED FOR POTENCY

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