



### Bits n' Peaches

Now you can enjoy all the healthy benefits of our Aloe Vera Gel but with a tasty hint of peach and Aloe Vera bits that take on the flavour of sun-ripened peaches! Bits n' Peaches gives you and your family variety, texture and taste-sensation while delivering the vitamins, minerals and amino acids of our fresh, Stabilised Aloe Vera Gel. Natural peach flavour and natural peach concentrate make this a refreshing and nutritional addition to our range.

1 litre, code: 77

Other drinks available...

**Aloe Berry Nectar**  
**Forever Freedom**  
**Aloe Vera Gel**

**NEW! Forever**  
**Pomesteen Power**

see page 5



choose your lifestyle

# busy lifestyle

## Teenage Focus

*Immune systems are under extra pressure during exam time, so why not boost your nutrient intake with Aloe Berry Nectar or Bits n' Peaches, Bee Pollen, Fields of Greens and Absorbent-C.*

### Royal Jelly

Searching for the Fountain of Youth? Look no further than this 100% natural Royal Jelly, produced by bees and fed exclusively to the Queen Bee.

This formula is well known for enhancing metabolism, increasing energy, combating stress, reducing the effects of ageing and eliminating fatigue.  
60 tablets, code: 36



### Bee Pollen

Often called 'Nature's Perfect Food' - pollen has been providing people with energy and nutrition for thousands of years. Each Forever Bee Pollen tablet contains the nutrients essential for good health and the energy and stamina every body needs.  
100 tablets, code: 26



### Absorbent-C

We take 100% of the UK RDA of Vitamin C from natural Citrus bioflavonoids like oranges and papayas, and bond it with oat bran (for extra fibre). This allows maximum absorption. A great-tasting chewy tablet that your whole family will love!  
100 tablets, code: 48



### Fields of Greens

Here's all the benefits of eating your greens - vitamins, minerals, protein, amino acids, enzymes, antioxidants, and chlorophyll, in just three tablets a day. We harvest young wheat grass, alfalfa and barley at its nutritional peak, adding Cayenne Pepper for your metabolism.  
80 tablets, code: 68



