

|    | A                                                             | B             | C              | D              | E             | F                    |
|----|---------------------------------------------------------------|---------------|----------------|----------------|---------------|----------------------|
| 1  | <b>VITAMIN</b>                                                | <b>AMOUNT</b> | <b>DOUG-AM</b> | <b>DOUG-PM</b> | <b>DEBBIE</b> | <b>LOCATION</b>      |
| 2  | Alpha Lipoic Acid                                             | 300 mg        | X              | X              | X             | big vitamin chest    |
| 3  | Ascorbic Acid                                                 | 1000 mg       | X              | X              | X             | big vitamin chest    |
| 4  | Supreme C Complex (ascorbic acid 500mg/Citrus Bioflavoniod    |               | X              | X              | X             | big vitamin chest    |
| 5  | complexes 500mg/Rutin (from buckwheat) 50Mg)                  |               |                |                |               |                      |
| 6  | Time released Vitamin C (Ascorbi acid 1000 mg/                |               | X              | X              | X             | big vitamin chest    |
| 7  | Rose Hips 100mg                                               |               |                |                |               |                      |
| 8  | Hi-Lignan Flax Seed Powder (3 capsules)                       | 1.65g         | X              | X              | X             | big vitamin chest    |
| 9  | NAC N-Acetyl-Cysteine                                         | 600 mg        | X              | X              | X             | big vitamin chest    |
| 10 | Acetyl Carnitine                                              | 500 mg        | X              | X              | X             | big vitamin chest    |
| 11 | Glucosamine(500mg), Chondroitin(400 mg),& MSM (200mg)         |               | X              | X              | X             | big vitamin chest    |
| 12 | Vitamin B3                                                    | 5000 IU       | X              | X              | X             | sml vitamin chest    |
| 13 | Curcumin                                                      | 875 mg        | X              | X              | X             | sml vitamin chest    |
| 14 | High Potency Quercetin                                        | 650 mg        | X              | X              | X             | sml vitamin chest    |
| 15 | Pomegranate Extract                                           | 250 mg        | X              |                |               | sml vitamin chest    |
| 16 | Phosphatidylserine                                            | 100 mg        | X              |                |               | sml vitamin chest    |
| 17 | Ubiquinol                                                     | 100 mg        | X              | X              | X             | sml vitamin chest    |
| 18 | Magnesium Citrate                                             | 225 mg        | X              | X              | X             | sml vitamin chest    |
| 19 | Vitamin E - Mixed Tocopherols                                 | 400 mg        |                | X              |               | sml vitamin chest    |
| 20 | Methyl B-12                                                   | 1000 microgm  |                |                | X             | container under desk |
| 21 | Methylcobalamin                                               | 5 mg          | X              |                |               | container under desk |
| 22 | BetaRight - Beta Glucans                                      | 250 mg        | X              |                |               | container under desk |
| 23 | Bilberry                                                      | 250MG         | X              | X              |               | container under desk |
| 24 | Bilberry Eyebright Vision Complex (Bilberry -350mg/ Eyebright |               | X              | X              |               | container under desk |
| 25 | Herb (175 mg)/ Quercetin Dihydrate (105 mg)/                  |               |                |                |               |                      |
| 26 | Rutin (from buckwheat) - 70mg                                 |               |                |                |               |                      |
| 27 | Resveratrol                                                   | 250 mg        | X              |                | X             | container under desk |
| 28 | Cinnamon Bark                                                 | 850 mg        | X              | X              | X             | container under desk |
| 29 | Lutein (26mg) & Bilberry (20mg) & Zeaxanthin (303 mcg)        |               | X              | X              |               | container under desk |
| 30 | Astaxanthin                                                   | 4 mg          | 3 capsules     | 1 capsule      | 1 capsule     | container under desk |
| 31 | MK-7 / Vitamin K-2                                            | 100 mcg       | X              | X              | X             | container under desk |
| 32 | Organica Silica                                               | 500 mg        | X              | X              |               | container under desk |
| 33 | Ginkgo Biloba                                                 | 120 mg        | X              | X              |               | container under desk |
| 34 | Milk Thistle (525 mg) & Silymarin (420 mg)                    |               | X              | X              |               | container under desk |
| 35 | Super EPA (3 capsules)                                        | 3 gms         | X              | X              | X             | container under desk |

