



Product Manual





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Forever Living Products**



Drinks

We are renowned for our high-quality range of aloe vera-based gels. Our flagship product, the original **Forever Aloe Vera Gel**, has been our best-selling item for decades and is popular worldwide. It was the very first product launched by Rex Maughan when the company was established in Arizona in 1978. Since then, Forever has refined and perfected the production process to provide the purest aloe available on the market. In 2018, we introduced our aseptically processed **Forever Aloe Vera Gel** with a preservative-free formula containing 99.7% pure inner leaf aloe – it's almost like drinking aloe gel directly from the plant!

Adapted for you

To allow you to provide your customers with a wide choice of great products which cater to their varying needs and tastes, we took this simple but effective gel and adapted it to create our unique range of aloe vera gels. These incorporate a variety of flavours and key ingredients, but maintain the benefits of our original **Forever Aloe Vera Gel** product.

We also offer our own-branded energy drinks which have been developed by our team of researchers and product experts. These contain a proprietary blend of other ingredients, and are a brilliant offering for customers who are looking for a pick-me-up whilst on the go, or before hitting the gym.

Cream of the crop

Your customers may be aware of the numerous other aloe vera-based drinks available on the market, some of which are a lot cheaper than our products. Although they may cost less, these drinks often contain fillers and artificial colourings and have a very low percentage of aloe vera within their composition. What makes our drinks and gels stand out from the rest is the high content of aloe vera pulp, harvested from our home-grown aloe vera crop.

Forever Aloe Vera Gel

#815



Forever Aloe Vera Gel

Our aloe vera is cultivated on fertile soils in a climate that enjoys over 2,000 hours of sunshine a year, and it's even been certified by the International Aloe Science Council for its purity. This drinking gel is as close to the real thing as you can get, boasting 99.7% inner leaf aloe gel, lovingly extracted by hand so that you can experience the true power of nature.

Aloe is great for the immune system and it's an ideal digestive aid, and now this purifying gel also contains vitamin C. Vitamin C contributes to the normal function of the immune system and to a normal energy-yielding metabolism.

No preservatives, no sugar – just more natural aloe vera goodness for you to enjoy!

As well as all these fantastic benefits, aloe is also great for skin health and has been used for centuries. Did you know: Cleopatra used aloe vera to condition her skin and hair in ancient Egypt? Feed your skin from within by drinking **Forever Aloe Vera Gel** every day.

DRINKS

FAST FACTS

- Aloe vera helps support immunity for a great start to the day.
- Promotes health and wellbeing.
- Great for shiny, glowing skin, hair and nails.

CONTENTS

1 x 1 litre

DIRECTIONS

Shake well. Take 60-120ml daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place and refrigerate once opened and consume within 30 days of opening. Do not use if seal is broken or missing. This product should not be used as a substitute for a varied, balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use.

CERTIFICATIONS



INGREDIENTS

Stabilised aloe vera gel [aloe vera gel (99.7%), vitamin C (ascorbic acid), antioxidant (ascorbic acid), acidity regulator (citric acid)].

NUTRITIONAL VALUES

Nutrient	100ml	% RI*
Energy	8.8 kJ/2.1 kcal	0.1%
Fat	0g	0.0%
of which saturates	0g	0.0%
Carbohydrate	0.8g	0.3%
of which sugars	0g	0.0%
Protein	0g	0.0%
Salt	0.06g	1.0%
Vitamin C	56mg	70.0%

Forever Aloe Berry Nectar

#834



Forever Aloe Berry Nectar

Enjoy pure aloe infused with delicious cranberry and apple. Aloe is great for skin, the immune system and it's an ideal digestive aid, while added fruit gives this drink a sweet and tangy flavour. These amazing ingredients, plus 90.7% pure inner leaf aloe vera gel, makes **Forever Aloe Berry Nectar** a powerful choice.

Like our other drinks, **Forever Aloe Berry Nectar** has the same great benefits of the original gel, including antioxidant vitamin C which contributes to the protection of cells from oxidative stress.

DRINKS

FAST FACTS

- 90.7% pure inner leaf aloe vera gel.
- No added preservatives.
- Great for the whole family.
- Supports skin health.

CONTENTS

1 x 1 litre

DIRECTIONS

Shake well. Take 60-120ml daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place and refrigerate once opened and consume within 30 days of opening. Do not use if seal is broken or missing. This product should not be used as a substitute for a varied, balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use.

CERTIFICATIONS



INGREDIENTS

Stabilised aloe vera gel [aloe vera gel (90.7%), vitamin C (ascorbic acid), antioxidant (ascorbic acid), acidity regulator (citric acid)], natural apple juice concentrate (4%), fructose, natural cranberry concentrate (2%).

NUTRITIONAL VALUES

Nutrient	100ml	% RI*
Energy	105 kJ/25kcal	1.25%
Fat	0g	0.0%
of which saturates	0g	0.0%
Carbohydrate	6.7g	2.6%
of which sugars	6.3g	0.7%
Protein	0g	0.0%
Salt	0.06g	1.0%
Vitamin C	56mg	70.0%



FOREVER

Forever Aloe Peaches

#877



Forever Aloe Peaches

Why wait for summer to enjoy the flavour of sun-ripened peaches? **Forever Aloe Peaches** is a great way to drink your daily aloe. This drink contains 84.3% stabilised, inner leaf aloe vera gel paired with natural peach purée and vitamin C. Like all our other drinking gels, the aloe used is hand-harvested from our own aloe fields and is the first of its kind to receive certification by the International Aloe Science Council (IASC) for purity and potency.

This refreshing and fruity alternative is a brilliant digestive aid that helps to support immune function and skin health, and vitamin C contributes to the reduction of tiredness and fatigue.

DRINKS

FAST FACTS

- Great for kids.
- 84.3% pure aloe vera gel.
- Helps maintain natural energy levels.
- Aloe vera helps support immunity.
- Promotes health and wellbeing.
- Great for shiny, glowing skin, hair and nails.
- Packaging made from recyclable materials.

CONTENTS

1 x 1 litre

DIRECTIONS

Shake well. Take 60-120ml daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place and refrigerate once opened and consume within 30 days of opening. Do not use if seal is broken or missing. This product should not be used as a substitute for a varied, balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use.

CERTIFICATIONS



INGREDIENTS

Stabilised aloe vera gel [aloe vera gel (84.3%), vitamin C (ascorbic acid), antioxidant (ascorbic acid), acidity regulator (citric acid)], natural peach purée (8%), fructose, natural white grape juice concentrate, peach flavour.

NUTRITIONAL VALUES

Nutrient	100ml	% RI*
Energy	122.2 kJ/29.2 kcal	1.5%
Fat	0g	0.0%
of which saturates	0g	0.0%
Carbohydrate	7.1g	2.7%
of which sugars	7.1g	7.9%
Protein	0g	0.0%
Salt	0.05g	0.9%
Vitamin C	26.3mg	32.9%



FOREVER

Forever Aloe Mango

#836



Forever Aloe Mango

Everything you love about aloe with delicious natural mango.

What's better than the juicy sweetness of a perfectly ripe mango? How about combining this delicious fruit with pure aloe vera from Forever's own aloe fields! **Forever Aloe Mango** adds a tropical twist to our line of delicious aloe vera drinks to put the best of nature in your glass.

Forever Aloe Mango features all the benefits of our flagship **Forever Aloe Vera Gel** with with 86% pure aloe vera and the delicious flavour from natural, tropical mango puree. Mangoes are full of nutrients and contain important vitamins like vitamin C, which contributes to the normal function of the immune system and to a normal energy-yielding metabolism. The fruit used in **Forever Aloe Mango** is harvested at peak ripeness to ensure the rich flavour and nutrient content has reached just the right levels.

Aloe vera has natural cleansing abilities. The unique polysaccharide, acemannan, and other nutrients in aloe help support digestion and the immune system.

Like all of our aloe vera gel drinks, **Forever Aloe Mango** is aseptically processed allowing the formula to remain free of added preservatives and packaged in 100% recyclable materials to ensure that you can enjoy the fresh taste of aloe vera gel with all the potent properties of aloe just as nature intended.

DRINKS

FAST FACTS

- 86% pure aloe vera gel.
- No added preservatives.
- Source of vitamin C.
- Delicious natural mango puree for added flavour.

CONTENTS

1 x 1 litre

DIRECTIONS

Shake well. Take 60-120ml daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place and refrigerate once opened and consume within 30 days of opening. Do not use if seal is broken or missing. This product should not be used as a substitute for a varied, balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use.

CERTIFICATIONS



INGREDIENTS

Stabilised Aloe Vera Inner Leaf Gel (86.0% Aloe Vera Inner Leaf Gel, Ascorbic Acid And Citric Acid), Natural Mango Puree Concentrate (Flavour), Fructose, Natural Mango Flavour.

NUTRITIONAL VALUES

Nutrient	100ml	% RI*
Energy	122.2 kJ/29.2 kcal	1.5%
Fat	0g	0.0%
of which saturates	0g	0.0%
Carbohydrate	6.7g	2.6%
of which sugars	5.4g	6%
Protein	0g	0.0%
Salt	0.03g	0.5%
Vitamin C	56mg	70.0%



FOREVER

Forever Freedom

#896



Forever Freedom

Fuel your active lifestyle with a convenient daily drink.

Forever Freedom is a daily drink designed to support your active lifestyle. It combines Forever's Pure Inner Leaf Aloe Vera Gel with three key ingredients: Glucosamine Sulfate, Chondroitin Sulfate, and Methyl Sulfonyl Methane (MSM).

Naturally present in joint cartilage and connective tissue, these ingredients complement a balanced lifestyle and support your overall wellness journey.

Now with a new and improved natural citrus flavour of lemon and orange, and a shellfish-free formula, **Forever Freedom** is delivered in a convenient liquid form designed for daily use.

Key ingredients include Stabilized Inner Leaf Aloe Vera Gel. Aloe plants are harvested by hand and the inner leaf gel is aseptically processed using Forever's proprietary method to preserve freshness and potency.

Glucosamine Sulfate, a naturally occurring compound found in cartilage surrounding joints. Chondroitin Sulfate which is a naturally occurring compound found in cartilage surrounding joints as well as Methyl Sulfonyl Methane (MSM), an organic source of sulfur naturally found in the body and in connective tissues.

In addition to an updated formula, **Forever Freedom** also features new packaging in a 100% recyclable PET bottle made from 50% post-consumer recycled content. With its updated look and taste, **Forever Freedom** delivers the same trusted benefits in a refreshing daily drink that supports active living and feeling your best.

DRINKS

FAST FACTS

- New and improved citrus flavour featuring lemon and orange.
- Formulated with ingredients that support active lifestyles.
- Features inner leaf aloe vera gel.
- New shellfish-free formula.
- Convenient liquid form.

CONTENTS

1 x 1 litre

DIRECTIONS

UK: Take daily 100 ml.

Ireland: Take daily 3 portions of 40 ml. Mix each portion with 240 ml water or juice.

Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of young children. For your protection do not use if seal is broken or missing. Store in a cool, dry place protected from light.

Please note: Intake and usage instructions vary due to local regulatory requirements, always follow the label instructions.

CERTIFICATIONS



INGREDIENTS

Stabilized Aloe vera (Aloe barbadensis) gel [aloe vera inner leaf gel (89.6 %), antioxidant (l-ascorbic acid), acidity regulator (citric acid)], fructose, orange (Citrus sinensis) juice concentrate (2.4 %), glucosamine sulphate 2KCl, chondroitin sulphate-Na, lemon (Citrus limon) puree (0.8 %), methyl sulfonyl methane, antioxidant (l-ascorbic acid, tocopherol-rich extract), preservative (potassium sorbate).

NUTRITIONAL VALUES

Nutrient	100ml
Aloe Vera Gel	93g
Glucosamine sulphate	1208mg
of which glucosamine	954mg
Chondroitin sulphate	1125mg
of which Chondroitin	889mg
Methyl sulfonyl methane	542mg



FOREVER

Aloe Blossom Herbal Tea

#200



Aloe Blossom Herbal Tea

Promote inner-calm and wellbeing with this all-natural brew of leaves, herbs and spices. This caffeine-free tea features a robust combination of cinnamon, cloves, ginger, cardamom and allspice without any calories. Refreshing, soothing and naturally low in calories, **Aloe Blossom Herbal Tea** is delicious served warm or with ice as a refreshing alternative. Each pack contains twenty-five individually foil-wrapped sachets.

DRINKS

FAST FACTS

- Incredible flavour and aroma.
- Zero calories.
- Caffeine free.
- Enjoy iced or hot.

CONTENTS

25 individually-sealed sachets

DIRECTIONS

For hot tea, use one tea bag per cup (250 ml). Add freshly boiled water and let it brew for 3–5 minutes before removing the tea bag. For iced tea, pour 500 ml of boiling water over four tea bags and let them brew for 3–5 minutes. Remove the tea bags, then add 500 ml of cold water and chill.

CERTIFICATIONS



INGREDIENTS

Cinnamon, orange peel, cloves, blackberry leaf, allspice, fennel, ginger, cardamom, aloe blossoms, gymnema sylvestre, chamomile.



FAB

#821



FAB

Power through the day with a delicious energy drink.

Get the boost you need to power through the day with **FAB Forever Active Boost!** This delicious drink is powered by a combination of guarana seed extract, a natural caffeine source native to the Amazon; B vitamins; and taurine, an essential amino acid found in the brain, eyes, heart and muscles.

The vitamins, including niacin (vitamin B3), vitamin B6 and vitamin B12, may support normal psychological functions such as perception, cognition, thinking, reasoning, problem-solving, memory, and decision-making. Together, these vitamins can help you conquer your day with clarity and confidence. In addition to supporting your mind, niacin, riboflavin (vitamin B2), vitamin B6 and vitamin B12 all contribute to normal energy-yielding metabolism, support the nervous system, and may help reduce the feeling of tiredness and fatigue.

What's more, **FAB Forever Active Boost** has a berry flavor, with cherry undertones from acerola powder.

Whether you are trying to get going in the morning or power through an afternoon slump, **FAB Forever Active Boost** helps you get back in the game when it feels like you're running on empty.

DRINKS

FAST FACTS

- Energy from a natural caffeine source.
- Enriched with B vitamins.
- Delicious berry flavor.
- High caffeine content 32 mg/100 ml.

CONTENTS

250ml

DIRECTIONS

Serve chilled. High caffeine content (32mg/100ml). Energy drinks are not recommended for children or if pregnant, breastfeeding or sensitive to caffeine. This product should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

CERTIFICATIONS



INGREDIENTS

Carbonated water, sucrose, energy base [tutti frutti flavour, cranberry juice extract, caffeine, colour (sulphite ammonia caramel), guarana seed extract, acerola fruit powder, vitamins (B2, B3, B6, B12)], acidity regulators (citric acid, trisodium citrate), taurine, glucuronolactone, inositol.

NUTRITIONAL VALUES

Nutrient	100ml	% RI*
Energy	157 kJ / 37 kcal	2%
Fat	0g	0%
of which saturates	0g	0%
Carbohydrate	8.4g	3%
of which sugars	8.3g	9%
Protein	0g	0%
Salt	0.17g	3%
Niacin (Vitamin B3)	5.9mg	37%
Riboflavin (Vitamin B2)	0.5mg	36%
Vitamin B6	0.5mg	36%
Vitamin B12	0.6 µg	24%

Contains negligible amounts of fat, saturates, protein.



FAB X

#822



FAB X

Power up your day with clarity and confidence.

Take charge of your day with **FAB X Forever Active Boost**. Powered by a combination of guarana – a natural caffeine source native to the Amazon – as well as B vitamins and taurine, an essential amino acid found in the brain, eyes, heart and muscles, you’re sure to get the kick you need, whenever you need it.

Vitamin B3 (niacin), vitamin B6 and vitamin B12 support normal psychological functions, such as perception, cognition, thinking, reasoning, problem-solving, memory and decision-making. And with the addition of Riboflavin (vitamin B2), **FAB X Forever Active Boost** also contributes to normal energy-yielding metabolism, supports the nervous system and helps reduce the feeling of tiredness and fatigue.

It tastes great, too. **FAB X Forever Active Boost** boasts a bright flavour with delicious cherry undertones. Plus, it’s sugar- and calorie-free to keep you feeling refreshed.

Whether you’re trying to energise your workout or give yourself an added push during a long day at the office, **FAB X Forever Active Boost** is sure to give your body and mind the right kind of fuel to take on any task.

DRINKS

FAST FACTS

- Zero calories
- Sugar free
- Great taste
- Enriched with B vitamins
- Contains taurine
- Suitable for vegetarians and vegans

CONTENTS

250ml

DIRECTIONS

Serve chilled. High caffeine content (32mg/100ml). Energy drinks are not recommended for children or if pregnant, breastfeeding or sensitive to caffeine.

This product should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

CERTIFICATIONS



INGREDIENTS

Carbonated water, energy base [water, acidity regulator (citric acid), flavouring, cranberry juice concentrate (0.04%), caffeine, colour (sulphite ammonia caramel), guarana seed extract (0.01%), acerola fruit powder (0.01%), vitamins (niacin, riboflavin, B6, B12)], taurine, acidity regulators (citric acid, trisodium citrate), flavouring, glucuronolactone, inositol, sweetener (sucralose).

