

Hectic social life? Tired in the morning?

Our supplement ranges are made from the finest quality ingredients, grown and collected from the best sources and produced with the most advanced technology.

Each product retains its original nutritional value to encourage good health and well being.



A-Beta-CarE

A-Beta-CarE supplies the body with vitamins A, E and selenium, powerful antioxidant nutrients that are vital for healthy skin, hair and eyesight. Also helps combat the effects of ageing on the skin and menopausal hot flushes (100 softgel capsules).

£21.14 | €31.57 | code: 54



Absorbent-C

Helps maintain healthy connective tissues, skin, joints and respiratory functions. Provides 100% of UK RDA of vitamin C from natural citrus bioflavonoids. Bonded with oat bran, a highly soluble fibre for gradual absorption (100 chewable tablets).

£15.08 | €22.52 | code: 48



Nature-Min

A perfect blend of natural seabed minerals important for digestion, repairing body tissue and calming the nervous system. Minerals play a vital role from regulating fluid balance to activating genes and hormones (180 tablets).

£12.94 | €19.32 | code: 37

Kick start your day!

Supplements : 07



Calcium

An ultra-dense calcium citrate formula that supplies the body with 100% of the RDA with just four tablets. Combined with vitamin D and magnesium, two elements that are essential for maximising calcium absorption, vital to maintain strong and healthy bones (90 tablets).

£16.93 | €25.28 | code: 206

Garcinia Plus

Aids natural metabolism and helps control the appetite with a full feeling (see page 40). Helps lower cholesterol and fatty acids and aids in the development of healthy hair, nails and skin. Ideal for sports people to quickly energise the body (70 softgel capsules).

£24.33 | €36.33 | code: 71

Gin-Chia

Gives the body back what a busy lifestyle takes out whilst acting as a natural antidepressant. Gin-Chia helps improve circulation and is a powerful antioxidant that increases stamina and endurance. Favoured by people with menopausal problems (100 tablets).