|    | A                                                 | B      | C          | D          | E          | F                    |
|----|---------------------------------------------------|--------|------------|------------|------------|----------------------|
| 36 | DHA (2 capsules)                                  | 560 mg | X          | X          | X          | container under desk |
| 37 | Zyflamend Whole Body                              |        | X          | X          | X          | container under desk |
| 38 | Dr. Whitaker Forward                              |        |            | 5 capsules | 3 capsules | container under desk |
| 39 | Whole Food Multi-Vitamin & Mineral (without Iron) |        | 3 capsules |            | 3 capsules | container under desk |
| 40 |                                                   |        |            |            |            |                      |
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| 69 |                                                   |        |            |            |            |                      |

### Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 30

|                                                                                | Amount Per Serving | % Daily Value |
|--------------------------------------------------------------------------------|--------------------|---------------|
| Calories                                                                       | 20                 |               |
| Total Carbohydrate                                                             | 3 grams            | 1%†           |
| Dietary Fiber                                                                  | 1 gram             | 6%†           |
| Protein                                                                        | 1 gram             |               |
| Vitamin A USP (as beta-carotene)                                               | 10,000 IU          | 200%          |
| Vitamin C USP (as ascorbic acid)                                               | 1,000 mg           | 1,667%        |
| Vitamin D USP (as cholecalciferol)                                             | 400 IU             | 100%          |
| Vitamin E USP (as d-alpha tocopheryl acetate)                                  | 200 IU             | 667%          |
| Thiamin USP (thiamin HCl) (vitamin B-1)                                        | 25 mg              | 1,666%        |
| Riboflavin USP (vitamin B-2)                                                   | 25 mg              | 1,470%        |
| Niacin USP (as niacinamide)                                                    | 40 mg              | 200%          |
| Vitamin B-6 USP (as pyridoxine HCl)                                            | 25 mg              | 1,250%        |
| Folic Acid USP                                                                 | 400 mcg            | 100%          |
| Vitamin B-12 USP (as cyanocobalamin)                                           | 200 mcg            | 3,333%        |
| Biotin USP                                                                     | 100 mcg            | 33%           |
| Pantothenic Acid USP (as d-calcium pantothenate)                               | 60 mg              | 600%          |
| Calcium (85% from calcium carbonate; 15% from calcium amino acid chelate)      | 200 mg             | 20%           |
| Iodine (from kelp)                                                             | 150 mcg            | 100%          |
| Magnesium (80% from magnesium oxide; 20% from magnesium amino acid chelate)    | 100 mg             | 25%           |
| Zinc (from TRAACS® zinc glycinate chelate)                                     | 15 mg              | 100%          |
| Selenium (from selenium amino acid complex)                                    | 25 mcg             | 36%           |
| Copper (from copper amino acid chelate)                                        | 0.5 mg             | 25%           |
| Manganese (from manganese amino acid chelate)                                  | 4 mg               | 200%          |
| Chromium (from chromium amino acid chelate)                                    | 20 mcg             | 17%           |
| Potassium (85% from potassium chloride; 15% from potassium amino acid complex) | 50 mg              | 1%            |

Spirulina (Arthrospira platensis) (microalgae) 1 gram \*

Bee Pollen 100 mg \*

Lemon Bioflavonoid Complex 60 mg \*

Black Currant Seed (Ribes nigrum) [providing 10% fatty acids (5 mg), including 2.5-4% gamma-linolenic acid] 50 mg \*

Korean Ginseng Root (Panax ginseng) 50 mg \*

Choline (as choline bitartrate) 30 mg \*

Inositol 30 mg \*

Papain (Carica papaya) (fruit) (proteolytic enzyme) (2,000 USP units/mg) 30 mg \*