NUTRITIONAL VALUES

Nutrient	100ml	% RI*
Energy	0kJ/0kcal	0.0%
Fat	0g	0.0%
of which saturates	0g	0.0%
Carbohydrate	0g	0.0%
of which sugars	0g	0.0%
Protein	0g	0.0%
Salt	0.18g	2.9%
Niacin (Vitamin B3)	5.9mg	37%
Riboflavin (Vitamin B2)	0.5mg	36%
Vitamin B6	0.5mg	36%
Vitamin B12	0.6 µg	24%



FOREVER



Nutrition

Feed your healthy lifestyle.

At Forever, we believe good health begins with good nutrition.

Our range of nutritional supplements incorporates nature's most beneficial vitamins and minerals to help you to support a healthy and balanced diet.

Aloe Vera of America: A Hub of Expertise

A key component of Forever Living's global success is Aloe Vera of America, our world-class manufacturing powerhouse located in Dallas, Texas. This cutting-edge facility is where nature's purest ingredients meet science, innovation, and passion, producing products that promote wellness in over 140 countries.

Each year, we manufacture more than two billion tablets, twenty million bottles, two million cases and more than five million pounds of herbs, vitamins, minerals, amino acids, vital nutrients, bioflavonoids and proteins.

Every ingredient is carefully selected by Forever's team of experts, guided by our unwavering commitment to health, well-being, and quality.

Supplements for everyone

Whether your customers are searching for a specific vitamin to address a particular nutritional need, or are simply looking to add a bit of variety and balance to their everyday diet, this comprehensive guide can help you to find the right product.



Forever Arctic Sea

#376



Forever Arctic Sea

The human body cannot naturally make the omega-3 fatty acids which are commonly found in fish. **Forever Arctic Sea's** blend of natural fish, calamari and oleic olive oil contains the perfect balance of essential fatty acids EPA – which contributes to the normal function of the heart – and DHA – which contributes to the maintenance of normal brain function and vision.

NUTRITION

FAST FACTS

- High in DHA, EPA and oleic acid.
- DHA contributes to the maintenance of normal brain function.
- DHA contributes to the maintenance of normal vision.

CONTENTS

120 softgels

DIRECTIONS

Take two softgels three times daily with water. To be taken at meal times.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the stated recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Fish oil, **squid** oil (**mollusc**), gelatin, olive oil, humectant (glycerin), water, natural lemon (*Citrus medica limonum*) oil, natural lime (*Citrus aurantifolia*) oil, antioxidant (d-alpha-tocopherol). **Allergy advice:** for allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	6 softgels	% RI*
Omega-3 Fatty Acids	1305mg	N/A
EPA (Eicosapentaenoic Acid)	600mg	N/A
DHA (Docosahexaenoic Acid)	600mg	N/A
Oleic Acid (from Olive Oil)	300mg	N/A



FOREVER

Forever Absorbent-D

#672



Forever Absorbent-D

Discover the power of **Forever Absorbent-D**: a convenient vitamin D supplement designed to easily integrate into any busy lifestyle. Crafted with a blend of vitamins D and E, these delicious chewable tablets are an ideal addition to your daily wellness routine.

Studies have shown it can be difficult to get enough vitamin D through diet and sunlight alone. But by taking two **Forever Absorbent-D** daily, you'll easily get your recommended intake of vitamin D to support this common nutritional gap.

Not only does vitamin D support immune health and help maintain strong bones, but the addition of antioxidant vitamin E helps protect cells from oxidative stress. All in an easy-to-take, convenient, chewable tablet.

Forever Absorbent-D also boasts a delicious, sweet prickly pear flavour derived from natural ingredients. Red prickly pear – the type used in this supplement – is fruit of a cactus that grows in a semi-arid climate. And it's this prickly pear that gives **Forever Absorbent-D** its striking pink colour. No colourants or artificial sweeteners are added.

Explore a new way to support your immune health and overall wellness with **Forever Absorbent-D**.*

NUTRITION

FAST FACTS

- Chewable and easy to take
- Contains your essential daily dose of vitamin D.
- Enhanced with antioxidant vitamin E.
- Delicious, sweet prickly pear flavour.
- No artificial sweeteners or colourants.
- Gluten free and dairy free.
- Suitable for vegetarians.

CONTENTS

60 chewable tablets

DIRECTIONS

Take one chewable tablet twice daily.

CERTIFICATIONS



INGREDIENTS

Sweetener (sorbitol), fructose, prickly pear (*Opuntia ficus-indica*) fruit juice powder (11%), vitamin E (d-alpha tocopheryl acetate), anticaking agents (stearic acid, magnesium salts of fatty acids, silicon dioxide), acidity regulator (citric acid), flavour (orange), vitamin D (cholecalciferol)

NUTRITIONAL VALUES

Nutrient	Quantity Per 2 tablets	% RI*
Vitamin E	24 mg	200%
Vitamin D	40µg	800%



FOREVER

*Vitamin D contributes to the normal function of the immune system and the maintenance of normal bones.

Forever Daily

#439



Forever Daily

This powerful daily multivitamin delivers 100% of the recommended daily allowance (RDA) of essential vitamins and bio-available minerals and nutrients. **Forever Daily** combines fifty-five perfectly balanced aloe-coated nutrients including vitamins A, C, D and B12, iron, calcium and zinc. Take with the Forever Aloe Vera Gel for best results.

Vitamins A, D, C, B12, iron, copper, zinc, and selenium contribute to the normal function of the immune system.

INGREDIENTS

AOS Complex™ Blend [calcium bisglycinate, stabiliser (microcrystalline cellulose, silicon dioxide), magnesium bisglycinate, bitter orange (Citrus aurantium L.) fruit extract (bioflavonoids, hesperidin), marigold (Tagetes erecta) flower extract (lutein, zeaxanthin), lycopene, coenzyme Q10, aloe vera (Aloe barbadensis) juice powder], Forever FVX20 Blend [powder of: apple (Malus domestica), beet (Beta vulgaris L.), red pepper (Capsicum annuum), tomato (Lycopersicon esculentum), strawberry (Fragaria x ananassa), cranberry (Vaccinium macrocarpon), acerola (Malpighia glabra L.) juice concentrate, spinach (Spinacia oleracea L.), cabbage (Brassica oleracea capitata), onion (Allium cepa), mangosteen (Garcinia mangostana L.), acai (Euterpe oleracea Mart.), blackberry (Rubus fruticosus L.), pomegranate (Punica granatum), blueberry (Vaccinium corymbosum), broccoli (Brassica oleracea italica), kale (Brassica oleracea var. sabellica), carrot (Daucus carota sativa), pumpkin (Cucurbita pepo), grape (Vitis vinifera)], vitamin C (L-ascorbic acid), anti-caking agent (stearic acid), iron (ferrous bisglycinate), stabiliser (cross-linked cellulose gum), vitamin E (d-alpha-tocopheryl acetate), zinc (zinc bisglycinate), nicotinamide (niacin), flavour (ethyl vanillin), vitamin A (retinyl palmitate), copper (copper bisglycinate), pantothenic acid (d-calcium pantothenate), iodine (potassium iodide), coating material [thickening agent (sodium carboxymethylcellulose), dextrin, dextrose, medium chain triglycerides, acidity regulator (trisodium citrate)], selenium (L-selenomethionine), manganese (manganese bisglycinate), biotin (D-biotin), vitamin D (cholecalciferol), riboflavin, thiamin (thiamin hydrochloride), vitamin B6 [pyridoxine hydrochloride; pyridoxal 5'-phosphate], vitamin B12 (cyanocobalamin), chromium (chromium picolinate), folic acid (pteroylmonoglutamic acid), molybdenum (sodium molybdate).

NUTRITION

FAST FACTS

- Perfectly balanced blend of fifty-five nutrients
- Exclusive AOS Complex
- High in vitamins A, D, E, C, B1, B2 (riboflavin), B6, B12, niacin, folic acid, biotin, pantothenic acid, iron, zinc, copper, manganese, selenium, chromium, molybdenum and iodine.
- Vitamin A contributes to the maintenance of normal vision.
- Vitamin A contributes to the normal function of the immune system.
- Vitamin D contributes to normal blood calcium levels.
- Vitamin D contributes to the maintenance of normal bones.
- Vitamin C contributes to normal psychological function.
- Vitamin C contributes to the reduction of tiredness and fatigue.

CONTENTS

60 tablets

DIRECTIONS

Take two tablets daily as a food supplement.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the stated recommended daily dose.

CERTIFICATIONS



NUTRITIONAL VALUES

Nutrient	2 tablets	% RI*
Vitamin A	800 µg	100%
Vitamin C	80 mg	100%
Vitamin D	5 µg	100%
Vitamin E	12 mg	100%
Vitamin B1	1.1 mg	100%
Vitamin B2	1.4 mg	100%
Niacin	16 mg	100%
Pantothenic acid	6 mg	100%
Vitamin B6	1.4 mg	100%
Biotin	50 µg	100%
Folic acid	200 µg	100%
Vitamin B12	2.5 µg	100%
Iron	6 mg	43%
Iodine	75 µg	50%
Zinc	5 mg	50%
Selenium	30 µg	55%
Copper	0.9 mg	90%
Manganese	1 mg	50%
Molybdenum	30 µg	60%
Chromium	30 µg	75%

Forever Active Pro-B

#610



Forever Active Pro-B

Forever Active Pro-B blends six strains of friendly bacteria, selected and engineered for their ability to reach the intended destination of the large intestine. They do not require refrigeration, but to ensure maximum benefits the capsules are stored in unique packaging that controls moisture and protects the goodness captured in each supplement. The formula is also free from allergens.

NUTRITION

FAST FACTS

- **Forever Active Pro-B** provides 8 billion CFU per serving.

CONTENTS

30 capsules

DIRECTIONS

For best results, do not store at temperatures above 25 degrees Celsius.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Hydrolysed corn dextrin, glazing agent (hydroxypropyl methylcellulose), fructooligosaccharides, B. lactis, zinc gluconate, L. rhamnosus, L. reuteri, L. acidophilus, anticaking agent (magnesium stearate), B. longum, B. bidum, colorant (calcium carbonate), anticaking agent (silicon dioxide).

NUTRITIONAL VALUES

Nutrient	1 capsule	% RI*
B.animalis ssp. lactis (5.2 billion)	30mg	200.0%
L.rhamnosus (1.15 billion)	20mg	113.0%
L. reuteri (580 million)	10mg	150.0%
L. acidophilus (580 million)	8mg	N/A
B. Longum (200 million)	5mg	N/A
B. bifidum (290 million)	5mg	N/A



FOREVER

Forever Fiber

#464



Forever Fiber

Fibre is a vital part of any healthy balanced diet and **Forever Fiber** makes it easy for you to add additional fibre to your daily intake. The convenient sachets contain a mild tasting, quick-dissolving powder, which can effortlessly add 5g of fibre – the equivalent of almost two slices of whole wheat toast – to any beverage.

NUTRITION

FAST FACTS

- Quick dissolving.
- Mild, grit-free taste.
- **Forever Fiber** is for digestive health; it's high in fibre and low in saturated fat.

CONTENTS

30 packets

DIRECTIONS

Mix one stickpack of **Forever Fiber** with water, **Forever Aloe Vera Gel**, or your desired beverage, daily. For best results, pour contents of one packet into a glass, add your beverage of choice and mix thoroughly. You can also sprinkle on food. It is suggested to leave 30 minutes between taking **Forever Fiber** and any other dietary supplements as it may impact their absorption.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the stated recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Acacia gum, soluble corn fibre, soluble corn dextrin, fructooligosaccharides

NUTRITIONAL VALUES

Nutrient	per 100 g	per daily dose (6.1 g)
Energy	718 kJ/169 kcal	42 kJ/10 kcal
Fat	0 g	0 g
of which saturated	0 g	0 g
Carbohydrates	11 g	0.7 g
of which sugars	1.5 g	0.1 g
Dietary fibre	82 g	5 g
Protein	0 g	0 g
Salt	0.5 g	0.03 g



FOREVER

Forever Calcium

#206



Forever Calcium

Calcium is an essential mineral needed for the maintenance of normal teeth and bones, but which also contributes to normal energy-yielding metabolism and muscle function.

Forever Calcium contains a high source of the mineral but it's also high in vitamin D and magnesium.

Vitamins C, D copper, and zinc contribute to the normal function of the immune system.

Please note: Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the stated recommended daily dose.

NUTRITION

FAST FACTS

- High in calcium, magnesium, vitamin C, zinc, manganese, copper and vitamin D.
- Calcium is an essential mineral needed for the maintenance of normal teeth and bones.
- High in calcium, magnesium, vitamin C, zinc, manganese, copper and vitamin D.
- Calcium is needed for the maintenance of normal bones.
- Calcium is needed for the maintenance of normal teeth.
- Magnesium contributes to a reduction of tiredness and fatigue.
- Magnesium contributes to electrolyte balance.
- Magnesium contributes to the maintenance of normal bones.
- Zinc contributes to the maintenance of normal vision.
- Zinc contributes to the normal function of the immune system.

CONTENTS

90 tablets

DIRECTIONS

Take four tablets daily with water.

CERTIFICATIONS



INGREDIENTS

Calcium (calcium bisglycinate, calcium citrate, calcium carbonate), magnesium (magnesium oxide, magnesium bisglycinate), stabiliser (microcrystalline cellulose), thickener (cross-linked cellulose gum), vitamin C (calcium ascorbate), anti-caking agents (stearic acid, silicon dioxide), coating-material (thickener (sodium carboxymethylcellulose), dextrin, dextrose, medium chain triglycerides, acidity regulator (trisodium citrate)), zinc (zinc bisglycinate), manganese (manganese bisglycinate), copper (copper bisglycinate), vanilla flavour, vitamin D (cholecalciferol).

NUTRITIONAL VALUES

Nutrient	4 tablets	% RI*
Calcium (as Calcium Bisglycinate, Calcium Citrate and Calcium Carbonate)	800Mg	100.0%
Magnesium (Magnesium Oxide and Magnesium Bisglycinate)	300mg	80.0%
Vitamin C (as Calcium Ascorbate)	80mg	100.0%
Zinc (as Zinc Bisglycinate)	6mg	60.0%
Manganese (as Manganese Bisglycinate)	2mg	100.0%
Copper (as Copper Bisglycinate)	1mg	100.0%
Vitamin D (as Cholecalciferol)	5ug	100.0%

Fields of Greens

#068



Fields of Greens

It's never a good idea to neglect fresh green foods, but if you do feel like you need a top up, **Fields of Greens** contains a source of fibre through ingredients such as barley grass, wheat grass and alfalfa.

NUTRITION

FAST FACTS

- Wheatgrass, barley grass and alfalfa combined with cayenne pepper and honey.
- Certified as gluten free.

CONTENTS

80 tablets

DIRECTIONS

Take one tablet, twice daily with water.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Sweetener (sorbitol), **barley****(*Hordeum vulgare*), **wheat**** (*Triticum aestivum*) grass, alfalfa (*Medicago sativa*) leaf, honey, anti-caking agent (magnesium stearate, stearic acid, silicon dioxide), cayenne (*Capsicum annuum* L.) fruit.

Allergy advice: for allergens see ingredients in **bold**. **The Gluten content of the ingredients and the finished product meet the definition of 'gluten free' according to the EU regulation (Regulation EC 828/2014) where the finished product, as sold to the final consumer, contains less than 20 mg/kg of gluten.

NUTRITIONAL VALUES

Nutrient	2 tablets	% RI*
Barley Grass Powder	240mg	N/A
Wheat Grass Powder	240mg	N/A
Alfalfa Powder	240mg	N/A
Cayenne Powder	3.4mg	N/A



FOREVER

Forever Kids

#354



Forever Kids

These fun, delicious, chewable multi-vitamins provide children with the nutrients needed each day, including vitamin A, C, D and B12, calcium, iron and zinc. They contain no aspartame, no artificial colours or preservatives, and adults will love them too.

Vitamins A, D, C, B6, B12, folic acid and zinc contribute to the normal function of the immune system.

PLEASE NOTE

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the stated recommended daily dose.

NUTRITIONAL VALUES

Nutrient	4 tablets	% RI*
Vitamin A	800Mg	100.0%
Vitamin D	5ug	80.0%
Vitamin E	12mg	100.0%
Vitamin C	80mg	60.0%
Vitamin B1	1.1mg	100.0%
Vitamin B2	1.4mg	100.0%
Niacin	16mg	100.0%
Vitamin B6	1.4mg	100.0%
Folic Acid	200ug	100.0%
Vitamin B12	2.5mg	100.0%
Biotin	50ug	100.0%
Pantothenic Acid	6mg	100.0%
Iron	4mg	29.0%
Zinc	7.5mg	75.0%

NUTRITION

FAST FACTS

- Complex blend of phytonutrients taken from raw broccoli, spinach, carrots, beets and sixteen other fruits and vegetables.
- High in vitamins A, D, E, C, B1, B2, B6, B12, niacin, folic acid, biotin, pantothenic acid and zinc.
- Suitable from three years old.
- High in vitamins A, D, E, C, B1, B2, B6, B12, niacin, folic acid, biotin, pantothenic acid and zinc.
- Vitamin A contributes to the maintenance of normal vision.
- Vitamin A contributes to the normal function of the immune system.
- Vitamin D contributes to the maintenance of normal teeth.
- Vitamin D has a role in the process of cell division.
- Vitamin C contributes to normal psychological function.
- Vitamin C contributes to normal collagen formation for the normal function of bones.
- Folate contributes to normal blood formation.
- Folate contributes to the normal function of the immune system.