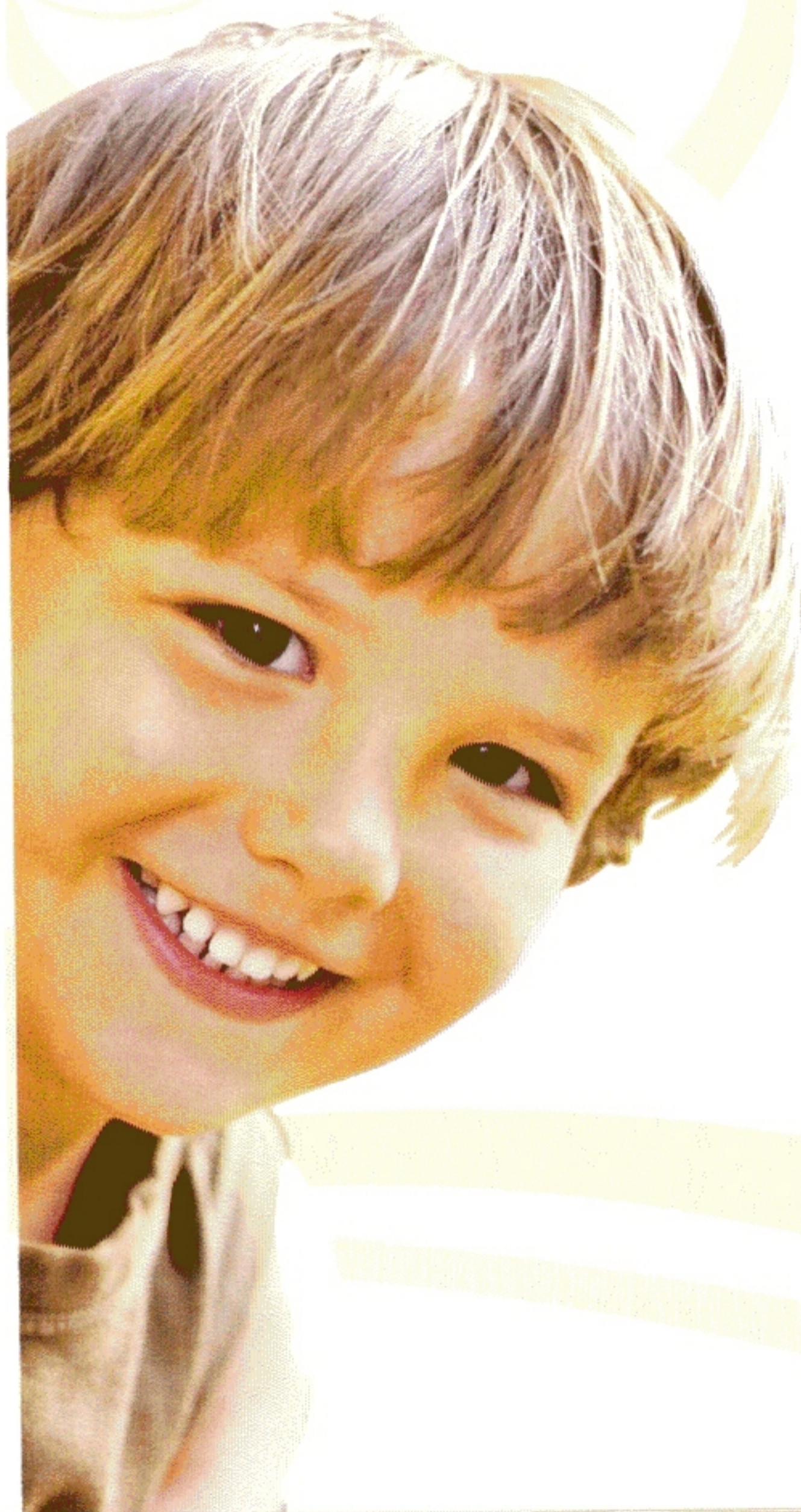
£15.02 | €22.43 | code: 47

Echinacea Supreme

A highly prized form of Echinacea with goldenseal and grapeseed extract to help support the immune system. Take for colds and flu to strengthen and protect the immune system. Can also help with the effects of candida and thrush (60 tablets).

£15.00 | €22.40 | code: 214

For all the family



Arctic-Sea Super Omega-3

Contains Omega-3 and 9 fatty acids which may help reduce cholesterol levels and heart disease. May help with the effects of arthritis, blood pressure and skin disorders. Recommended for children with learning difficulties and behavioural problems (60 softgel capsules).

£21.76 | €32.49 | code: 39



Forever Kids

Animal-shaped chewable multi-vitamins that provide children with the vital vitamins, minerals and phytonutrients they may lack. Orange and grape flavoured, formulated without sugar, aspartame, artificial colours or preservatives (120 chewable tablets).

£9.92 | €14.81 | code: 198



Fields of Greens

Multi-vitamin and multi-mineral that provides all the benefits of eating greens in just two tablets a day. Combines young barley grass, wheat grass, alfalfa and cayenne pepper to maintain healthy circulation, digestion and metabolism (80 tablets).

£8.86 | €13.23 | code: 68

Maintain good health and wellbeing

Supplements : 09



Pro 6

A blend of six vitamins, minerals and herbs, also contains vitamin E, selenium and lycopene, powerful antioxidants. Saw Palmetto and pygeum extract make this product one of the most powerful nutritional supplements for men's prostate health (90 tablets).

£18.89 | €28.21 | code: 263



Lycium Plus

A Chinese fruit used for centuries, lycium can enhance your complexion and help maintain high energy and good vision. Combined with one of the strongest antioxidants discovered to date, liquorice flavonoid extract, it is rich in amino acids and vitamins (100 tablets).

£24.33 | €36.33 | code: 72



Multi-Maca

Peruvian herb with a 2000 year history as a powerful enhancer of libido, also helps maintain stamina and prevent fatigue. A natural hormone replacement therapy that helps alleviate menopausal symptoms and reduce stress (60 tablets).

£18.71 | €27.94 | code: 215



Forever Vision

Contains bilberry, lutein and zeaxanthin which can improve the circulation to the eyes to support normal healthy eyesight and helps protect the eyes from degeneration, particularly in the macula area of the retina (60 tablets).

£18.71 | €27.94 | code: 235

Powerful nutrition to promote good health!



Forever Active HA

Provides a unique form of low molecular weight hyaluronic acid with moisturising and lubricating properties, plus ginger oil and turmeric roots making it one of the most powerful nutritional joint and skin moisturising supplements (60 softgel capsules).

£21.35 | €31.88 | code: 264



B12 Plus (with Folic Acid)

Can help reduce risk of heart disease, memory loss and Alzheimer's. Great for vegetarians and vegans as B12 is normally obtained from animal sources. Beneficial to women wishing to conceive or in the first three months of pregnancy (60 tablets).

