

choose your lifestyle

# inner you

food in a glass

## **Hints & Tips**

*Drink Aloe Vera Gel daily  
for better health naturally.*

*Our Aloe drinks can be  
mixed with orange juice  
for a delicious start to  
your day.*

*Keeps for 5 years  
unopened or 3 months  
once opened and kept  
refrigerated.*



## Aloe Vera Gel

**K**nown since the beginning of recorded history as one of the most beneficial plants on earth, Aloe Vera contains over 75 known active ingredients (and probably many more). Also included are 19 of the 20 amino acids required by the human body and 7 of the 8 essential amino acids (that the body cannot make), as well as vitamins and minerals - it may even be Nature's Most Perfect Vegetable Juice. Let the legendary power of Aloe Vera change your life from the INSIDE OUT! 1 litre, code: 15



## Forever Freedom

**W**e've taken glucosamine sulphate and chondroitin sulphate - two naturally occurring elements that have been shown to help maintain healthy joint function and mobility - and married them with the rich nutrients of our Stabilised Aloe Vera Gel. To this we've added vitamin C and methylsulphonylmethane (MSM), a primary source of bio-available sulphur the body needs to maintain healthy connective tissues and joint function. With a natural orange flavour, Forever Freedom is a practical and nutritious way to defend against the signs of ageing and joint wear and tear. 1 litre, code: 196



## Aloe Berry Nectar

**W**e begin with all the goodness of our Aloe Vera Gel, and then add a refreshing twist of apple and cranberry juice concentrates for a flavour your whole family will enjoy! Don't let the great taste fool you, it's a nutritional powerhouse! There's vitamins C and A, as well as potassium and real cranberry juice added to all the nutrients of our Aloe Vera Gel. Try it - you'll love it! 1 litre, code: 34



## Bits n' Peaches

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**N**ow 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



## All about our Aloe Vera Drinks...

*Aloe works with 'the inner doctor', our immune system, replenishing the nutrients as required. Drink any one of our four options on a daily basis to assist digestion and absorption of nutrients, to add vitamins, minerals and amino acids to your diet, but above all, to promote a healthy lifestyle*

**Aloe Vera is our number one ingredient.** We don't simply add a few drops, we start with 100% inner gel and combine just enough of other ingredients as required. Our products are meticulously quality tested by a staff of microbiologists to assure you and your customers get consistent and effective benefits. Our Stabilised Aloe Vera has been declared as 'essentially identical'\* to the raw gel. \*Food & Drug Laboratories of New York.

## Forever Pomesteen Power

**F**orever Pomesteen Power's great tasting proprietary blend includes fruit juices and extracts, including pomegranate, pear, mangosteen, raspberry, blackberry, blueberry and grapeseed. All of the ingredients are near the top of the list in ORAC value (Oxygen Radical Absorbance Capacity), especially pomegranate and mangosteen fruit. ORAC value is an indicator of how well an antioxidant inhibits free radical damage. Experience the incredible power of antioxidants with Forever Pomesteen Power! 473ml, code: 262



## Aloe Blossom Herbal Tea

**N**aturally 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



## Forever Essentials

**T**ear through your day the Forever Essentials way by opening a daily vitamin pack. Each pack contains 2 Bee Pollen tablets, 2 Absorbent-C tablets, 4 Nature-Min tablets, 1 A-Beta-CarE softgel and 1 Arctic-Sea softgel to increase your energy and stamina and improve your mood! Revitalises your stressed, overworked metabolism, circulation and immune functions. 30 day supply, code: 197

See over for our full range of supplements...



## Garcinia Plus

**W**e've cleverly captured the active ingredients of Hydrocitric Acid (HCA) from the fruit of the Garcinia Cambogia Tree. The perfect companion to any weight management programme, it aids in the body's natural metabolism, as well as helping control appetite by producing that full feeling. Also contains Chromium Picolinate, a mineral deficient in most diets but absolutely essential to proper metabolism. 70 softgel capsules, code: 71



## A-Beta-CarE

**T**here 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



## Forever Vision

**W**ith bilberry, lutein and zeaxanthin plus super antioxidants and other nutrients. Bilberry, a popular traditional herb, can help support normal eyesight and improve circulation to the eyes. Lutein, a common carotenoid found in many vegetables and fruits, can help protect the retina. Zeaxanthin and Astaxanthin are other carotenoids that are important to the eye's macular health. 60 tablets, code 235



## Calcium

**C**alcium is an ultra dense Calcium Citrate formula that supplies your body with 100% of the daily recommended dietary intake of calcium. Blended with a hint of vanilla flavour, four tablets contain 1000mg of calcium combined with 400IU of vitamin D and 400mg of magnesium - both essential for maximising calcium absorption. Two Calcium with breakfast, and two with dinner is an easy, effective way to ensure you're getting the calcium you need for the promotion of good bone health. 90 tablets, code: 206