CONTENTS

120 tablets

DIRECTIONS

Ages 3-6: two tablets per day under adult supervision; ages 6 and up: four tablets per day. Not suitable for children under 3.

CERTIFICATIONS



INGREDIENTS

Sweetener (xylitol, sorbitol), calcium malate, magnesium malate, Vitamin Pre-Blend [vitamin C (L-ascorbic acid), stabiliser (microcrystalline cellulose), niacin (nicotinamide), pantothenic acid (D-calcium pantothenate), vitamin B6 (pyridoxine hydrochloride), riboflavin, thiamin (thiamin mononitrate), vitamin A (retinyl palmitate), folic acid (pteroylmonglutamic acid), biotin (D-biotin), vitamin D (cholecalciferol), vitamin B12 (cyanocobalamin)], flavour (grape and peach flavours), acidity regulator (citric acid), colour (grape skin extract (**sulphites**) 4% Anthocyanins, zinc (zinc bisglycinate), proprietary fruits and vegetables blend [apple (*Malus domestica*) powder, sugar beet (*Beta vulgaris* L.) fiber, rice (*Oryza sativa*) flour, red pepper (*Capsicum annuum*) powder, tomato (*Lycopersicon esculentum*) powder, strawberry (*Fragaria x ananassa*) powder, cranberry (*Vaccinium macrocarpon*) powder, acerola (*Malpighia glabra* L.) juice concentrate, spinach (*Spinacia oleracea*) powder, cabbage (*Brassica oleracea capitata*) powder, onion (*Allium cepa*) powder, broccoli (*Brassica oleracea italica*) powder, kale (*Brassica oleracea* var. *sabellica*) powder, mangosteen (*Garcinia mangostana* L.) powder, pumpkin (*Cucurbita pepo*) powder, beet (*Beta vulgaris* L.) powder, blueberry (*Vaccinium angustifolium*) powder, acai (*Euterpe oleracea* Mart.) powder, goji (*Lycium barbarum* L.) powder, carrot (*Daucus carota sativa*) powder, grape (*Vitis vinifera*) juice concentrate, pomegranate (*Punica granatum*) juice concentrate], anti-caking agent (stearic acid), vitamin E (D-alpha-tocopheryl acetate), iron (ferrous bisglycinate), anti-caking agent (silicon dioxide, magnesium stearate), sweetener (sucralose), thickener (guar gum), copper gluconate. **Allergy advice:** For allergens, see ingredients in **bold**

Nature-Min

#037



Nature-Min

You already know that multivitamins can keep your body fuelled with essential nutrients. But did you know multi-minerals are just as important?

Minerals play a vital role in everything from immunity to supporting muscle and bone function and can even play a role in supporting fertility and reproduction*.

This unique blend of seabed minerals is high in calcium, phosphorus, magnesium, iron, manganese and zinc.

*Zinc, copper, selenium and iron all support the normal function of the immune system. Calcium and magnesium contribute to normal muscle function. Magnesium contributes to electrolyte balance and psychological function. Iodine contributes to normal cognitive function and to the normal production of thyroid hormones and normal thyroid function. Selenium contributes to normal thyroid function.

NUTRITION

FAST FACTS

- Supports bones, muscle, brain and thyroid function.

CONTENTS

180 tablets

DIRECTIONS

One tablet, three times a day. Take tablets with meals, preferably with water.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Dicalciumphosphate, emulsifier (microcrystalline cellulose), magnesium oxide, anti-caking agent (stearic acid), thickener (carboxymethylcellulose), sea minerals, ferrous fumarate, zinc sulfate, manganese gluconate, copper gluconate, L-selenimethionine, potassium iodide, sodium molybdate.

NUTRITIONAL VALUES

Nutrient	3 tablets	% RI*
Calcium (Dicalcium Phosphate)	500mg	63.0%
Phosphorus (Dicalcium Phosphate)	386mg	55.0%
Magnesium (Magnesium Oxide)	200mg	53.0%
Iron (Ferrous Fumarate)	9mg	64.0%
Zinc (Zinc Sulfate)	7.5mg	75.0%
Copper (Copper Gluconate)	1mg	100.0%
Manganese (Manganese Gluconate)	1mg	50.0%
Selenium (L-Selenimethionine)	18ug	32.0%
Molybdenum (Sodium Molybdate)	18ug	36.0%
Iodine (Potassium Iodide)	75ug	50.0%



Forever Focus

#622



Forever Focus

Give yourself an edge with **Forever Focus**

We all face distractions and challenges when it comes to staying on top of our daily lives. With work, family, jobs and exercise all competing for our attention, it can be a struggle to stay focused on the most important tasks. You don't just want to get through the day. You want to take charge of it. That's why it's essential to bring your best mental performance and focus.

Combining traditional herbs, vitamins and minerals with clinically studied Cognizin: don't just get through the day, take charge of it with **Forever Focus**. Featuring extracts of rhodiola, bacopa, green tea and guarana, **Forever Focus** combines these botanicals with the natural beneficial effects of vitamins B6, B12, pantothenic acid, zinc* and clinically studied Cognizin to help you take charge of your day.

*Vitamins B6 and B12 contribute to normal functioning of the nervous system and normal psychological function as well as helping reduce the feeling of tiredness and fatigue.

Pantothenic acid also contributes to the reduction of tiredness and fatigue and contributes to normal mental performance and normal synthesis of and metabolism of steroid hormones, vitamin D and some neurotransmitters. Zinc contributes to normal cognitive function and to the protection of cells from oxidative stress.

NUTRITION

FAST FACTS

- Features Cognizin a clinically studied, form of citicoline
- Combination of traditional herbs, vitamins and minerals
- Guarana is a natural source of caffeine native to the Amazon.

CONTENTS

120 tablets

DIRECTIONS

Take 4 capsules with a morning meal.

WARNINGS

Contains caffeine. Not intended to be consumed by children. Not recommended during pregnancy and breastfeeding. Consult with your doctor if you are using anticoagulants. Keep out of reach of young children. Do not exceed the stated recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

CERTIFICATIONS



INGREDIENTS

Green tea (Camellia sinensis L. O. Ktze) leaf extract, bacopa (Bacopa monnieri) whole herb extract, capsule ingredients [thickener (hydroxypropyl methylcellulose, carrageenan), anti-caking agent (potassium chloride)], L-Tyrosine, citicoline (Cognizin), rhodiola (Rhodiola rosea L.) root extract, guarana (Paullinia cupana H.B.K.) seed extract [caffeine, guarana seed extract], ginkgo (Ginkgo biloba) leaf extract, zinc [zinc bisglycinate, glycine, acidity regulator (citric acid), anti-caking agent (silicon dioxide)], anti-caking agent (silicon dioxide, magnesium stearate), pantothenic acid (d-calcium pantothenate), vitamin B6 (pyridoxine HCl), vitamin B12 [stabiliser (dicalcium phosphate), cyanocobalamin].

NUTRITIONAL VALUES

Nutrient	Quantity Per 4 capsules	% RI*
Pantothenic acid	3mg	50%
Vitamin B6	0.5mg	36%
Vitamin B12	2.5µg	100%
Zinc	6mg	60%
L-Tyrosine	300mg	-
Citicoline (Cognizin)	250mg	-
Rhodiola	200mg	-
Bacopa	320mg	-
Green tea	400mg	-
Ginkgo	24mg	-
Guarana**	54.5mg	-

**Contains caffeine (50mg per daily dose)

Forever B12 Plus

#188



Forever B12 Plus

This time-release formula packs a punch of vitamin B12 and folic acid. These elements are beneficial to women wishing to conceive or who are in the first three months of pregnancy. B12 is also essential to include within vegetarian or vegan diets as it's normally obtained from animal sources.

*Vitamin B12 and folate contributes to normal homocysteine metabolism. Folate contributes to normal psychological function.

Vitamin B12 and folate also contribute to the normal function of the immune system.

NUTRITION

FAST FACTS

- Helps maintain healthy homocysteine levels.
- High in vitamin B12 and folic acid.
- Time release formula.

CONTENTS

60 tablets

DIRECTIONS

Take one tablet daily, preferably with water after meals.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Dextrose, acidity regulator (dicalcium phosphate), thickener (hydroxypropyl methylcellulose, microcrystalline cellulose), anti-caking agent (stearic acid, silicon dioxide), stabiliser (magnesium stearate), cyanocobalamin, folic acid.

NUTRITIONAL VALUES

Nutrient	1 tablet	% RI*
Vitamin B12 (as Cyanocobalamin)	500ug	20000.0%
Folic Acid	400ug	200.0%



Forever Multi-Maca

#215



Forever Multi-Maca

Forever Multi-Maca combines legendary Peruvian maca with Q10, L-arginine and other powerful herbs.

NUTRITION

FAST FACTS

- Added L-arginine and coenzyme Q10.
- Designed for both men and women.

CONTENTS

60 tablets

DIRECTIONS

Take two tablets daily with water.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Emulsifier (microcrystalline cellulose), Maca, Tribulus Terrestris, Muira Puana, Catuaba, L-Arginine, Saw Palmetto, Pygeum Africanum, stabiliser (stearic acid), thickener (crosscarmellose sodium, guar gum), anti-caking agent (silicon dioxide), co-enzyme Q10, **soy** extract, stabiliser (magnesium stearate), preservative (calcium citrate), thickener (sodium carboxymethylcellulose), dextrin, dextrose, emulsifier (**soy** lecithin), acidity regulator (sodium citrate).
Allergy advice: for allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	2 tablets	% RI*
Maca (root)	500mg	N/A
Tribulus Terrestric (fruit)	200mg	N/A
Muira Puama (root)	200mg	N/A
Catuba (bark)	200mg	N/A
L-Arginine	150mg	N/A
Saw Palmetto (fruit)	150mg	N/A
Pygeum Africanum (bark)	50mg	N/A
Co-enzyme Q-10	10mg	N/A
Soy Extract	10mg	N/A



Forever iVision

#624



Forever iVision

Complete eye support for the digital age.

In today's digital age, our eyes work harder than ever before. We count on them to filter out UV rays and pollution, but also subject our eyes to hours of artificial blue light coming from mobile devices, computers and televisions every day. Taking care of our eyes is more important than ever to protect from eye strain and long-term damage. And while proper nutrition is the first line of defence, most diets fall far short of the recommended levels of eye-promoting nutrients and antioxidants.

Forever iVision includes bilberry extract, vitamins C and E to contribute to the protection of cells from oxidative stress and beta carotene from vitamin A, a nutrient found in carrots and other foods, that contributes to the maintenance of normal vision. Forever has boosted the power of beta carotene with the addition of zinc, which contributes to the maintenance of normal vision and to the normal metabolism of vitamin A, which may help to make it more bioavailable.

If there's one ingredient that truly makes **Forever iVision** the future of eye supplements, it's clinically-studied Lutemax 2020. This powerful ingredient takes eye support to a whole new level by helping to support your eyes to reduce the blue light from digital devices and other artificial light sources like LED and compact florescent bulbs.

Lutein is an ingredient often used in eye supplements. However, today's digital lifestyle demands more than lutein alone. That is why **Forever iVision** with Lutemax 2020 features all three carotenoids normally present in macular. with Lutemax 2020, you'll see clearly why this is the perfect supplement for the digital age.

NUTRITION

FAST FACTS

- High in vitamin A which contributes to the maintenance of normal vision.
- Contains clinically-studied and 2018 award-winning ingredient, Lutemax 2020.
- High in vitamin C which contributes to the protection of cells from oxidative stress.

CONTENTS

60 softgel tablets

DIRECTIONS

Take two softgels daily as a food supplement.

CERTIFICATIONS



INGREDIENTS

(Sunflower oil, **fish** gelatin, humectant (glycerol), Lutemax 2020 -marigold flower (Tagetes erecta) extract (lutein and zeaxanthin), vitamin C (ascorbic acid), vitamin E [d-alpha-tocopherol, **soybean** oil], stabiliser (beeswax), water, bilberry fruit (Vaccinium myrtillus) extract, carrot (Daucus carota subsp. sativus) seed oil [carrot seed oil, canola oil, sunflower seed oil], zinc (zinc oxide), black carrot (Daucus carota subsp. sativus) juice, vitamin A (beta carotene).

Allergy advice: for allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	Quantity Per 2 softgels	% RI*
Vitamin A (RE)	250µg	31%
Vitamin E (α-TE)	30mg	250%
Vitamin C	80mg	100%
Zinc	12mg	120%
Bilberry fruit extract [standardised to 10% anthocyanins]	30mg	-
Lutemax 2020 - Marigold flower extract 100mg		
Lutein 20%	20mg	-
Zeaxanthin 4%	4mg	-



FOREVER

Forever Lycium Plus

#072



Forever Lycium Plus

Lycium, also known as goji berries or wolfberries, is a fruit that dates back centuries to ancient China, where it is known as the "yin tonic", the red berries of the lycium bush have earned a legendary reputation. **Forever Lycium Plus** utilises extract of the lycium fruit and liquorice root.

NUTRITION

FAST FACTS

- Lycium fruit and liquorice root.

CONTENTS

100 tablets

DIRECTIONS

Take one tablet three times daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Lycium (Lycium barbarum L.) fruit extract, stabiliser (microcrystalline cellulose, cross-linked cellulose gum), licorice (Glycyrrhiza glabra) root extract, anti-caking agent (stearic acid, magnesium stearate, silicon dioxide), coating material [thickener (sodium carboxymethylcellulose), dextrin, dextrose, medium chain triglycerides, acidity regulator (trisodium citrate)].

NUTRITIONAL VALUES

Nutrient	3 tablets	% RI*
Lycium Extract, Powdered (fruit)	900mg	N/A
Liquorice Extract, Powdered (root)	112.5mg	N/A



FOREVER

Vitolize for Men

#374



Vitolize for Men

Vitolize for Men contains a high quality blend of herbs, vitamins and minerals including zinc, which contributes to normal fertility and reproduction.

This powerful blend is packed into an easily digestible softgel, making it incredibly easy to support an active and healthy lifestyle.

Vitamins D, C, B6, zinc, and seleniium contribute to the normal function of the immune system.

NUTRITION

FAST FACTS

- High in vitamins D, E, C, B6, zinc and selenium.
- Zinc contributes to normal fertility and reproduction.
- Selenium contributes to normal spermatogenesis.

CONTENTS

60 softgels

DIRECTIONS

Take two tablets daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the stated recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Olive oil, gelatin, pumpkin seed oil, pomegranate extract, humectant (glycerin), ascorbic acid, zinc gluconate, thickener (beeswax), water, lycopene (corn oil, DL- alpha-tocopherol), emulsifier (**soy** lecithin), selenium enriched yeast, vitamin E (D-alpha- tocopherol, **soy**bean oil), vitamin D3 (cholecalciferol, modified starch, sucrose), carob extract (carob fruit extract, corn syrup, colour (caramel), pyridoxine hydrochloride. Allergy advice: for allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	2 tablets	% RI*
Vitamin D	5ug	100.0%
Vitamin E	12mg	100.0%
Vitamin C	80mg	100.0%
Vitamin B6	1.4mg	100.0%
Zinc	10mg	100.0%
Selenium	55ug	100.0%



FOREVER

Vitolize for Women

#375



Vitolize for Women

This blend of herbs, vitamins and minerals has been designed with a woman's needs in mind. It's high in iron, which contributes to normal cognitive function, and it's also high in essential folic acid. As well as calcium, vitamin D and B12, **Vitolize for Women** also contains vitamin B6, which contributes to the regulation of hormonal activity.

NUTRITION

CONTENTS

120 tablets

DIRECTIONS

Take two tablets twice daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the stated recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Bulking agent (microcrystalline cellulose), magnesium bisglycinate, cranberry powder (vaccinium macrocarpon), calcium carbonate, thickener (hydroxypropyl methylcellulose), anti-caking agent (stearic acid), ascorbic acid, bulking agent (croscarmellose sodium), vitamin E (d-alpha-tocopheryl acetate, modified corn starch, silicon dioxide), thickener (croscarmellose sodium, sodium carboxymethylcellulose), anti-caking agent (silicon dioxide), d-alpha-tocopheryl acetate, dextrin, dextrose, medium chain triglycerides, acidity regulator (trisodium citrate), apple powder (malus domestica), passionflower powder (passiflora incarnata), schizandra berry powder (schisandra chinensis), ferrous bisglycinate, emulsifier (magnesium stearate), vitamin D3 (cholecalciferol, modified corn starch, sucrose), pyridoxine hydrochloride, vitamin B12 (cyanocobalamin, dicalcium phosphate), folic acid.