£10.94 | €16.34 | code: 188



Garlic-Thyme

Two powerful antioxidants that promote good health and may help with the effects of acne, blood pressure, colds, flu, chest infections and sinusitis. Garlic helps reduce cholesterol and acts as a natural decongestant. Contains allicin – a powerful antibacterial agent (100 odourless capsules).

£14.02 | €20.93 | code: 65

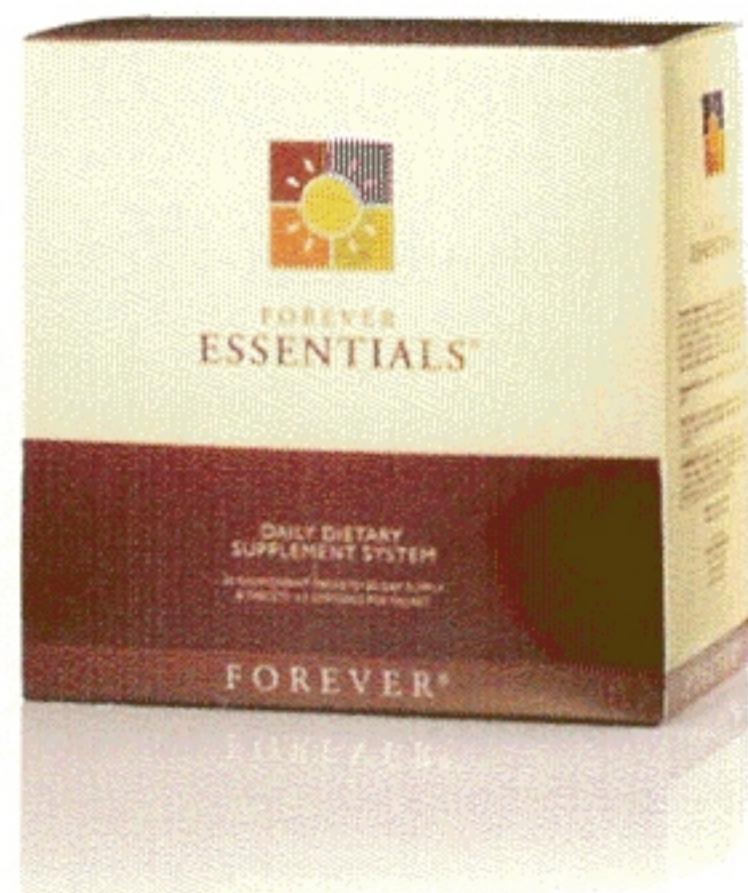


Ginkgo Plus*

Increases circulation of blood to the brain, aids with poor memory and mental fatigue, elevates mood and energy and increases concentration, alertness and metabolism. Can also help with poor circulation and impotence (60 tablets).

*not available in Republic of Ireland

£22.35 | code: 73



Forever Essentials

A combination of five of the most popular daily dietary supplements in one dual pack, ideal for handbags, briefcases and holidays. The easy to open dual packs contain: 2 Bee Pollen, 2 Absorbent-C, 4 Nature-Min plus 1 A-Beta-CarE and 1 Arctic-Sea (30 day dual packet supply).

£43.64 | €65.16 | code: 269



Nature's 18

Nature's 18 contains 18 different fruit and vegetables in a chewable tablet and just 4 daily provide the antioxidant equivalent of eating 5 servings of fruit and vegetables. Contains rutin helping to support healthy joint function and circulation (120 tablets).

