



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 packet 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

SUGGESTED USE

Simply take the contents of one supplement pack every day with water.



- Supplies many of your daily supplement needs in one convenient packet
- Increases energy and stamina
- One month's supply in each box

PRODUCT #269

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

Absorbent-C® Supplement Facts

Serving Size 2 Tablets
Servings per Container 30

Amount Per Serving	% Daily Value*
Calories 10	
Total Carbohydrate 2g	<1%*
Vitamin C 120 mg	200%

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

INGREDIENTS

Natural Oat Bran, Sorbitol Powder, Honey, Ascorbic Acid, Stearic Acid, Natural Orange Flavor, Citrus Bioflavonoids, Papaya Fruit Powder, and Silica.

A-Beta-CarE® Supplement Facts

Serving Size 1 Softgel
Servings per Container 30

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

INGREDIENTS

Refined Soybean Oil, D-Alpha Tocopherol, Gelatin, Glycerin, Beeswax, Purified Water, Rosemary Powder, Carrot Oil, Soy Lecithin, Dark Carob Extract, Beta Carotene, and L-Selenomethionine.

Contains Soy.

Nature-Min® Supplement Facts

Serving Size 4 Tablets
Servings per Container 30

Amount Per Serving	% Daily Value
Total Carbohydrate 1g	<1%*
Dietary Fiber <1g	3%*
Calcium (Dicalcium Phosphate) 667 mg	70%
Iron (Ferrous Fumarate) 12 mg	70%
Phosphorus (Dicalcium Phosphate) 444 mg	45%
Iodine (Potassium Iodide) 100 mcg	70%
Magnesium (Magnesium Oxide) 267 mg	70%
Zinc (Zinc Sulfate) 10 mg	70%
Selenium (Selenomethionine) 24 mcg	35%
Copper (Copper Gluconate) 1.3 mg	70%
Manganese (Manganese Gluconate) 4 mg	200%
Molybdenum 24 mcg	30%
(Molybdenum Amino Acid Chelate)	
Vanadium 24 mcg	†
(Vanadium Amino Acid Chelate)	

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

† Daily Value not established.

OTHER INGREDIENTS

Natural Sea Mineral Deposit, Croscarmellose Sodium, and Stearic Acid.

Contains Shellfish (Shrimp, Crab, Lobster).

Arctic-Sea Super Omega 3 Supplement Facts

Serving Size 1 Softgel
Servings per Container 30

Amount Per Serving	% Daily Value
Calories 10	
Calories From Fat 10	
Total Fat 1 g	2%*
Trans Fat 0 g	
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

INGREDIENTS

Natural Fish Oil, Olive Oil, Gelatin, Glycerin, Purified Water, and D-Alpha Tocopherol.

Contains Fish (Salmon, Anchovy, Mackerel, Sardines).

Forever Bee Pollen Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Tablet	
Bee Pollen, granular	1000mg*

* Daily Value not established

OTHER INGREDIENTS

Honey, Stearic Acid, Silica, and Royal Jelly.