NUTRITIONAL VALUES

Nutrient	4 tablets	% RI*
Vitamin D	10ug	200.0%
Vitamin E	22mg	183.0%
Vitamin C	80mg	100.0%
Vitamin B6	1.4mg	100.0%
Folic Acid	200ug	100.0%
Vitamin B12	2.4ug	96.0%
Magnesium	60mg	16.0%
Iron	5mg	36.0%
Calcium	120mg	15.0%



FOREVER

Absorbent-C

#048



Absorbent-C

Taking vitamin C daily has long been associated with good health, but the human body doesn't naturally store the vitamin meaning it must be consumed via food, drink and supplements. Forever's **Absorbent-C** is bonded with oat bran, a highly soluble fibre, for gradual absorption, and provides 100% of the UK's RDA of vitamin C.

NUTRITION

FAST FACTS

- Promotes healthy immune function.
- Supports healthy skin, teeth and gums.
- Easy way to get daily value of vitamin C.
- Delicious natural orange and honey flavour.
- High in vitamin C.
- Vitamin C contributes to normal functioning of the nervous system.
- Vitamin C contributes to normal psychological function.
- Vitamin C contributes to normal collagen formation for the normal function of bones.
- Vitamin C contributes to the normal function of the immune system.
- Vitamin C contributes to the reduction of tiredness and fatigue.

CONTENTS

100 tablets

DIRECTIONS

Chew one tablet three times daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Oat (Avena sativa) bran, sweetener (sorbitol), honey, vitamin c (ascorbic acid), anti-caking agent (stearic acid, silicon dioxide), flavour (orange, papaya), bitter orange (Citrus aurantium L.) fruit extract. Allergy advice: for allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	3 tablets	% RI*
Vitamin C	180mg	225.0%



FOREVER

Forever Garlic-Thyme

#065



Forever Garlic-Thyme

Garlic and thyme are powerful ingredients with properties that are said to promote good health; in fact, these herbs can be traced back thousands of years for their dietary uses. For full benefit, take one of these odourless softgels with each meal.

WARNING

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the stated recommended daily dose.

NUTRITION

FAST FACTS

- Odourless softgel.
- All the benefits of 1,000mg of garlic in a convenient softgel.

CONTENTS

100 softgels

DIRECTIONS

Take one softgel three times a day.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the stated recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Canola oil, gelling agent (gelatin), thyme, gelling agent (glycerin), purified water, garlic concentrate (allicin, alliin, **soybean** oil), emulsifier (**soy** lecithin), thickener (beeswax), carob extract (carob fruit extract, corn syrup, colour (caramel). Allergy advice: for allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	3 tablets	% RI*
Odourless Garlic Concentrate, Liquid (bulb) (Equivalent to 1000mg Fresh Garlic)	30mg	N/A
Thyme, Powdered (leaves)	150mg	N/A



FOREVER

Forever Immublend

#355



Forever Immublend

We've combined the best of science and nature to create a blend that supports the immune system. Help support the body's defence system with **Forever Immublend**, this supplement is high in vitamin C, D and zinc, all of which contribute to the normal function of the immune system.

NUTRITION

FAST FACTS

- High in vitamins C, D and zinc which contribute to the normal function of the immune system.
- 10ug of vitamin D.

CONTENTS

60 tablets

DIRECTIONS

Take one tablet with water, twice a day.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Bulking agent (microcrystalline cellulose), fructooligosaccharides, thickener (hydroxypropyl methylcellulose), zinc gluconate, ascorbic acid, anti-caking agent (stearic acid), lactoferrin (**milk**), maitake mushroom powder, shiitake mushroom powder, emulsifier (magnesium stearate), thickener (cross-linked sodium carboxy methyl cellulose), maitake mushroom extract, firming agent (sodium carboxymethylcellulose), anti-caking agent (silicondioxide), vitamin D3 (cholecalciferol, modified starch, sucrose), dextrin, dextrose, emulsifier (**soy** lecithin), corn starch, acidity regulator (sodium citrate). Allergy advice: for allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	2 tablets	% RI*
Vitamin D	10ug	200.0%
Vitamin C	90mg	113.0%
Zinc	15mg	150.0%
Fructooligosaccharides	241mg	N/A
Lactoferrin	40mg	N/A
Maitake Mushroom (Grifola Fondosa)	47mg	N/A
Shiitake Mushroom (Lentinula Edodes)	30mg	N/A



FOREVER

Forever Immune Gummy

#566



Forever Immune Gummy

Support your immune system with a blend of 10 vitamins and zinc. All in a naturally sweet, tropical flavoured gummy that's chewable, tastes great and is vegan friendly.

Avoid the hassle of swallowing pills and support your immune system with **Forever Immune Gummy**. These plant-based gummies benefit from 10 vitamins and zinc – perfect for those who prefer chewable supplements and taking their vitamins on the go.

Forever Immune Gummy contains vitamins B6, C and D, all of which contribute to the normal function of the immune system. Vitamin C also contributes to the reduction of tiredness and fatigue and helps protect cells from oxidative stress. And we've packed this goodness into a gummy that boasts a delicious fruit flavour and is less likely to stick together or melt in warmer temperatures.

Then there's vitamin B12. This contributes to the normal function of the nervous system and to a normal energy-yielding metabolism, making **Forever Immune Gummy** an ideal way to benefit from this vitamin when following a vegetarian or vegan diet.

Forever Immune Gummy wouldn't be complete without zinc, which means taking these gummies contributes towards the maintenance of normal bones, hair, skin and nails.

And because **Forever Immune Gummy** is made using plant-based vitamin D, it's vegan friendly and it's also gluten-free. Get this tasty, vitamin-packed supplement and support your immune system's natural defences today.

NUTRITION

FAST FACTS

- A blend of 10 vitamins and zinc.
- Easy to take, chewable gummies.
- Vegan friendly.
- Less likely to stick together or melt in warmer temperatures.
- Tropical fruit flavour.

CONTENTS

60 gummies

DIRECTIONS

Chew two (2) gummies daily. Keep tightly closed in a cool dry place. Do not use if the seal is broken or missing.

Keep out of reach of young children. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

CERTIFICATIONS



INGREDIENTS

Glucose syrup, sugar, modified starch, vitamin and mineral composition [vitamin C (ascorbic acid), zinc (zinc gluconate), vitamin E (dl-alpha tocopheryl acetate), niacin (nicotinamide), vitamin A (retinyl acetate), biotin (d-biotin), vitamin B12 (cyanocobalamin), vitamin D3 (cholecalciferol), vitamin B6 (pyridoxine hydrochloride), vitamin K (phyloquinone), folic acid (pteroylmonoglutamic acid)], acidity regulator (citric acid, trisodium citrate), natural mango flavour, coating material (carnauba wax), colouring food [safflower (Carthamus tinctorius) concentrate, carrot (Daucus carota) concentrate, apple (Malus domestica) concentrate].

NUTRITIONAL VALUES

Nutrient	Quantity Per 2 gummies	% RI*
Vitamin C	80mg	100%
Vitamin E	12mg	100%
Niacin	16mg	100%
Vitamin A	400µg	50%
Biotin	50µg	100%
Vitamin B12	2.5µg	100%
Vitamin D	5µg	100%
Vitamin B6	1.4mg	100%
Vitamin K	75µg	100%
Folic Acid	200µg	100%
Zinc	10mg	100%



FOREVER

Forever AloeTurm

#676



Forever AloeTurm

Forever AloeTurm is a hydrogel lozenge for enhanced absorption to support your immune system. Our unique formula, featuring turmeric sourced from India and fortified with zinc, is designed to support immune health as part of any wellness routine.*

Turmeric is an ancient Ayurvedic herb and has been widely used as a key element to aid in natural living. But one of the biggest challenges is its low absorption by the body. Powered by innovative hydrogel technology, **Forever AloeTurm** solves this issue by dissolving in your mouth and being absorbed directly by the body.

Not only does **Forever AloeTurm** promote immune health; it also provides a soothing feeling in the mouth with its distinctive mint flavour. A truly convenient way to help fortify your body's defenses.

*Zinc contributes to the normal function of the immune system.

NUTRITION

FAST FACTS

- Easily dissolves and digests.
- Contains turmeric sourced from India.
- Turmeric is absorbed directly by the body, due to dissolving technology.
- Easy-to-take lozenges that are ideal 'on-the-go'.
- Delightful mint flavour.

CONTENTS

10 hydrogel lozenges

DIRECTIONS

Allow lozenge to slowly dissolve in the mouth before swallowing. Take up to three lozenges per day as a food supplement.

CERTIFICATIONS



INGREDIENTS

Humectant (glycerin), gelatin (bovin), turmeric (*Curcuma longa*) root extract, water, emulsifiers (**soy** lecithin, polysorbate 80), flavourings, zinc (zinc sulphate), sweeteners (sucralose, steviol glycosides from stevia), aloe vera (*Aloe barbadensis*) inner leaf juice powder.

Allergy advice: for allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	Quantity Per 3 lozenges	% RI*
Turmeric root extract	600mg	-
of which curcuminoids	187.5mg	-
Zinc	9mg	90%
Aloe vera inner leaf juice powder	1.5mg	-



FOREVER



Active Lifestyle

Staying active is an important part of maintaining overall physical and mental well-being. Whether you enjoy running, tai chi, or hiking, movement plays a key role in a healthy lifestyle. Forever's active lifestyle range includes products with nutrients that support normal muscle function, mental performance, and energy metabolism, helping you stay on track with your wellness goals.

ARGI+ #473



ARGI+

Forever's **ARGI+** packs a lot more than delicious berry flavour into every stick pack.

This nutritious berry-flavoured sports drink contains five grams of L-arginine per serving plus vitamins, including vitamin C, which contributes to the reduction of tiredness and fatigue, and vitamin D, which contributes to the maintenance of normal muscle function.

Simply stir a sachet into water to enjoy the lively berry flavours or add it to your favourite beverage. Forever **ARGI+** pairs amazingly with **Forever Aloe Berry Nectar** or our 99.7% pure **Forever Aloe Vera Gel**.

ACTIVE LIFESTYLE

FAST FACTS

- High in vitamins C, D, B6 B12 and folate.
- Delicious berry flavour.
- Available in convenient stick sachets.
- Uniquely formulated for people with active lifestyles.

CONTENTS

1 x 30 sachets

DIRECTIONS

One sachet daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the stated recommended daily dose. If you have a heart condition, are pregnant or taking other medication, consult your doctor before using this product.

CERTIFICATIONS



INGREDIENTS

L-arginine, vitamin C (as ascorbic acid), vitamin K2 (as menaquinone), vitamin D3 (as cholecalciferol), vitamin B6 (as pyridoxine hydrochloride), vitamin B12 (as cyanocobalamin), folate (as folic acid), grapeskin extract, pomegranate extract, red grape extract, blackcurrant juice powder, elderberry juice powder, raspberry juice powder, morello cherry juice powder, blackberry juice powder, blueberry juice powder, citric acid, silicon dioxide, monopotassium phosphate, maltodextrin, natural mixed berry flavour, xylitol, sucralose, D-ribose.

NUTRITIONAL VALUES

Nutrient	10g	% RI*
Vitamin C	80mg	100.0%
Vitamin D3	5ug	100.0%
Vitamin K2	20ug	27.0%
Vitamin B6	1.4mg	100.0%
Vitamin B12	2.5ug	100.0%
Folate	200ug	100.0%
L-arginine	5g	N/A
D-ribose	50mg	N/A



FOREVER

Forever Marine Collagen

#613



Forever Marine Collagen

Beauty starts from within with Forever Marine Collagen.

Collagen is quickly becoming a must-have for any daily skincare routine. And as more people introduce collagen into their routine, they want a more efficient way to get the most out of every drop. **Forever Marine Collagen** is a highly concentrated liquid formula that uses a scientifically advanced marine collagen base which is more bioavailable and easily broken down by the body when compared to other forms.

Finally, a marine collagen that tastes great! **Forever Marine Collagen** has a tart, berry flavour that you can conveniently drink right from the sachet. These easy and convenient 15ml sachets are also perfect for taking with you on the go!

It couldn't be easier to promote skin hydration and texture, and maintain healthy-looking skin from the inside out.

In addition to marine-based collagen, we also added black pepper extract, goji berries and green tea extract, along with vitamins C and A which contribute to the normal formation of collagen in the body. Zinc and biotin also play a role in the maintenance of skin, bones, hair and nails.

If you're looking to add collagen to your daily skincare and beauty routine, don't just grab any product off the store shelf. Choose the more efficient, bioavailable form with **Forever Marine Collagen**.

ACTIVE LIFESTYLE

FAST FACTS

- 3000 mg of highly bioavailable liquid premium collagen peptides.
- Certified as Sustainably sourced.
- Helps maintain healthy skin.

CONTENTS

30 x 15ml

DIRECTIONS

Drink one sachet daily.

CERTIFICATIONS



KEY INGREDIENTS

- Marine collagen
- Vitamin C
- Zinc
- Biotin
- Acerola Cherry
- Goji Berry

INGREDIENTS

Hydrolyzed **fish** collagen (water, hydrolyzed fish collagen (21.4%)), **fruit** juice [apple (Malus domestica), acerola (Malpighia glabra)] concentrate (19.6%), sweetener (erythritol, steviol glycosides), acidity regulator (citric acid), vitamin C (sodium ascorbate), thickener (pectin, acacia gum), l-isoleucine, vitamin A (beta carotene), carrot (Daucus carota) juice concentrate, goji (Lycium barbarum) fruit extract, flavours (muscat grape, avocado), green tea (Camellia sinensis) leaf extract, zinc (zinc gluconate), emulsifier (lecithin), coenzyme Q10, preservative (potassium sorbate), black pepper (Piper nigrum) fruit extract, biotin (d-biotin).

Allergy advice: For allergens, see ingredients in bold.

NUTRITIONAL VALUES

Nutrient	1 Sachet	% RI*
Vitamin A (RE)	120µg	15%
Vitamin C	12mg	15%
Biotin	30µg	60%
Zinc	4.2mg	42%
Fish Collagen	3g	1.0%



Aloe Cooling Lotion

#564



Aloe Cooling Lotion

Recharge tired muscles and joints with invigorating ingredients.

Refresh tired muscles and joints after a long day or challenging workout with **Aloe Cooling Lotion**. Our light, invigorating formula provides an instant cooling sensation, both revitalising hard-working muscles and promoting recovery.

Perfect to put in your gym bag or on your nightstand, **Aloe Cooling Lotion** contains uplifting menthol, eucalyptus oil, camphor and rosemary extract. The addition of Methylsulfonyl Methane, or MSM – an organic compound which is the third most abundant mineral in our body.

Let the power of menthol, inner leaf aloe and other natural ingredients support your active lifestyle.

Experience a relaxed sensation by massaging **Aloe Cooling Lotion** into your skin at the end of a long day or post-workout.

ACTIVE LIFESTYLE

FAST FACTS

- Cooling lotion with menthol, eucalyptus and aloe.
- Conditions skin and easy to massage into muscles and joints.
- Provides a powerful, refreshing sensation.
- Helps ease tired muscles with a cooling, soothing effect.
- Aids with recharging and refreshing post-exercise.
- Quick-absorbing, non-greasy feel on the skin.

CONTENTS

- 118ml

DIRECTIONS

Apply liberally and massage into skin as needed.

Avoid contact with eyes. Should contact occur, flush with water for several minutes.

CERTIFICATIONS



INGREDIENTS

Aloe barbadensis leaf juice (stabilized aloe vera gel), aqua, dimethyl sulfone, menthol, arginine, glycerin, carbomer, dimethicone, eucalyptus globulus leaf oil, limonene, linalool, phenoxyethanol, disodium edta, caprylyl glycol, camphor, potassium sorbate, citric acid, hexylene glycol, ethylhexylglycerin, allantoin, polysorbate 80, sodium benzoate, ascorbic acid, sodium hyaluronate, glycine soja oil, tocopherol, borago officinalis extract, 1-2-hexanediol, rosmarinus officinalis leaf extract.



Aloe MSM Gel

#205



Aloe MSM Gel

Forever's **Aloe MSM Gel** is your ticket to soothing relief when and where you need it. We combined pure inner leaf aloe vera with methyl sulfonyl methane (MSM), an organic sulphur found in many living organisms. MSM combined with pure aloe vera gel provides deep comfort and moisturisation.

But the soothing power of **Aloe MSM Gel** doesn't stop with those two ingredients. This clear, non-staining formula includes natural herbal extracts like tea tree leaf oil, willow bark extract and glycerin to calm and condition skin. The addition of rosemary leaf extract draws water to the skin to keep it hydrated and comfortable.

This versatile gel is a must-have for any gym bag. Apply liberally and massage into skin to soothe joints and muscles after a tough workout. If your lifestyle keeps you on the move, show your body the love it deserves and stay ready for the next adventure.

Apply liberally and massage into your skin after a long day or a tough workout to soothe your muscles and joints.

ACTIVE LIFESTYLE

FAST FACTS

- Soothes strains.
- Pleasant smelling gel in a non-staining formula.
- Contains pure stabilised aloe vera gel.

