



Aloe Vera Gel

Known 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

Other drinks available...

Bits n' Peaches
Aloe Berry Nectar
Forever Freedom

NEW! Forever
Pomesteen Power

see page 5



Teenage Focus

*Why not try a delicious
Forever Lite Smoothie?
Simply blend Forever Lite
with milk and ice cream or fruit
and fruit juice for a low calorie
treat. You could even
add Forever Pomesteen Power
for an antioxidant boost.*

Aloe Body Toning Kit

Our collection of specially formulated products assist the firming and toning of fatty deposits, helping you shed those extra inches. Includes:

Aloe Body Toner - a deep-heating cream with the penetrating power of 100% Stabilised Aloe Vera, (for use with included cellophane wrap which is not available separately).

Aloe Body Conditioning Creme - an Aloe Vera based deep moisturiser for use after the toning process.

Aloe Bath Gelée and a loofah mitt.

Improve your appearance and self-image, enjoy the feel-great-all-over experience! Available as a gift-boxed collection or separately.

Aloe Body Toner 113g, code: 56

Aloe Body Conditioning Creme 113g, code: 57

Aloe Bath Gelée 251ml, code: 14

Collection, code: 55 (see pic)

For full description of
Bath Gelée see page 8

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 the nutrients essential for good health and the energy and stamina every body needs. 100 tablets, code: 26



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



Garcinia Plus

We'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



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



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



Clean 9 Pack

Clean 9 puts you on a path to a cleaner healthier you, whilst cleansing your body of unnatural chemicals.

3 litres Aloe Vera Gel
Vanilla Forever Lite 525g
Garcinia Plus, 70 softgel capsules
Bee Pollen, 100 tablets
Shaker and Tape Measure
Literature items
code: 07



Scales not included.

Lifestyle 30 Pack

Lifestyle 30 will continue to aid your body's natural cleansing process while burning your stored fat cells and teaching you how to achieve and maintain your desired weight. Remaining committed to this programme will help you develop good eating habits for life-long weight management and overall improved health.

4 litres Aloe Vera Gel
2 Vanilla Forever Lite, 525g each
Chocolate Forever Lite, 525g
Garcinia Plus, 70 softgel capsules
Bee Pollen, 100 tablets
Forever Active Probiotic, 30 beadlets
Literature items
code: 08



Weights and heart monitor not included.

choose your lifestyle

Hints & Tips

On a diet? Constant snacking? Take Garcinia Plus softgel capsules to reduce those nagging hunger pangs.

stay in shape

trim & tone

Forever Clean & Lean is a nutritional cleansing programme designed to take the guesswork out of a lifetime of healthy eating and controlling your diet (note: the Lifestyle 30 is a lifetime starter pack only and is not designed to last 30 days)