Quercetin Dihydrate (Dimorphandra gardeniaria Fam. Leguminosae) (seeds) 30 mg \*

Betaine HCl (from sugar beets) 25 mg \*

Rutin (Dimorphandra gardeniaria Fam. Leguminosae) (seeds) 25 mg \*

RNA (ribonucleic acid, from yeast) 21 mg \*

Apple Pectin (fruit) 20 mg \*

PABA (para-aminobenzoic acid) 15 mg \*

Bromelain (from pineapple) (providing 24 GDU) 10 mg \*

DNA (deoxyribonucleic acid, from yeast) 6 mg \*

Amylase (57,000 u/g) (Aspergillus oryzae) 5 mg \*

Lipase (120,000 u/g) (Aspergillus niger) 5 mg \*

Betadene® (beta-carotene with mixed carotenoids) 4 mg \*

Lutein (from marigold extract) 2 mg \*

Octacosanol (from wheat germ) 200 mcg \*

Zeaxanthin (from marigold extract) 100 mcg \*

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

\*Daily Value not established.

**Doctor's Suggested Use:** Take 5 capsules with morning meal and 5 capsules with evening meal daily.

### Supplement Facts

Serving Size: 5 Capsules • Servings Per Container: 60

| Amount Per Serving                                                                | % DV          | Amount Per Serving                 | % DV         |
|-----------------------------------------------------------------------------------|---------------|------------------------------------|--------------|
| Vitamin A (90% as beta-carotene from mixed carotenoids, 10% as retinyl palmitate) | 7,500 IU 150% | Selenium (as selenomethionine)     | 100 mcg 143% |
| Vitamin C (as magnesium and calcium ascorbates, ascorbic acid)                    | 500 mg 833%   | Copper (as gluconate)              | 1 mg 50%     |
| Vitamin D (as cholecalciferol)                                                    | 400 IU 100%   | Manganese (as gluconate)           | 5 mg 250%    |
| Vitamin E (as d-alpha tocopheryl succinate)                                       | 100 IU 333%   | Chromium (as polynicotinate)       | 100 mcg 83%  |
| Thiamine (as mononitrate)                                                         | 25 mg 1,667%  | Molybdenum (as ascorbate)          | 65 mcg 87%   |
| Riboflavin                                                                        | 25 mg 1,471%  | Potassium (as aspartate)           | 57 mg 2%     |
| Niacin (as niacinamide, niacin)                                                   | 50 mg 250%    | Choline (as bitartrate)            | 100 mg *     |
| Vitamin B6 (as pyridoxine HCl)                                                    | 38 mg 1,900%  | Citrus Bioflavonoid Complex        | 125 mg *     |
| Folic Acid                                                                        | 400 mcg 100%  | Gamma Tocopherol                   | 50 mg *      |
| Vitamin B12 (as cyanocobalamin)                                                   | 75 mcg 1,250% | Rutin                              | 25 mg *      |
| Biotin                                                                            | 150 mcg 50%   | Para-aminobenzoic Acid (PABA)      | 25 mg *      |
| Pantothenic Acid (as calcium pantothenate)                                        | 25 mg 250%    | Inositol                           | 20 mg *      |
| Calcium (as carbonate, ascorbate)                                                 | 500 mg 50%    | Alpha Lipoic Acid                  | 15 mg *      |
| Iodine (from kelp)                                                                | 75 mcg 50%    | Silica (as silicon dioxide)        | 13 mg *      |
| Magnesium (as oxide, ascorbate)                                                   | 250 mg 63%    | Delta Tocopherol                   | 5 mg *       |
| Zinc (as monomethionine)                                                          | 15 mg 100%    | Mixed Tocotrienols (from palm oil) | 5 mg *       |
|                                                                                   |               | Trace Mineral Complex              | 5 mg *       |

\* Daily Value (DV) not established.

Other ingredients: Gelatin, microcrystalline cellulose, magnesium stearate, ethyl vanillin

**Note:** Pregnant or lactating women should consult a health care professional before taking this product.

**Keep out of reach of children.**

This product contains natural ingredients; therefore, some color variations may occur.

†Forward® is rich in the following antioxidants: Vitamins A, C, E, and Selenium.