CONTENTS

118ml

DIRECTIONS

Apply liberally two-to-three times a day. Massage well into the skin.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe barbadensis leaf juice, aqua, dimethyl sulfone, glycerine, triethanolamine, dimethicone, arctostaphylos uva ursi leaf extract, salix alba bark extract, rosmarinus officinalis leaf extract, melaleuca alternifolia leaf oil, sodium hyaluronate, carbomer, disodium edta, citric acid, polysorbate 80, allantoin, ascorbic acid, tocopherol, glycine soja oil, diazolidinyl urea, methylparaben, potassium sorbate, sodium benzoate.

Forever NutraQ10

#312



Forever NutraQ10

Forever NutraQ10 contains Q10 plus essential vitamins, including C and B6 which contribute to the reduction of tiredness and fatigue.

Vitamins C, B6, B12 and folic acid contribute to the normal function of the immune system.

ACTIVE LIFESTYLE

FAST FACTS

- 30mg of Coenzyme Q10.
- High in vitamins B6, B12, C, E, folic acid and chromium.

CONTENTS

30 packets

DIRECTIONS

Mix one packet per day thoroughly with **Forever Aloe Vera Gel**, water or another beverage of your choice.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Fructose, magnesium carbonate, emulsifier (**soy** lecithin), ascorbic acid (vitamin c), coenzyme Q10, bulking agent (microcrystalline cellulose), anti-caking agent (silicon dioxide), olive leaf extract (olea europaea, maltodextrin), turmeric extract (curcuma longa), grape seed extract (vitis vinifera), boswellia extract (boswellia serrata), d-alpha tocopherol (vitamin E), chromium chloride, pyridoxine hydrochloride (vitamin B6), folic acid (vitamin B9), cyanocobalamin (vitamin B12, dicalcium phosphate). Allergy advice: for allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	1 stickpack	% RI*
Vitamin E	10mg	83.3%
Vitamin C	30mg	37.5%
Vitamin B6	1mg	71.4%
Folic Acid	200ug	100.0%
Vitamin B12	1ug	40.0%
Magnesium	60mg	16.0%
Chromium	16ug	40.0%



Forever Active HA

#264



Forever Active HA

Hyaluronic acid (HA) is a naturally occurring substance in connective tissue that works to cushion and fill spaces between the cells. Like many other substances in our bodies, hyaluronic acid depletes with age. **Forever Active HA** provides you with a unique form of low molecular weight HA, plus ginger oil and turmeric roots.

ACTIVE LIFESTYLE

FAST FACTS

- Low molecular weight hyaluronic acid.
- Easy to take softgels.

CONTENTS

60 softgels

DIRECTIONS

Take two softgels daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Soy bean oil, gelatin, humectant (glycerin), hyaluronic acid complex, turmeric, ginger oil, stabiliser (yellow beeswax), maltodextrin, purified water, zinc oxide, emulsifier (soy lecithin). Allergy advice: for allergens, see ingredients **bold**.

NUTRITIONAL VALUES

Nutrient	2 softgels	% RI*
Hyaluronic Acid Complex (providing 9% low molecular weight Hyaluronic Acid from Sodium Hyaluronate)	80mg	N/A
Ginger (Zingiber officinale) Oil (root)	50mg	N/A
Turmeric (Curcuma longa) powdered (root) (95% Curcumin)	60mg	N/A



FOREVER

Forever Move

#551



Forever Move

Keep moving toward your next adventure with **Forever Move**.

Perfect for people on the go. **Forever Move** offers a unique combination of NEM® (Natural Eggshell Membrane) and water-soluble turmeric extract in soft gels.

These burnt-orange softgels are designed for people who lead busy and active lifestyles, fitness enthusiasts, maturing adults, and those with physically demanding routines.

Forever Move features NEM®, a patented ingredient that contains naturally occurring compounds such as collagen, glycosaminoglycans, and hyaluronic acid. NEM® is produced using a proprietary process that preserves its natural profile and is supported by published research.

The turmeric extract (Curcuma longa) is processed into a water-soluble curcumin complex, designed for easy incorporation into your daily routine.

ACTIVE LIFESTYLE

FAST FACTS

- Natural eggshell membrane.
- Water-soluble curcuminoids.

CONTENTS

90 softgels

DIRECTIONS

Take three softgels daily.

Warning: Store in a cool, dry place away from children. Food supplements are intended to supplement the diet and should not be substituted for a varied diet or healthy lifestyle. Do not use if pregnant and breastfeeding or if you're taking anticoagulant drugs. If in any doubt, consult your doctor if you have a medical condition or are on medication. Do not use if seal is broken. Do not exceed recommended dose.

CERTIFICATIONS



INGREDIENTS

Curcumin (Curcuma longa) root extract [emulsifier (polysorbate 20), curcuma longa, antioxidant (DL-alpha-tocopherol)], eggshells membrane powder, **soy**bean oil, gelatine (**fish**), humectant (glycerol), purified water, thickener (carob locust (Ceratonia siliqua) bean gum extract), colour (sulphite ammonia caramel). Allergy advice: for allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	3 softgels	% RI*
Natural Eggshell Membrane*	500mg	N/A
Turmeric extract (Curcuma longa)*	500mg	N/A
of which are curcuminoid*	60mg	N/A

* Reference intake not established.



FOREVER

Forever Plant Protein

#656



Forever Plant Protein

Packing 17 grams of protein per serving, **Forever Plant Protein** is a vegan formula that's dairy and soy-free. It has a delicious, vanilla flavour with a smooth, non-gritty texture, unlike many plant-based proteins. The pea and pumpkin protein contributes to the function of normal bones, and the growth and maintenance of muscle mass.

ACTIVE LIFESTYLE

FAST FACTS

- Vegan friendly.
- Gluten free.
- Protein contributes to the function of normal bones, and the growth and maintenance of muscle mass.

CONTENTS

1 x 390g

DIRECTIONS

Mix 1 scoop with 240ml of unsweetened plant-based milk such as soy, almond, cashew or oat. Drink once in the afternoon and once in the evening each day during the four-day programme.

CERTIFICATIONS



INGREDIENTS

Pea (pisum sativum L.) protein isolate (59%), pumpkin (cucurbita pepo L.) protein powder (26%), flavour (vanilla), maltodextrin, fructooligosaccharides, medium chain triglycerides, thickener (guar gum), aroma, anti-caking agent (magnesium oxide), sweetener (steviol glycosides), aloe vera (Aloe barbadensis) juice powder.

NUTRITIONAL VALUES

Nutrient	Per 2 scoops (52g)	Per 100g
Energy	1200kcal	385kcal
Fat	4.54g	8.73g
of which saturates	1.318g	2.535g
Trans fat	0.0080g	0.0154g
Cholesterol	0.52g	1.00mg
Sodium	460mg	885g
Total carbohydrate	8.4g	16.15g
Dietary fibre	3.32g	6.38g
Total Sugars	0g	0g
Protein	34g	65g



FOREVER



Weight Management

Maintaining a healthy weight is important for overall health

Forever's weight management products are formulated with scientifically advanced, high-quality ingredients to help you get the results you're looking for, whether you want to lose weight or build lean muscle. Use them to supplement your healthy lifestyle at home and on the go.

Forever Lite Ultra with Aminotein

#470 / 471



Forever Lite Ultra

Shake up your diet and lifestyle with naturally-flavoured, plant-powered protein. **Forever Lite Ultra** contains vital vitamins and minerals and is available in two flavours. This versatile product can be used if you're watching your calorie intake, or as a filling protein shake if you're trying to gain weight. *N.B. Contains soy.*

PLEASE NOTE

Store in a cool, dry and dark place. Do not use if the package is torn or damaged. Shake well before each use. This product should be used to supplement a balance and varied diet and a healthy lifestyle. An adequate daily fluid intake is important. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use.

NUTRITIONAL VALUES

Nutrient	VANILLA		CHOCOLATE	
	100g powder	% RI*	100g powder	% RI*
Energy	1606KJ/384Kcal	10.0%	1578KJ/377Kcal	10.0%
Fat	12g	6.0%	12g	6.0%
of which saturates	0g	1.5%	0g	1.5%
Carbohydrate	25g	8.0%	24g	8.0%
of which sugars	8g	18.0%	8g	18.0%
Fibre	4g	N/A	4g	N/A
Protein	52g	48.0%	50g	48.0%
Salt	2.6g	17.0%	2.5g	17.0%

WEIGHT MANAGEMENT

FAST FACTS

- 24 g of protein*.
- Delicious Chocolate or Vanilla flavour.
- Only 201 kcal per serving*.
- Suitable as a snack or as a protein shake.
- Plant-powered protein.
- High in over twenty vitamins and minerals.

*when served with 300ml of skimmed milk

CONTENTS

1 x 375g (Vanilla), 1 x 390g (Chocolate)

DIRECTIONS

Blend or mix one level scoop (25g) with 300ml of milk or another drink (soy milk or water). Shake well before each use. Keep tightly closed. Store in a cool dry and dark place. *Do not use if packaging is torn or damaged.*

CERTIFICATIONS



VANILLA INGREDIENTS: Soy protein isolate (soy protein isolate, soy lecithin), creamer (sunflower oil, maltodextrin, starch, mono- and diglycerides, tricalcium phosphate), fructose, vanilla flavour (maltodextrin, natural flavour, tricalcium phosphate, colour (caramel), tripotassium phosphate, fructooligosaccharides, trisodium phosphate, thickener (guar gum), magnesium oxide, protease blend (protease blend, maltodextrin) soy lecithin powder, sweetener (sucralose), calcium carbonate, ascorbic acid (vitamin C), ferrous fumarate, D-alpha tocopheryl acetate (vitamin E), starch, anti-caking agent (silicon dioxide), niacinamide (vitamin B3), potassium iodide (potassium iodide, dicalcium phosphate) zinc oxide, manganese sulfate, biotin (vitamin B8 dicalcium phosphate) D-calcium pantothenate (vitamin B5), retinyl palmitate (vitamin A, sucrose, acacia gum, starch, tricalcium phosphate, antioxidant (DL-alpha tocopherol), cupric sulfate, brewer's yeast, pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), cholecalciferol (vitamin D), starch, sucrose, coconut oil, sodium ascorbate, antioxidant (DL-alpha tocopherol), anti-caking agent (silicon dioxide), riboflavin (vitamin B2), folic acid (vitamin B9), sodium selenite, cyanocobalamin (vitamin B12), mannitol. **Allergy advice:** for allergens, see ingredients in **bold**.

CHOCOLATE INGREDIENTS: Soy protein isolate (soy protein isolate, soy lecithin), creamer (sunflower oil, maltodextrin, starch, mono- and diglycerides, tricalcium phosphate), fructose, chocolate flavour (cocoa powder, maltodextrin, anti-caking agent (silicon dioxide)), tripotassium phosphate, cocoa powder, fructooligosaccharides, trisodium phosphate, thickener (guar gum), magnesium oxide, protease blend (protease blend, maltodextrin), soy lecithin powder, sweetener (sucralose), calcium carbonate, ascorbic acid (vitamin C), ferrous fumarate, D-alpha tocopheryl acetate (vitamin E), starch, anti-caking agent (silicon dioxide), niacinamide (vitamin B3), potassium iodide (potassium iodide, dicalcium phosphate), zinc oxide, manganese sulfate, biotin (vitamin B8 dicalcium phosphate), D-calcium pantothenate (vitamin B5), retinyl palmitate (vitamin A, sucrose, acacia gum, starch, tricalcium phosphate, antioxidant (DL-alpha tocopherol)), cupric sulfate, brewer's yeast, pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), cholecalciferol (vitamin D), starch, sucrose, coconut oil, sodium ascorbate, antioxidant (DL-alpha tocopherol), anti-caking agent (silicon dioxide)), riboflavin (vitamin B2), folic acid (vitamin B9), sodium selenite, cyanocobalamin (vitamin B12, mannitol). **Allergy advice:** for allergens, see ingredients in **bold**.



Forever Garcinia Plus

#071



Forever Garcinia Plus

Garcinia Cambogia is a tree, native to Southeast Asia, which produces fruit prized for its culinary and beneficial purposes. As well as the fruit's extract, **Forever Garcinia Plus** contains chromium which contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels.

WEIGHT MANAGEMENT

FAST FACTS

- High in chromium.
- Chromium contributes to the normal macronutrient metabolism.
- Chromium contributes to the maintenance of normal blood glucose levels.

CONTENTS

70 softgel capsules

DIRECTIONS

Take one softgel approximately 30 - 60 minutes before meals, three times daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Not suitable during pregnancy or whilst breastfeeding. If you are taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Garcinia (Cambogia fruit extract), safflower oil, gelling agent (gelatin), emulsifier (glycerin), medium chain triglycerides, water, thickener (beeswax), carob extract (carob fruit extract, corn syrup, colour (caramel), emulsifier (**soy** lecithin), chromium picolinate. Allergy advice: For allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	3 capsules	% RI*
Chromium	300ug	750.0%
Cambogia Fruit Extract (Garcinia)	1500mg	N/A



FOREVER

Forever Lean

#289



Forever Lean

These well-balanced capsules are high in chromium which contributes to both a normal macronutrient metabolism and to the maintenance of normal blood glucose levels.

WEIGHT MANAGEMENT

FAST FACTS

- Vegetarian and vegan friendly.
- High in chromium.
- Chromium contributes to the normal macronutrient metabolism.
- Chromium contributes to the maintenance of normal blood glucose levels.

CONTENTS

120 capsules

DIRECTIONS

Take one capsule with water immediately before meals or snacks - up to four times a day.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Not suitable during pregnancy or whilst breastfeeding. If you are taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Indian fig extract, white kidney bean extract, emulsifier (hydroxypropyl methylcellulose, microcrystalline cellulose) water, anti-caking agent (stearic acid, silicon dioxide), thickener (croscarmellose sodium), stabiliser (gellan gum), preservative (potassium acetate), chromium trichloride.

NUTRITIONAL VALUES

Nutrient	4 capsules	% RI*
Chromium	120ug	300.0%
Indian Fig Extract (Opuntia Ficus-Indica), Powdered (Leaf)	1050mg	N/A
White Kidney Bean Extract (Phaseolus Vulgaris), Powdered	445mg	N/A
Total Providing Fibre	485mg	N/A



FOREVER

Forever Sensatiable

#665



Forever Sensatiable

Get sweet relief from temptations with **Forever Sensatiable**.

A delicious, chewable tablet containing oats and yeast hydrolysate protein, **Forever Sensatiable** is your ideal go-to when looking for sweet relief from temptations throughout the day

Suitable for vegetarians and boasting a delightful lemon flavour, **Forever Sensatiable** contains glucomannan extracted from elephant yam. Then there’s the added benefit of the honey powder deriving from pure honey – an ingredient nutritionally better for you than traditional sugars

Forever Sensatiable is chewable, easy to take (with water) and perfect for those who like their supplements on-the-go.

If you’ve been looking for sweet relief from temptations, you’re going to love **Forever Sensatiable**.

WEIGHT MANAGEMENT

FAST FACTS

- Contains glucomannan and yeast hydrolysate protein.
- Chewable and easy to take with water.
- Delicious lemon flavour.
- Suitable for vegetarians.

CONTENTS

64 chewable tablets

DIRECTIONS

Take 1-2 chewable tablets with plenty of water to ensure it reaches your stomach, up to a maximum of eight (8) throughout the day.

Do not use if seal under cap is broken or missing. Store tightly closed in a cool, dry place.

WARNINGS

Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. Excessive consumption may produce laxative effects. Choking can occur in people with swallowing difficulties or when ingesting with inadequate fluid intake.

CERTIFICATIONS



INGREDIENTS

Oat (Avena sativa) bran flakes, sweetener (sorbitol), honey powder, flavour (vanilla, lemon), medium chain triglycerides, stabiliser (microcrystalline cellulose, cross-linked cellulose gum), yeast hydrolysate (Saccharomyces cerevisiae) protein, thickener (guar gum), anti-caking agent (stearic acid, silicon dioxide), glucomannan.

Allergy advice: for allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	Quantity Per 8 Tablets	% RI*
Yeast hydrolysate protein	500mg	-
Glucomannan	150mg	-



Forever Therm

#463



Forever Therm

Forever Therm delivers caffeine from natural sources like guarana and green coffee beans, unlike roasted coffee beans, green coffee contains higher levels of important compounds.

This carefully created formula contains a special combination of vitamins, including B6 and B12, which contribute to the reduction of tiredness and fatigue; the vitamin C will also contribute to a normal energy yielding metabolism.

Riboflavin (B2) contributes to the normal metabolism of iron. Vitamin B6 contributes to normal protein and glycogen metabolism. Vitamin B12 and folate contributes to normal homocysteine metabolism. Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters. Pantothenic acid, vitamins C, B2 and B6 contributes to normal energy-yielding metabolism.

Vitamins C, B6, B12 and folic acid contribute to the normal function of the immune system.

WEIGHT MANAGEMENT

FAST FACTS

- Contains metabolism-supporting compounds.

