

Look and feel great with Forever's healthy lifestyle and weight loss products and programmes.

For more information on the nutritional cleansing programmes refer to pages 40-41.



Forever Lite (Chocolate or Vanilla flavours)

For healthy weight loss or gain, mix with milk or fruit juice for a nutritious blend of vitamins, minerals, proteins and carbohydrates. Two drinks (with milk) provide 100% RDA of vitamins and minerals. Approx: 21 servings per can (525g).

£16.66 | €24.16

Chocolate code: 21

Vanilla code: 19



Forever Lite Ultra (Chocolate or Vanilla flavours)

This delicious shake is ideal for sports people that require a speedy recovery. 55% more protein and less than 50% carbohydrates of the regular Forever Lite (525g).

£16.66 | €24.16

Chocolate code: 266

Vanilla code: 237



Fast Break Energy Bar

A great tasting, low calorie alternative to skipping meals. Each bar contains at least 50% RDA of the vitamins and minerals the body requires. Only 230 calories per bar. Ideal for children's lunch boxes. Contains nuts (57g).

£2.22 | €3.31 | code: 267