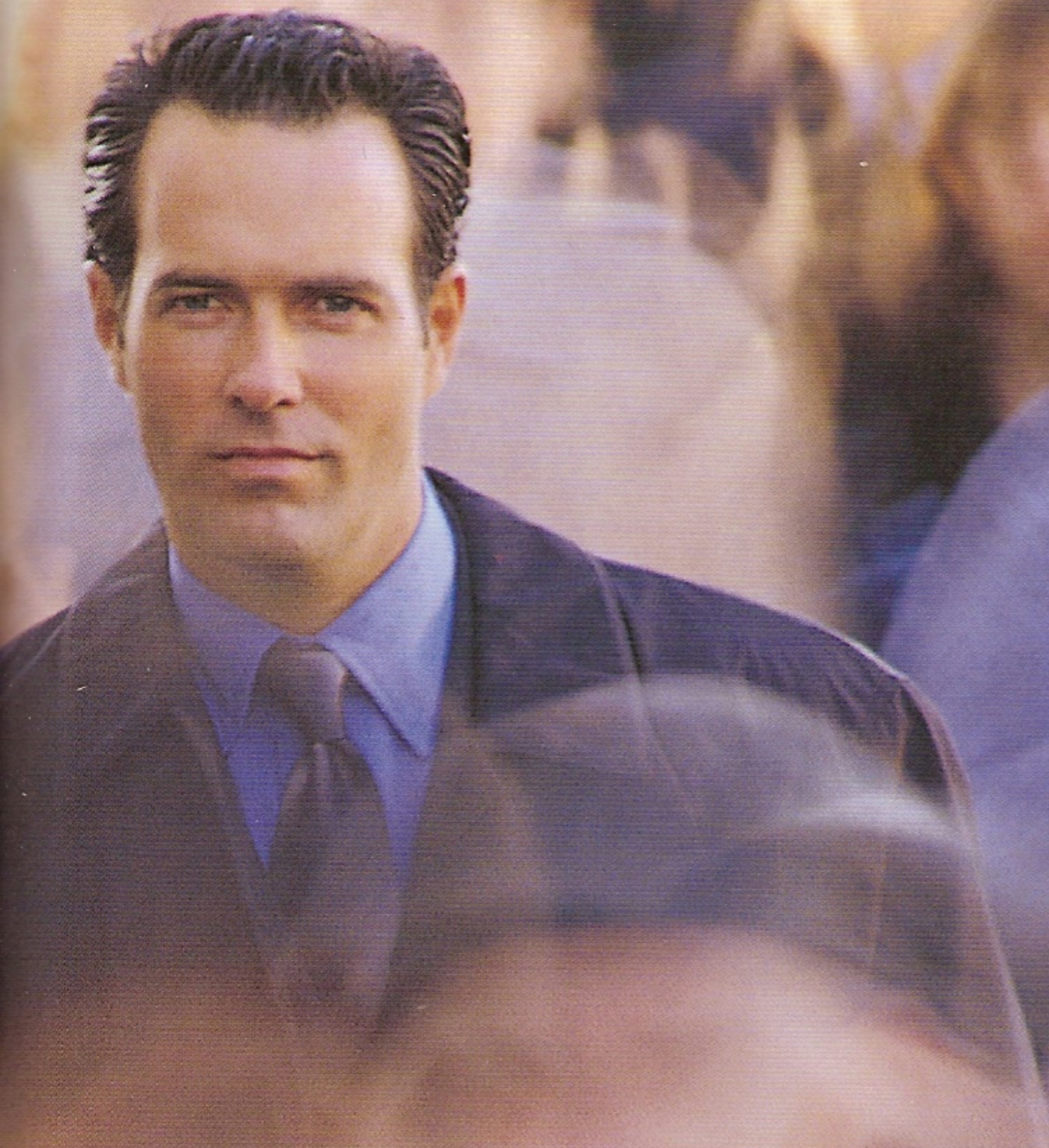
### Arctic-Sea Super Omega-3

Research over the last few decades has proven the extraordinary health benefits of Omega-3 fatty acids, deficient in many diets. We use only the purest, most potent Omega-3 and add the benefit of Omega-9 fatty acids from olive oil. Each Omega-3 capsule has an EPA content of 225mg and DHA content of 150mg.  
60 softgel capsules, code: 39





# restore & replenish



## Hints & Tips

Hectic social life?  
Partying all night?  
Tired in the mornings?  
Try Bee Pollen, Fast Break Bars and a pack of Forever Essentials (page 5) to kick start your day!

## Forever Lite Nutritional Diet

Forever Lite Shakes come in decadent Chocolate Chiffon, and creamy Vanilla flavours! Mix with milk or your favourite fruit juice to lose weight, gain muscle, or simply supplement your current diet with a delicious nutritional snack.

525g,  
Vanilla, code: 19  
Chocolate, code: 21



## Forever Lite Ultra

With 55% more protein and less than half the carbohydrates of regular Forever Lite, Ultra ensures you the latest advancement in nutrition science without sacrificing the taste, to help you maintain a healthy FLP diet and lifestyle. Vanilla flavour  
525g, code: 237

## A-Beta-CarE

There has been plenty in the Press about the negative effects free radicals have on the human body - fatigue, ageing, even disease. A-Beta-CarE is serious antioxidant ammunition in the war against free radicals. It contains vitamin A from Beta-Carotene, Selenium and natural vitamin E, combined in one convenient softgel.

100 softgel capsules, code: 54



## Fast Break Energy Bar

Delicious, sustaining and loaded with the vitamins and minerals your body needs. Fast Break Bars are so tasty you might miss a meal on purpose!

57g, code: 23



## Aloe Blossom Herbal Tea

Naturally low in calories and with the benefit of no caffeine, this delicious herbal beverage has the power to calm and restore you, anytime. 25 foil-wrapped sachets for guaranteed freshness, wherever you are.  
code: 200