CONTENTS

60 tablets

DIRECTIONS

Take two tablets of **Forever Therm** daily. You can take one tablet in the morning and one at lunch, or take both tablets in the morning – whichever is most convenient for you. It is suggested not to take **Forever Therm** after 6pm, due to its natural caffeine content.

Do not exceed the stated recommend daily dose. Contains caffeine, 87mg/daily dosage. Not recommended for children or pregnant women.

CERTIFICATIONS



INGREDIENTS

Herb blend (Camellia sinensis leaf extract, Guarana seed extract, Co-ee robusta bean extract), stabiliser (microcrystalline cellulose), ascorbic acid, anti-caking agents (stearic acid, croscarmellose sodium, silicon dioxide), glazing agents (sodium carboxymethylcellulose, dextrin, dextrose, medium chain triglycerides, sodium citrate), niacinamide, d-calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, vitamin B12 (cyanocobalamin, dicalcium phosphate), folic acid.

NUTRITIONAL VALUES

Nutrient	2 tablets	% RI*
Vitamin C	75mg	94.0%
Vitamin B1	1mg	91.0%
Vitamin B2	1.4mg	100.0%
Niacin	10mg	63.0%
Vitamin B6	1.3mg	93.0%
Folic Acid	200ug	100.0%
Vitamin B12	2.4ug	96.0%
Pantothenic Acid	6mg	100.0%



Forever Fast Break

#520



Forever Fast Break

A brand new bar with less sugar and even more fibre!
With improved flavour, this delicious chocolate covered peanut butter bar will make you think you've died and gone to weight management heaven. Chock full with 11g of protein, these filling bars are a great snack when you need that little extra.

WEIGHT MANAGEMENT

FAST FACTS

- 11 grams of protein.
- Delicious peanut butter and chocolate flavour.

CONTENTS

56g

DIRECTIONS

To be consumed as part of a healthy active lifestyle.

CERTIFICATIONS



INGREDIENTS

Milk chocolate flavoured coating [sugar, fractionated palm kernel oil, nonfat **milk**, whole **milk**, cocoa, palm oil, emulsifier (soy lecithin), vanilla], organic brown rice syrup, **soy** nuggets [isolated **soy** protein, rice starch], caramel [tapioca syrup, water, sugar, modified palm kernel oil, skim **milk** powder, humectant (glycerol), whey (**milk**) protein concentrate, natural flavour, acidity regulator (sodium citrate), emulsifier (sunflower lecithin), salt, thickener (carrageenan)], **peanut** butter, fructose, calcium citrate, thickener (gum arabic), **peanuts**, humectant (vegetable glycerol), **peanut** flour, **peanut** oil, natural flavour, sea salt, magnesium oxide, dicalcium phosphate, vitamin C (ascorbic acid), zinc gluconate, ferrous bisglycinate, vitamin E (DL-alpha tocopheryl acetate), vitamin B3 (niacinamide), vitamin A [beta carotene], vitamin A (vitamin A palmitate), copper gluconate, vitamin B5 (calcium d-pantothenate), biotin, manganese citrate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), potassium iodide, sodium selenate, vitamin B9 (folic acid), vitamin B12 (cyanocobalamin), chromium, chloride, sodium molybdate. For allergens, see ingredients in **bold**.

NUTRITIONAL VALUES

Nutrient	56g	% RI*
Energy	924KJ/220Kcal	11.0%
Fat	9g	13.0%
of which saturates	5g	25.0%
Carbohydrate	26g	10.0%
of which sugars	15g	17.0%
Fibre	3g	N/A
Protein	11g	22.0%
Salt	0.55g	9.0%



FOREVER



F.I.T. Programmes

Forever has four F.I.T. programmes: **DX4**, **C9**, **F15** and **Vital5**.

Each is designed to help you achieve your goals, whether that's doing a reset each quarter to keep your body balanced (**DX4**), support with reaching your weight management goals (**C9**), gaining strength and stamina during regular exercise (**F15**), or supporting overall good health (**Vital5**).

We worked with nutrition and fitness experts to create these programmes, so that you can benefit from a healthier lifestyle, no matter your goals.



DX4 Body Balancing System

#659



DX4 Body Balancing System

A four-day programme to help you balance and reset your body

Jumpstart your wellness journey with Forever's **DX4**. This four-day system helps you reset your body and mind with guided food intake and six innovative new products only available in **DX4**. These products, alongside our classic **Forever Aloe Vera Gel** give you the supplemented support you need whilst restricting your calorie intake and achieving your lifestyle goals.

Days 1 and 2 focus on restricting calories, whereas days 3 and 4 focus on incorporating more healthy, green, solid foods into your diet. Throughout the four-day programme, you will reflect on how your body feels overall, how it reacts to the products, and what sort of changes you notice to help promote your mind and body connection.

Warning: Keep out of reach of young children. Do not exceed the recommended daily dose. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

F.I.T. PROGRAMMES

FAST FACTS

- Reset, renew, rejuvenate.
- Seven nutritional products.
- Mindset exercises.
- Guided food intake.
- Clean recipes

CONTENTS

4 X **Forever Aloe Vera Gel** (330 ml)

1 X **Forever Plant Protein**

1 X **DX4** carton consisting of:

- + **Forever LemonBlast** (4 packets)
- + **Forever Sensatiable** (32 chewable tablets)
- + **Forever Multi Fizz** (4 effervescent tablets)
- + **Forever DuoPure** (8 tablets)
- + **Forever Therm Plus** (12 tablets)

SUGGESTED USE

Breakfast: Take 3 **Forever Therm Plus** tablets with 240ml of water on an empty stomach.

Mid-morning: Take 2 **Forever DuoPure** tablets with 240ml of water.

Take 8 **Forever Sensatiable** chewable tablets at any time throughout the day with 240ml of water.

Afternoon: Mix 1 scoop of **Forever Plant Protein** with 240ml of unsweetened plant-based milk or water.

Mid-Afternoon: Dissolve 1 **Forever Multi Fizz** effervescent tablet in a 240ml glass of water. Also, drink 330ml of **Forever Aloe Vera Gel**.

Evening (or before bed): Mix 1 scoop of **Forever Plant Protein** with 240ml of unsweetened plant-based milk or water. Also, pour the contents of 1 **Forever LemonBlast** packet into 240ml of warm or cool water and mix thoroughly.



DX4 Body Balancing System

(Continued)

Forever Therm Plus - 12 tablets

Forever Therm Plus is a powerful supplement which contains green tea, guarana, green coffee, saffron powder, and vitamins B12 and C, which contribute to normal energy-yielding metabolism, and the reduction of tiredness and fatigue to help support a healthy metabolism and energy levels. Your nervous system affects all aspects of your health, including memories, feelings and thoughts. Support this complex system with **Forever Therm Plus**, which contains Niacin to support the normal functioning of the nervous system, and pantothenic acid which contributes to normal mental performance.

DIRECTIONS:

Take 3 tablets on an empty stomach with 240ml of water first thing in the morning each day during the four-day programme.

Forever DuoPure - 8 tablets

Forever DuoPure combines pomegranate extract and Japanese knotweed with Choline, folic acid and vitamins B6 and B12. Choline contributes to the maintenance of normal liver function, whilst the B vitamins and folic acid support many functions, including contributing to normal protein and glycogen metabolism.

DIRECTIONS:

Take 2 tablets with 240ml of water mid-morning each day during the four-day programme.

Forever Multi Fizz - 4 effervescent tablets

With a crisp, refreshing watermelon flavour, **Forever Multi Fizz** is an effervescent tablet that helps you jumpstart your hydration by providing a bubbly flavour boost to water. It is enhanced with vitamins C, B and E.

DIRECTIONS:

Drop 1 effervescent tablet into 240ml of mid-afternoon each day during the four-day programme.

CERTIFICATIONS



F.I.T. PROGRAMMES

INGREDIENTS

Stabiliser (microcrystalline cellulose), green tea (Camellia sinensis) leaf powder, guarana seed (Paullinia cupana) extract [caffeine, guarana seed extract], green coffee (Coffea robusta) bean extract, anti-caking agent (magnesium carbonate, stearic acid, silicon dioxide), stabiliser (cross-linked cellulose gum), vitamin C (L-ascorbic acid), coating material [thickener (sodium carboxymethylcellulose), dextrin, dextrose, medium chain triglycerides, acidity regulator (trisodium citrate)], saffron (Crocus sativus) flower extract, niacin (nicotinamide), pantothenic acid (D-calcium pantothenate), vitamin D (cholecalciferol), riboflavin, thiamin (thiamin hydrochloride), vitamin B12 (cyanocobalamin). **Warnings:** This product contains 65 mg of caffeine. Not recommended for children or pregnant woman.

Nutritional Values		
Per recommended daily dosage: 3 tablets Daily doses per blister: 4		
	Quantity Per 3 Tablets	% RI*
Vitamin C	30 mg	38%
Niacin	10 mg	63%
Pantothenic acid	3 mg	50%
Vitamin D	5 µg	100%
Riboflavin	0.7 mg	50%
Thiamin	0.5 mg	45%
Vitamin B12	1.65 µg	66%
Green tea leaf powder	540 mg	-
Guarana seed extract**	205 mg	-
Green coffee bean extract	200 mg	-
*RI = Reference Intake, -RI not determined ** Contains caffeine (65 mg per daily dose)		

CERTIFICATIONS



INGREDIENTS

Bulking agent (dicalcium phosphate), stabiliser (microcrystalline cellulose), choline (L-choline bitartrate), anti-caking agent (magnesium oxide, stearic acid, silicon dioxide), pomegranate (Punica granatum L.) fruit extract, stabiliser (cross-linked cellulose gum), coating material [thickener (sodium carboxymethylcellulose), dextrin, dextrose, medium chain triglycerides, acidity regulator (trisodium citrate)], alpha lipoic acid, vitamin B6 (pyridoxine hydrochloride), vitamin B12 (cyanocobalamin), folic acid (pteroylmonoglutamic acid), Japanese knotweed (Polygonum cuspidatum) root extract (20% trans-resveratrol).

Nutritional Values		
Per recommended daily dosage: 2 tablets Daily doses per blister: 4		
	Quantity Per 2 Tablets	% RI*
Vitamin B6	0.7 mg	50%
Vitamin B12	2.2 µg	87%
Folic acid	91 µg	46%
Choline	82.5 mg	-
*RI = Reference Intake, -RI not determined		

CERTIFICATIONS



INGREDIENTS

Acidity regulator (sodium bicarbonate, citric acid, malic acid), flavour, colour (beetroot red), vitamin E (D-alpha tocopheryl acetate), medium chain triglycerides, bulking agent (microcrystalline cellulose), vitamin C (L-ascorbic acid), anti-caking agent (silicon dioxide, stearic acid), sweetener (steviol glycosides), stabiliser (cross-linked cellulose gum), biotin (D-biotin), pantothenic acid (D-calcium pantothenate), vitamin B6 (pyridoxine hydrochloride), riboflavin, thiamin (thiamin hydrochloride), vitamin B12 (cyanocobalamin), folic acid (pteroylmonoglutamic acid).

Nutritional Values		
Per recommended daily dosage: 1 tablet Daily doses per blister: 4		
	Quantity Per 1 Tablet	% RI*
Vitamin E	12 mg	100%
Vitamin C	20 mg	25%
Biotin	50 µg	100%
Pantothenic acid	3 mg	50%
Vitamin B6	0.7 mg	50%
Riboflavin	0.7 mg	50%
Thiamin	0.5 mg	45%
Vitamin B12	2.2 µg	88%
Folic acid	83 µg	42%
*RI = Reference Intake, -RI not determined		

DX4 Body Balancing System

(Continued)



Forever LemonBlast - 4 packets

This portable stick pack mixes botanical ingredients with water to produce a tart, slightly spicy flavour that can be enjoyed as a hot or cold beverage. With turmeric powder and a lemon-ginger-cayenne flavour, **Forever LemonBlast** features a unique blend of soluble fibre with magnesium to support electrolyte balance and normal psychological function.

DIRECTIONS:

Mix 1 packet into 240ml of cool or warm water and mix thoroughly before bed in the evening each day during the four-day programme.



Forever Sensatiable - 32 chewable tablets

Forever Sensatiable provides sweet relief from your daily temptations. Containing glucomannan, it is also high in fibre, which has exceptional ability to absorb up to 50-times its weight in water, making it one of the most viscous dietary fibres known. The fibre passes through your intestine undigested, and is essentially free of calories and carbs.

DIRECTIONS:

Take 8 chewable tablets any time throughout the day with 240ml of water during the four-day programme.

F.I.T. PROGRAMMES

CERTIFICATIONS



INGREDIENTS

Corn fibre, corn dextrin, lemon (Citrus x limon) fruit juice powder, flavour, magnesium (magnesium carbonate), acidity regulator (malic acid, citric acid), fructooligosaccharides, turmeric (Curcuma longa) root powder, ginger (Zingiber officinale) root powder, anti-caking agent (silicon dioxide), cayenne (Capsicum annuum L.) fruit powder, vitamin C (l-ascorbic acid), sweetener (sucralose, steviol glycosides).

Nutritional Values

Per recommended daily dosage: 1 packet
Daily doses per carton: 4

	Quantity Per 1 Packet	% RI*
Vitamin C	30 mg	38%
Magnesium	235 mg	63%
Fibre	5 g	-

*RI = Reference Intake, -RI not determined

CERTIFICATIONS



INGREDIENTS

Oat (Avena sativa) bran flakes, sweetener (sorbitol), dry honey powder, flavour (vanilla, lemon), medium chain triglycerides powder, stabiliser (microcrystalline cellulose, cross-linked cellulose gum), yeast hydrolysate (Saccharomyces cerevisiae) protein, thickener (guar gum), anti-caking agent (stearic acid, silicon dioxide), glucomannan. **Allergy advice:** for allergens, see ingredients in **bold**.

Warnings: Excessive consumption may produce laxative effects. Choking can occur in people with swallowing difficulties or when ingesting with inadequate fluid intake.

Nutritional Values

Per recommended daily dosage: 8 tablets
Daily doses per carton: 4

	Quantity Per 8 Tablets	% RI*
Yeast hydrolysate protein	500 mg	-
Glucomannan	150 mg	-

*RI = Reference Intake, -RI not determined



DX4 Body Balancing System

(Continued)



Forever Plant Protein - 1 pouch

Packing 17 grams of protein per serving, **Forever Plant Protein** is a vegan formula that's dairy and soy-free. It has a delicious, vanilla flavour with a smooth, non-gritty texture, unlike many plant-based proteins. The pea and pumpkin protein contributes to the function of normal bones, and the growth and maintenance of muscle mass.

DIRECTIONS:

Mix 1 scoop with 240ml of unsweetened plant-based milk such as soy, almond, cashew or oat. Drink once in the afternoon and once in the evening each day during the four-day programme.



Forever Aloe Vera Gel - 4 x 330ml cartons

Our aloe vera is comprised of the finest inner-leaf gel from hand-picked aloe vera of the highest quality, harvested at the perfect ripeness. **Forever Aloe Vera Gel** also contains vitamin C, which contributes to the normal function of the immune system.

DIRECTIONS:

Drink one 330ml carton each day during the four-day program in the mid to late afternoon.

F.I.T. PROGRAMMES

CERTIFICATIONS



INGREDIENTS

Pea (pisum sativum L.) protein isolate (59%), pumpkin (cucurbita pepo L.) protein powder (26%), flavour (vanilla), maltodextrin, fructooligosaccharides, medium chain triglycerides, thickener (guar gum), aroma, anti-caking agent (magnesium oxide), sweetener (steviol glycosides), aloe vera (Aloe barbadensis) juice powder.

Nutritional Values

Serving size: 2 scoops (52g)
Servings per pouch: 15

	Per 2 scoops (52g)	Per 100g
Energy	200kcal	385kcal
Total fat	4.54g	8.73g
Saturated fat	1.318g	2.535g
Trans fat	0.0080g	0.0154g
Cholesterol	0.52g	1.00mg
Sodium	460mg	885g
Total carbohydrate	8.4g	16.15g
Dietary fiber	3.32g	6.38g
Total Sugars	0g	0g
Protein	34g	65g

*Reference intake of an average adult

CERTIFICATIONS



INGREDIENTS

Stabilised aloe vera gel [aloe vera gel (99.7%), vitamin C (ascorbic acid), antioxidant (ascorbic acid), acidity regulator (citric acid)].

Nutritional Values

Serving size: 100ml

		% RI*
Energy	8.8kJ/2.1 kcal	0.1%
Total fat	0g	0%
of which saturates	0g	0%
Carbohydrate	0.8g	0.3%
of which sugar	0g	0%
Protein	0g	0%
Salt	0.06g	1%
Vitamin C	56mg	70%

*Reference intake of an average adult



C9

F.I.T. PROGRAMMES



C9

Look better and feel great in just nine days with this expertly-devised cleansing plan. Designed to kick-start the **F.I.T. programme**, cleanse your body and adjust your mindset, **C9** provides the perfect starting point for transforming your diet and fitness habits. Based around **Forever Aloe Vera Gel**, this nutritionally-balanced programme will allow you to see real results in just nine days.