## B12 Plus

**V**itamin B12 and folic acid are intricately involved in metabolic processes. Since vitamin B12 works to reactivate folic acid, a lack of B12 results in a folic acid deficiency, if its levels are only marginal. The time-release formula is based on technology which provides a steady intake of the active ingredients to the body, resulting in excellent long-lasting effects. 60 tablets, code: 188



## Absorbent-C

**W**e 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



## Nature-Min

**O**ur advanced multi-mineral formula utilises bio available chelated forms of minerals in a base of 100mg of natural seabed deposit. Seabed minerals provide essentially all of the elements found in the human body. Macro and trace minerals are included in this excellent 'must have' supplement. 180 tablets, code: 37



## Multi-Maca

**T**his Peruvian herb has a 2000 year history as a powerful enhancer of libido and stamina. It can provide a variety of benefits for both men and women which include increased energy and a reduction in stress. 60 tablets, code: 215



## Fields of Greens

**H**ere'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, and add Cayenne Pepper for your metabolism. 80 tablets, code: 68



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## Hints & Tips

*Each cigarette smoked depletes vitamin C. Studies indicate that smokers require double the amount of vitamin C compared to non-smokers.*

**inner you**

**forever nutrition**

**Teenage Focus**

*Immune systems are put under extra pressure during exam time and puberty. Why not boost your nutrient intake with: Aloe Berry Nectar, Ginkgo, Bee Pollen, Fields of Greens, Garlic-Thyme, Absorbent-C and Echinacea Supreme?*





## Forever Pro<sup>6</sup>

A unique blend of six vitamins, minerals and herbs for male prostate health. By tapping into the power of saw palmetto, pygeum extract, lycopene, selenium and other beneficial ingredients, and concentrating them into an easy-to-take tablet supplement, Forever Living Products has created one of the most powerful nutritional supplements for men's prostate health on the market today! 90 tablets, code: 263



## Forever Kids

A fun and delicious way to give your kids the nutrients they need. These animal-shaped chewable multivitamins provide growing kids with the vital vitamins, minerals and phytonutrients they may be lacking. Formulated without sugar, artificial sweetener, artificial colours or preservatives. Your kids will love the orange or grape flavours, and you'll love the peace of mind. 120 tablets, code: 198



## Lycium Plus

For thousands of years, people have used lycium fruit and liquorice extract to help maintain good health. Here combined in one great product, they provide phytonutrients, vitamins, minerals, beta-carotene, polysaccharides, amino acids and bioflavonoids for excellent health. Lycium Plus is also a strong antioxidant. 100 tablets, code: 72



## Gin-Chia

Two ancient herbs combine to create one modern miracle for your nutritional needs. From the West, Golden Chia and from the East, Ginseng - a natural product that provides incredible stamina and energy without the shaky side effects of caffeine. Each tablet contains 75% of the UK RDA of vitamin C for adults, plus vitamin A, thiamine, riboflavin, calcium, iron, sodium, potassium, protein, honey and capsicum. 100 tablets, code: 47



## Forever Active HA

Forever Active HA provides a unique form of low molecular weight hyaluronic acid, with moisturising and lubricating properties, plus ginger oil and turmeric - making it one of the most powerful nutritional joint and skin moisturising supplements on the market. Forever Active HA is your key to becoming a well-oiled machine again! 60 softgel capsules, code: 264



## 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 fish oil 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



## Echinacea Supreme

Echinacea has a rich tradition with the North American Indians who used it more than any other plant to help maintain their health in the winter time. Hundreds of scientific studies have shown that it can help support immune function. Our brand new product contains both of the most highly prized forms of Echinacea plus Goldenseal and grapeseed extract for maximum benefits. 60 tablets, code: 214



## Ginkgo Plus\*

Consider this supplement great 'Food For Thought'! It was developed with one of the world's foremost herbal authorities, combining Ginkgo Biloba Extract with Reishi Mushroom, Schisandra Berries and Cured Fo-Ti. This synergistic formulation's ingredients have been found to increase circulation of blood to the brain, aiding with short and long-term memory as well as mental alertness. 60 tablets, code: 73



\* Not available in Republic of Ireland

## Garlic-Thyme

Two historically beneficial herbs in one great formula! Each odourless softgel contains the equivalent of 1000mg of fresh garlic, shown in recent studies to maintain good health. 100 capsules, code: 65



## 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 Propolis

Known as one of nature's finest antibacterial substances, this is a pure and natural health aid you can give your entire family. Propolis is gathered and used by bees to keep their hives sterile and infection-free. Enriched with Royal Jelly, our Propolis is a powerful aid to your health. 60 tablets, code: 27



## Bee Pollen

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



## Forever Active Probiotic

At last, a six strain shelf-stable probiotic in convenient beadlet form. No refrigeration needed! Promotes a healthy digestive system. Helps support immune function and enhances nutrient absorption. Get the balance right! 30 beadlets, code: 222