£32.56 | €48.60 | code: 271



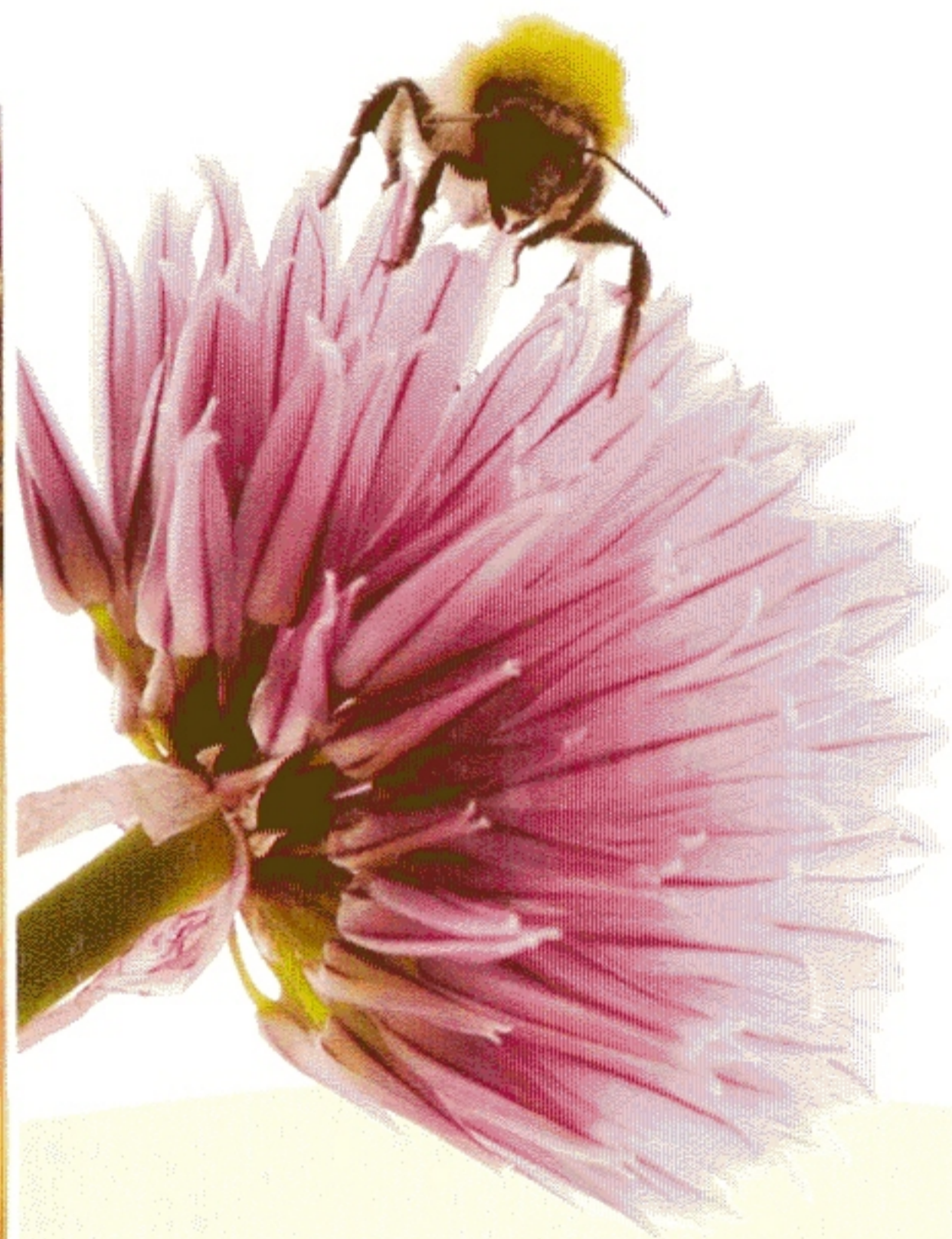
Forever Active Probiotic

Promotes a healthy digestive system with a unique combination of six shelf-stable beneficial strains of microbes. An easy-to-swallow beadlet that enhances nutrient absorption and immune function. No refrigeration required (30 beadlets).

£21.35 | €31.88 | code: 222



Secrets from the hive



Bee Pollen

Boosts energy and stamina, and assists in maintaining a healthy circulatory, digestive, immune and nervous system. A great multi-vitamin and multi-mineral supplement that can help alleviate allergy symptoms such as hay fever (100 tablets).

£10.87 | €16.23 | code: 26



Bee Propolis

Propolis is an excellent way to help support the body's natural defences by working as a natural and powerful antibiotic. Helps with the symptoms of coughs, colds, flu and respiratory problems. Also contains: soy, tree nuts (almonds) (60 tablets).

£22.70 | €33.90 | code: 27



Royal Jelly

Enhances metabolism, eliminates fatigue, has great benefits for the skin and reduces the effects of ageing. Contains protein, minerals, vitamins A,C,D,E and B-complex, all 8 essential amino acids and 10 secondary amino acids. A great boost when fighting stress (60 tablets).

£23.49 | €35.08 | code: 36