N.B. For comprehensive instructions use the step-by-step **C9** booklet provided in this pack. For ingredients of products contained in **C9** box, please see individual product listings.

For benefits and ingredients of products contained in the **C9** box, please see individual product listings.

Code	Product
475	C9 - Vanilla Original
476	C9 - Chocolate Original
625	C9 - Vanilla Nectar
626	C9 - Chocolate Nectar
629	C9 - Vanilla Peaches
630	C9 - Chocolate Peaches

C9 CONTAINS:

Forever Aloe Vera Gel (2 x 1 litre bottle)
Aloe Vera drinking gel boasts 99.7% inner leaf aloe gel, lovingly extracted by hand so that you can experience the true power of nature. Aloe is great for skin, the immune system and it's an ideal digestive aid, and now this purifying gel also contains vitamin C. Vitamin C contributes to the normal function of the immune system and to a normal energy-yielding metabolism.

Forever Lite Ultra with Aminotein - Chocolate or Vanilla (15 servings)
Shake up your diet and lifestyle with naturally-flavoured, plant-powered protein. **Forever Lite Ultra** contains vital vitamins and minerals.

Forever Therm (18 tablets)
This carefully created formula contains a special combination of vitamins, including B6 and B12, which contribute to the reduction of tiredness and fatigue; the vitamin C will also contribute to a normal energy-yielding metabolism.

Forever Garcinia Plus (54 softgels)
Garcinia Cambogia is a tree, native to Southeast Asia, which produces fruit prized for its culinary and beneficial purposes. As well as the fruit's extract, **Forever Garcinia Plus** contains chromium which contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels.

Forever Fiber (9 packets)
Fibre is a vital part of any healthy balanced diet and **Forever Fiber** makes it easy for you to add additional fibre to your daily intake.

C9 workbook

For benefits and ingredients of products contained in the **C9** box, please see individual product listings.



F15

F.I.T. PROGRAMMES



F15

Take the next step to looking and feeling better; it doesn't matter if you are just getting started, or if you're already an expert, **F15** has a Beginner, Intermediate or Advanced nutrition and exercise programmes to help you on your fitness and weight management journey. Each fifteen-day programme has been specially designed to provide you with the knowledge that you need to get inspired, help you make permanent changes toward a healthier lifestyle, and continue in your transformation.

F15 BEGINNER is perfect for those new to fitness and nutrition. Followers of this level will learn the basics of fitness with customised body workouts, fundamental movements and basic cardio. They'll build a fitness foundation with easy-to-follow guidelines, healthy recipes, weight management products and lifestyle tips.

Code	Product
528	F15 - Beginner - Vanilla Original
529	F15 - Beginner - Chocolate Original
532	F15 - Intermediate - Vanilla Original
533	F15 - Intermediate - Chocolate Original
536	F15 - Advanced - Vanilla Original
537	F15 - Advanced - Chocolate Original
12528	F15 - Beginner - Vanilla Nectar
12529	F15 - Beginner - Chocolate Nectar
12532	F15 - Intermediate - Vanilla Nectar
12533	F15 - Intermediate - Chocolate Nectar
12536	F15 - Advanced - Vanilla Nectar
12537	F15 - Advanced - Chocolate Nectar

F15 CONTAINS:

Forever Aloe Vera Gel (2 x 1 litre bottle)
Aloe Vera drinking gel boasts 99.7% inner leaf aloe gel, lovingly extracted by hand so that you can experience the true power of nature. Aloe is great for skin, the immune system and it's an ideal digestive aid, and now this purifying gel also contains vitamin C. Vitamin C contributes to the normal function of the immune system and to a normal energy-yielding metabolism.

Forever Lite Ultra with Aminotein - Chocolate or Vanilla (15 servings)
Shake up your diet and lifestyle with naturally-flavoured, plant-powered protein. **Forever Lite Ultra** contains vital vitamins and minerals.

Forever Therm (30 tablets)
This carefully created formula contains a special combination of vitamins, including B6 and B12, which contribute to the reduction of tiredness and fatigue; the vitamin C will also contribute to a normal energy-yielding metabolism.

Forever Garcinia Plus (90 softgels)
Garcinia Cambogia is a tree, native to Southeast Asia, which produces fruit prized for its culinary and beneficial purposes. As well as the fruit's extract, **Forever Garcinia Plus** contains chromium which contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels.

Forever Fiber (15 packets)
Fibre is a vital part of any healthy balanced diet and **Forever Fiber** makes it easy for you to add additional fibre to your daily intake.

Information booklet

For benefits and ingredients of products contained in the **F15** box, please see individual product listings.



Vital⁵

#456



Vital⁵

The series of systems in your body are like roads on a map and at Forever, we call this the Nutrient Superhighway. With **Vital⁵**, you can learn how to support every road in the Nutrient Superhighway with an easy-to-follow supplement schedule.

Vital⁵ incorporates Forever Living's cornerstone product, **Forever Aloe Vera Gel**, with four synergistic supplements. This unique product combination will provide you with essential vitamins and nutrients for overall wellbeing, and it's the perfect product to integrate into your daily fitness routine.

F.I.T. PROGRAMMES

VITAL⁵ CONTAINS:

Forever Aloe Vera Gel (2 x 1 litre bottle)

Our aloe vera is cultivated on fertile soils in a climate that enjoys over 2,000 hours of sunshine a year, and it's even been certified by the International Aloe Science Council for its purity. This drinking gel is as close to the real thing as you can get, boasting 99.7% inner leaf aloe gel, lovingly extracted by hand so that you can experience the true power of nature. Aloe is great for skin, the immune system and it's an ideal digestive aid, and now this purifying gel also contains vitamin C. Vitamin C contributes to the normal function of the immune system and to a normal energy-yielding metabolism.

Forever Daily x1

This powerful daily multivitamin delivers 100% of the recommended daily allowance (RDA) of essential vitamins and bio-available minerals and nutrients. **Forever Daily** combines fifty-five perfectly balanced aloe-coated nutrients including vitamins A, C, D and B12, iron, calcium and zinc. Take with the **Forever Aloe Vera Gel** for best results.

Forever Active Pro-B x1

Forever Active Pro-B blends six strains of friendly bacteria, selected and engineered for their ability to reach the intended destination of the large intestine. They do not require refrigeration, but to ensure maximum benefits the capsules are stored in unique packaging that controls moisture and protects the goodness captured in each supplement. The formula is also free from allergens and suitable for vegetarians.

Forever Arctic Sea x1

The human body cannot naturally make the omega-3 fatty acids which are commonly found in fish. **Forever Arctic Sea's** blend of natural fish, calamari and oleic olive oil contains the perfect balance of essential fatty acids. EPA contributes to the normal function and DHA – which contributes to the maintenance of normal brain function.

Forever ARGi+ x1

ARGi+ is packed with nutrients including your daily value of the 'miracle molecule' L-arginine, a popular amino acid and a building block for proteins, and essential B vitamins that support the nervous system, normal protein metabolism, psychological function and red blood cell formation.

For benefits and ingredients of products contained in the **Vital⁵** box, please see individual product listings.



FOREVER



Bee Products

Nature's golden treasure

Busy honey bees are one of nature's greatest marvels. Not only do they supply us with a sweet, amber elixir, they also give us an array of valuable compounds.

Bee products and aloe vera are the perfect complement to a healthy and balanced lifestyle. With Forever's versatile range of products, you can enjoy two of nature's greatest gifts together.

A perfect match

Just like the aloe vera from our very own plantations, we take pride in knowing exactly where our honey and other bee products are harvested from. We use state-of-the-art patented equipment to gather and preserve the ingredients, in conditions that nature intended.

Back to nature

All of our beehive products are nutritionally rich, just as honey bees have been making them for thousands of years. At Forever, we believe some of the best things in life come from nature. Our range of bee products harnesses the unique, naturally-occurring compounds found in honey, royal jelly, bee pollen and propolis, to create high quality, easy-to-use supplements.

Encourage your customers to look into incorporating bee products into their diet with quality, delicious honey and food supplements. Forever's range of premium bee products has been carefully created to really make the most of this amazing natural resource.

BEE PRODUCTS

Aloe Propolis Creme

#051



Aloe Propolis Creme

This nourishing cream combines two of our most prized ingredients, pure inner leaf aloe vera gel and bee propolis. Together, aloe vera, bee propolis and camomile help maintain healthy, beautiful skin tone and texture.

The **Aloe Propolis Creme's** moisturising and conditioning properties make for an excellent everyday moisturiser and help to soothe irritation. The aloe is of course from our own aloe fields and is hand-harvested and filleted to avoid damage and ensure only the highest quality of aloe vera makes it into our products.

It's easy to see why **Aloe Propolis Creme** is one of Forever's flagship products.

BEE PRODUCTS

FAST FACTS

- Provides soothing relief.
- Excellent moisturiser.
- Combines aloe vera and bee propolis.

CONTENTS

113ml

DIRECTIONS

Apply liberally as needed.

Suitable for people prone to dry skin conditions. Contains lanolin. It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe barbadensis leaf juice, glyceryl stearate, propylene glycol, cetyl alcohol, lanolin, PEG-100 stearate, propolis extract, chamomilla recutita flower extract, ethylhexyl palmitate, ethylhexyl stearate, diethylhexyl adipate, sorbitol, lanolin alcohol, dimethicone, tocopherol, glycine soya oil, beta-carotene, zea mays oil, allantoin, triethanolamine, ascorbic acid, disodium EDTA, citric acid, parfum, coumarin, potassium sorbate, sodium benzoate, diazolidinyl urea, methylparaben, propylparaben.



FOREVER

Forever Bee Honey

#207



Forever Bee Honey

Not all honey is made equal and **Forever Bee Honey** remains one of our most popular products thanks to a pure taste that captures nutrition direct from the hive. This all-natural, delicious sweetener is naturally nutritious and perfect for replacing processed sugar in your diet. Thanks to its easy-pour bottle, this honey leaves no sticky mess and can easily be poured into porridge, stirred into **Aloe Blossom Herbal Tea** or used in cooking. Consider it a gift from our bees to you!

BEE PRODUCTS

FAST FACTS

- 100% pure honey.
- Bees make honey by travelling from flower to flower, removing the rich nectar, storing it briefly to mix with their enzymes, and then depositing the honey in their hives. Throughout the ages, honey has been recognised as a premium natural food.
- Honey is an excellent source of energy that is easily digestible.
- This great-tasting, all natural sweetener is loaded with nature's goodness.
- Sweet, rich and smooth.

CONTENTS

500g

DIRECTIONS

Can be eaten alone or as a natural food sweetener.

Not suitable for children under 12 months. Store at room temperature. Crystallisation may occur if stored incorrectly. If this happens, place the container in warm water.

CERTIFICATIONS



INGREDIENTS

Pure honey.

Forever Royal Jelly

#036



Forever Royal Jelly

Forever Royal Jelly is made for royalty! Natural royal jelly is an extremely nutritious and biochemically complex honey bee secretion. It's a rich, milky substance which consists of proteins, simple sugars, fatty acids and trace elements of vitamin B5 and B6. The exclusive food of the queen bee, royal jelly is thought to be responsible for her longevity – she lives over fifty times longer than regular worker bees!

BEE PRODUCTS

FAST FACTS

- Royal jelly is a substance derived from the pharyngeal glands of the honey bee. This 'super food' of the bees is specially blended with enzymes and fed to each bee destined to become a queen.
- It is the exclusive food of the queen bee throughout her highly productive life, enabling her to lay up to 3,000 eggs per day during her six-year lifespan. Worker bees eating ordinary honey live only four to six weeks.

CONTENTS

60 tablets

DIRECTIONS

One tablet, twice daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Excessive consumption may induce laxative effects. Do not exceed the stated recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Sweetener (sorbitol), fructose, royal jelly, acidity regulator (citric acid), natural orange flavour, anti-caking agent (stearic acid), stabiliser (magnesium stearate), anti-caking agent (silicon dioxide).



FOREVER



FOREVER

Forever Bee Pollen

#026



Forever Bee Pollen

Forever Bee Pollen packs all the power of pure bee pollen and honey straight from the hive! As they fly from blossom-to-blossom, bees pollinate plants and fuel our ecosystem. Bees use the pollen they gather to create their food, which keeps the entire hive nourished, productive and strong.

Harness the benefits of nature with **Forever Bee Pollen**. Bee pollen is a great natural source of nutrients including proteins, amino acids, carbohydrates, vitamins and minerals. This easily digestible and absorbed tablet ensures your body gets all the nutrition it needs naturally.

Typically, bee pollen is consumed as bland-tasting granules sprinkled on food or chewed. Not **Forever Bee Pollen**. We've packed all that nutrition into an easy to take tablet by mixing it with smooth and delicious honey!

BEE PRODUCTS

FAST FACTS

- Bee pollen contains hundreds of active compounds including nutrients, amino acids, proteins and lipids.
- **Forever Bee Pollen** is readily digestible and easily absorbed by the human body.
- Considered one of nature's most complete foods.
- Responsibly sourced.

CONTENTS

100 tablets

DIRECTIONS

Begin by taking a quarter of a tablet daily, then gradually increase dose to one tablet, three times a day.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the stated recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Bee pollen, honey, anti-caking agent (stearic acid, silicon dioxide), royal jelly, Maltodextrin

Forever Bee Propolis

#027



Forever Bee Propolis

Propolis is the protective substance gathered and used by bees to disinfect and protect their hives from pathogens. We have been producing propolis supplements for decades and we're one of the oldest manufacturers on the market, proud to offer superior quality and purity you can trust.

Forever Bee Propolis packs all the benefits of propolis into a chewable tablet that's easily digestible and absorbed.

BEE PRODUCTS

FAST FACTS

- No artificial colours or flavours added.
- Contains natural nutritional compounds.
- Chewable and easily digested.
- When we think of bees, honey and pollen are foremost in our thoughts. Yet another important substance, propolis, is a sticky resin collected by bees. Honey bees collect and metabolise the propolis, then line their hives with it for protection.
- Forever gathers its bee propolis in specially designed collectors that assure purity.

CONTENTS

60 tablets

DIRECTIONS

Take one tablet, twice daily.

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the stated recommended daily dose.

CERTIFICATIONS



INGREDIENTS

Bee propolis, **soy** protein isolate, emulsifier (carob), honey, anti-caking agent (silicon dioxide), **almond** flavour, thickening agent (croscarmellose sodium), anti-caking agent (stearic acid), royal jelly. **Allergy advice:** for allergens, see ingredients in **bold**.



FOREVER



FOREVER

Skincare

Washing and moisturising your face should not be a chore that's hastily fulfilled using whatever's to hand, it should be an experience that transforms the way you look and feel.

Choosing quality products containing beneficial ingredients can make a real difference to your skin's overall wellbeing, which is why Forever searches the world for skin-loving ingredients that enhance the efficacy of aloe to leave your complexion looking youthful, nourished and radiant.

Love the skin you're in

Everybody has a different skin type which requires specific skincare, and like with most things, it's important to understand your body so that you can provide it with what it requires in order to be happy, healthy and looking its best. Forever's **Infinite by Forever skincare** is perfect for dry or ageing skin, whilst those with an oily or combination complexion will be astounded by how much their skin loves **Logic by Forever Skin Care System**. Make sure you help your customers identify their skin type so that you can recommend products that give their skin the love it deserves.

A targeted approach

If you or your customer have a recurring skin complaint that you wish to combat, supplementing regular skincare with extra products is the solution. Forever offers an extensive range of products outside its two main skincare lines so that you and your customers can address common skin-related issues with ingredients that target those pesky problems. All the unique formulas complement the ingredients found within both **Infinite by Forever** and **Logic by Forever Skin Care System**, which means they can be used alongside an established skincare routine.



Logic by Forever Skin Care System

#673



Logic by Forever Skin Care System

Discover a smarter approach to skin care with the **Logic by Forever Skin Care System**. This daily three-step routine is designed to cleanse, balance and hydrate your skin, with each product containing a high percentage of naturally derived ingredients featuring pure inner leaf aloe vera gel from Forever's own fields.

Formulated for use by all skin types, including sensitive and combination skin, Logic by Forever is specially created to use together, and it also works great with Forever's other skin care products. Plus, there is no added fragrance and the formulas are clean — resulting in skin care you can feel good about using.

SKINCARE

YOU'LL FIND THESE POWERFUL PRODUCTS IN EVERY BOX:

Logic by Forever Aloe Gel Cleanser

A gentle yet effective cleanser for all skin types containing 96%+ naturally derived ingredients featuring aloe vera, jojoba esters, and desert date fruit.

Logic by Forever Balancing Aloe Essence

Helps hydrate and balance skin with 98%+ naturally derived ingredients featuring aloe vera and cucumber fruit and green tea extracts.

Logic by Forever Soothing Gel Moisturizer

Hydrates skin with 94%+ naturally derived ingredients featuring aloe vera and baobab seed extract.

Logic by Forever Aloe Gel Cleanser

#667



Logic by Forever Aloe Gel Cleanser

Cleanse skin with 96%+ naturally derived ingredients

Experience a blend of purity and performance with **Logic by Forever Aloe Gel Cleanser**, a gentle yet effective cleanser for all skin types, including sensitive skin and combination skin. The cleanser's plant-powered formula utilises an advanced gel-based technology that provides an encapsulation system, keeping botanicals together to deliver ingredients to the skin.

Our hero ingredient, and first in the formula is pure inner leaf aloe vera gel, soothes by conditioning the skin. It's harvested by hand from our own fields and aseptically processed within six hours using Forever's proprietary method to preserve freshness and potency.

Hydrolysed jojoba esters also helps skin retain moisture and supports the skin's moisture barrier while promoting gentle scrubbing for cleansed skin.

Desert date fruit extract (balanites aegyptiaca fruit extract) Features vitamins and minerals and helps promote skin hydration.

Featuring naturally derived cleansers, **Logic by Forever Aloe Gel Cleanser** provides a luxurious, soothing lather that cleanses skin. Plus, it has a clean, vegan formula — resulting in a cleanser you can feel good about using.

SKINCARE

FAST FACTS

- Contains 96%+ naturally derived ingredients.
- Soothing lather that effectively cleanses.
- Gentle on skin and sulphate-free.
- Formulated for all skin types and daily use.
- Botanicals that support healthy-looking skin.
- Clean formula with no added fragrance.

CONTENTS

88ml

DIRECTIONS

Use morning and evening to remove dirt, oil and makeup from your skin. Rinse with warm water. Follow with **Logic by Forever Balancing Aloe Essence** and your favourite Forever skin care products.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice, Aqua, Cocamidopropyl Hydroxysultaine, Disodium Cocoyl Glutamate, Hydroxyethylcellulose, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Sorbitan Oleate Decylglucoside Crosspolymer, Hydroxyacetophenone, Glycolipids, Xylitylglucoside, Arginine, Sodium Chloride, Potassium Sorbate, Disodium EDTA, Anhydroxylitol, Chlorphenesin, Balanites Aegyptiaca Fruit Extract, Acacia Concinna Fruit Extract, Citric Acid, Sodium Benzoate, Xylitol, Hydrolyzed Jojoba Esters, Gypsophila Paniculata Root Extract, Ascorbic Acid.



FOREVER



FOREVER

Logic by Forever Balancing Aloe Essence

#668



Logic by Forever Balancing Aloe Essence

Balance and hydrate skin with 98%+ naturally derived ingredients.

Refresh your skin with **Logic by Forever Balancing Aloe Essence**, which helps balance and hydrate skin, promoting a smoother-looking skin texture. The essence's plant-powered formula utilises an advanced gel-based technology that provides an encapsulation system, keeping botanicals together to deliver ingredients to the skin.

Pure inner leaf aloe vera gel our hero ingredient, and first in the formula, soothes by conditioning the skin. It's harvested by hand from our own fields and aseptically processed within six hours using Forever's proprietary method to preserve freshness and potency.

Sodium hyaluronate supports healthy-looking skin while cucumber fruit extract (cucumis sativus fruit extract) helps soothe skin and contains polysaccharides that help condition the skin. Green tea extract (camellia sinensis leaf extract) is a source of polyphenols. These antioxidants protect the skin from environmental stressors.

Formulated for use by all skin types, including sensitive and combination skin, **Logic by Forever Balancing Aloe Essence** features a silky texture that leaves skin feeling nourished. Plus, it has a clean, vegan formula — resulting in an essence you can feel good about using.

SKINCARE

FAST FACTS

- Contains 98%+ naturally derived ingredients.
- Helps balance and hydrate skin.
- Helps support skin's moisture balance.
- Gentle on skin and formulated for all skin types.
- Promotes smoother-looking skin texture.
- Clean formula with no added fragrance.

CONTENTS

73ml

DIRECTIONS

Use morning and evening to freshen, tone and balance your skin. Apply with a cotton pad all over the face or simply pour a small amount into hands and press into skin. Follow with your favourite Forever skincare products.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice, Aqua, Propanediol, Sorbitol, Betaine, 1,2-Hexanediol, Potassium Sorbate, Glycerin, Citric Acid, Sodium Hyaluronate, Cucumis Sativus Fruit Extract, Chondrus Crispus Extract, Disodium EDTA, Sodium Benzoate, Pentyleneglycol, Camellia Sinensis Leaf Extract, Phenoxyethanol, Ascorbic Acid, Spirulina Polyphosphate, Gluconolactone, Beta-Glucan.

Logic by Forever Soothing Gel Moisturizer

#669



Logic by Forever Soothing Gel Moisturizer

Hydrate skin with a blend of 94%+ naturally derived ingredients.

Achieve hydrated skin with **Logic by Forever Soothing Gel Moisturizer**, a lightweight moisturiser that nourishes skin with aloe vera and botanical extracts. This plant-powered moisturiser utilises an advanced gel-based technology that provides an encapsulation system, keeping botanicals together to deliver ingredients to the skin.

Pure inner leaf aloe vera gel our hero ingredient, and first in the formula, provides a soothing feeling by conditioning the skin. It's harvested by hand from our own fields and aseptically processed within six hours using Forever's proprietary method to preserve freshness and potency.

Pomegranate fruit extract (punica granatum fruit extract), rich in antioxidants, this extract helps hydrate skin and support healthy-looking skin. Niacinamide, a type of vitamin B3, supports proteins important for maintaining healthy-looking skin and helps improve skin texture. Baobab seed extract (hydrolyzed adansonia digitata seed extract) is a vegetable-based alternative to animal collagen, this extract helps nourish skin and support the feeling of long-term moisturization.

Formulated for use by all skin types, including sensitive and combination skin, **Logic by Forever Soothing Gel Moisturizer** leaves skin feeling soft and hydrated without greasiness. Plus, it has a vegan, cruelty-free formula — resulting in a moisturiser you can feel good about using.

SKINCARE

FAST FACTS

- Contains 94%+ naturally derived ingredients.
- Provides lightweight hydration without greasiness.
- Gentle on skin and formulated for all skin types.
- Aloe vera and other moisturising botanicals help nourish skin.
- Clean formula with no added fragrance.

CONTENTS

59ml

DIRECTIONS

Use morning and evening to experience a soothing feeling on the skin and provide the appearance of a soft, balanced complexion.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice, Aqua, Propanediol, Glycerin, Coco-Caprylate/Caprate, Ethylhexyl Olivate, Niacinamide, Sodium Acrylates Copolymer, Diglycerin, 1,2 Hexanediol, Cetyl Alcohol, Phenoxyethanol, Glyceryl Stearate Citrate, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Lecithin, Polyglyceryl-3 Stearate, Arginine, Potassium Sorbate, Squalane, Hydrogenated Lecithin, Hydrolyzed Soy Protein, Disodium EDTA, Citric Acid, Sodium Benzoate, Rice Amino Acids, Tocopherol, Glycine Soja Oil, Ficus Carica Fruit Extract, Punica Granatum Fruit Extract, Morus Alba Fruit Extract, Ginkgo Biloba Nut Extract, Prolin, Hydrolyzed Adansonia Digitata Seed Extract, Ascorbic Acid.



FOREVER



FOREVER

Forever Vitamin C

#686



Forever Vitamin C

Start your day with brighter, more radiant skin.

Make a natural, youthful glow part of your morning routine with **Forever Vitamin C**. This brightening facial milk delivers a potent 6% concentration of vitamin C in a silky texture that melts into skin. Designed for daily use, **Forever Vitamin C** supports the appearance of brighter skin and helps even skin tone — plus it features nourishing ingredients like aloe vera and jojoba.

Our key ingredients include Tetrahexyldecyl Ascorbate. A highly stable and fat-soluble form of vitamin C that helps even skin tone, minimise the appearance of dark spots, and brightens the complexion.

Hydrolyzed Jojoba Esters helps maintain the skin's natural moisture barrier and helps keep skin feeling nourished and hydrated.

Isosorbide Dicaprylate is a fatty acid that helps improve skin hydration and barrier function.

Pure Inner Leaf Aloe Vera Gel provides a moisturising effect that supports the feeling of healthy-looking skin. It's harvested by hand and aseptically processed using Forever's proprietary method to preserve freshness and potency.

Ethyl Linoleate is a stable form of linoleic acid, a naturally derived essential fatty acid, which helps maintain the skin's natural pH balance.

Featuring a clean, vegan formula, Forever Vitamin C is suitable for all skin types and has no added fragrance, parabens, phthalates or sulphates. It pairs perfectly with **Forever Bakuchiol**, a nighttime facial milk that promotes the appearance of renewed skin. Additionally, it complements Forever's other skin care products, integrating seamlessly into your routine.

SKINCARE

FAST FACTS

- Potent, highly stable form of vitamin C.
- Promotes the appearance of brighter, more radiant skin.
- Visibly reduces the appearance of dark spots, fine lines and wrinkles.
- Visibly brightens skin for a healthy-looking glow.
- Helps improve the appearance of even-looking skin texture.
- Lightweight, silky texture that melts into skin.
- Formulated for all skin types and daily use.
- Clean formula with no added fragrance.

CONTENTS

30ml

DIRECTIONS

Gently apply 1–2 pumps to the face and neck every morning after cleansing and toning for skin that appears radiant and glowing. Follow with sunscreen and your favourite Forever moisturiser.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice, Aqua, Caprylic/Capric Triglyceride, Propanediol, Isononyl Isononanoate, Isosorbide Dicaprylate, Glycerin, Sodium Acrylates Copolymer, Bakuchiol, Diisopropyl Adipate, Phenoxyethanol, Hexylresorcinol, Hydroxyacetophenone, Panthenol, Ethyl Linoleate, Hematite Extract, Lecithin, Hydrolyzed Jojoba Esters, Caprylyl Glycol, Disodium EDTA, Potassium Sorbate, Hexylene Glycol, Ethylhexylglycerin, Citric Acid, Sodium Benzoate, Tocopherol, Pentylene Glycol, Glycine Soja Oil, Pistacia Lentiscus Gum, Hydroxypinacolone Retinoate, Glyceryl Caprylate/Caprate, Ascorbic Acid, Sorbic Acid.



FOREVER

Forever Bakuchiol

#687



Forever Bakuchiol

Plant-powered renewal while you sleep.

Transform your nighttime skin care routine with **Forever Bakuchiol**. This nourishing facial milk delivers 1% bakuchiol — a natural, plant-based retinol alternative. Designed for nightly use, **Forever Bakuchiol** helps reduce the appearance of fine lines and wrinkles and promotes the appearance of renewed skin. With a silky texture that melts into skin, **Forever Bakuchiol** also features nourishing ingredients like aloe vera and jojoba.

Our key ingredients include bakuchiol which helps minimise the visible effects of ageing by refining skin tone and texture, softening the appearance of fine lines and wrinkles, and revealing a smoother, more youthful complexion.

Hydrolyzed jojoba esters which helps maintain the skin's natural moisture barrier and the feeling of soft skin.

Pure inner leaf aloe vera gel which deeply hydrates to promote healthy, refreshed skin. Carefully hand-harvested and aseptically processed using Forever's proprietary method to preserve peak freshness and potency.

Featuring a clean, vegan formula, **Forever Bakuchiol** is suitable for all skin types and has no added fragrance, parabens, phthalates or sulphates. It pairs perfectly with **Forever Vitamin C**, a daytime facial milk that promotes the appearance of brighter skin. Additionally, it complements Forever's other skin care products, integrating seamlessly into your routine.

SKINCARE

FAST FACTS

- 1% bakuchiol helps minimise the visible effects of ageing.
- Plant-based retinol alternative promotes the appearance of renewed skin.
- Visibly evens skin tone and smooths skin texture.
- Reduces the appearance of fine lines, wrinkles and pores and uneven texture.
- Helps protect skin from environmental stressors.
- Lightweight, silky texture that melts into skin.
- Formulated for all skin types and nightly use.
- Clean formula with no added fragrance.

CONTENTS

30ml

DIRECTIONS

Gently apply 1–2 pumps to the face and neck every night after cleansing and toning for skin that appears renewed and youthful. Follow with your favourite Forever moisturiser.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice, Aqua, Caprylic/Capric Triglyceride, Tetrahexyldecyl Ascorbate, Propanediol, Glycerin, Isosorbide Dicaprylate, Ethyl Linoleate, Polysorbate 20, Panthenol, Phenoxyethanol, Hydroxyacetophenone, Arginine, Hydrolyzed Jojoba Esters, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Caprylyl Glycol, Disodium EDTA, C15-23 Alkane, Decyl Glucoside, Pentylene Glycol, Hydrolyzed Soy Protein, Potassium Sorbate, Hexylene Glycol, Ethylhexylglycerin, Citric Acid, C13-14 Alkane, Sodium Benzoate, Ascorbic Acid.



FOREVER

Infinite by Forever Advanced Skincare System

#553



Infinite by Forever Advanced Skincare System

Infinite by Forever Advanced Skincare System

targets ageing from the inside out with a next-generation combination of nature and science. To create this line, our experts found peptides, natural minerals, botanicals, desert plants and the latest skincare science to not just complement aloe, but enhance its benefits. Every product in this routine was carefully formulated to work together in harmony to reduce the appearance of fine lines and wrinkles, improve the smoothness of skin and support beauty from the inside out. The result is radiant, moisturised and younger-looking skin that feels great all day long.

SKINCARE

YOU'LL FIND THESE POWERFUL PRODUCTS IN EVERY BOX:

Infinite Hydrating Cleanser

Using naturally derived ingredients to increase skin hydration and gently wash away dirt and oil without drying, this potent and nourishing cleanser was designed to lay a solid foundation for the rest of your anti-ageing routine.

Infinite Firming Serum

With the power of a clinically proven three-amino-acid peptide, this serum is a breakthrough formula. These amino acids are tested to reduce the appearance of fine lines and wrinkles, while conditioning and moisturising the skin.

Infinite Firming Complex

Forever's first exclusive beauty supplement helps you take control of the ageing process from the inside! Two small uncoated tablets taken daily, support multiple internal body systems as well as your overall health and skin appearance*.

Infinite Restoring Crème

With over fifteen different skin-conditioning ingredients, this multifaceted anti-ageing formula absorbs fast into skin. It's the perfect finishing touch to your routine to seal in all the powerful benefits to keep your skin nourished and younger looking.

Get the most out of Infinite by Forever by using all the products together. These advanced formulas enhance the effects of aloe for anti-ageing you can see and feel.

* vitamin C to help with healthy collagen formation and contributes to normal psychological function, plus biotin to maintain healthy hair and skin.



FOREVER

Infinite by Forever Firming Serum

#555



Infinite by Forever Firming Serum

Infinite Firming Serum targets the signs of ageing with a clinically proven three-amino acid peptide that complements the natural processes within the skin to increase firmness and to reduce the appearance of fine lines and wrinkles. Paired with powerful natural ingredients and our patented aloe, **Infinite Firming Serum** is a rich moisturiser that makes skin feel smooth and firm, and your complexion appear visibly younger.

This scientifically-advanced formula boosts the power of aloe with a clinically tested ingredient, trifluoroacetyl tripeptide-2. In clinical tests, this single ingredient significantly improved skin elasticity and is known to combat progerin, a harmful protein that increases as you age and wreaks havoc on your skin. By mimicking natural skin processes, this three-amino acid peptide increases the appearance of firmness and reduces the look of fine lines and wrinkles.

That ingredient alone could be its own product, but we didn't stop there. Paired with hydrolysed sodium hyaluronate, a natural humectant, to support moisture and skin conditioners, **Infinite Firming Serum** is scientifically formulated so that aloe vera achieves its optimal benefits to soothe and smooth skin. Yeast extract helps support collagen synthesis and natural skin defences to reduce the appearance of uneven skin tone while whey protein revitalises the skin by increasing its smoothness, firmness and thickness. This stacked formula is a skin scientist's dream, bolstered with the power of nature and the most advanced laboratory findings to help you look and feel your best.

SKINCARE

FAST FACTS

- Features cutting edge, clinically-tested ingredients.
- Increases the appearance of skin firmness.
- Reduces appearance of fine lines and wrinkles.
- Supports healthy collagen synthesis and assists uneven skin tone.

CONTENTS

30ml

DIRECTIONS

Twice daily in the morning and evening on the face and neck after cleansing. Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe barbadensis leaf juice, aqua, butylene glycol, glycerin, 1,2-hexanediol, yeast extract, sodium hyaluronate, hydrolyzed sodium hyaluronate, arginine, tripeptide-1, trifluoroacetyl tripeptide-2, caprooyl tetrapeptide-3, whey protein, lactic acid, lactose, hydrogenated starch hydrolysate, caprylyl glycol, ethylhexylglycerin, caprylhydroxamic acid, dextran, ascorbic acid, propanediol, citric acid, hydroxyethylcellulose, disodium phosphate, polysorbate 60, potassium sorbate, sodium benzoate.



FOREVER

Infinite by Forever Hydrating Cleanser

#554



Infinite by Forever Hydrating Cleanser

Infinite Hydrating Cleanser is a fragrance-free cleanser that harnesses the power of aloe vera, coconut and apple to melt away dirt, oil and makeup leaving behind a delicate veil of moisture for skin that feels soft and soothed. It's believed that the apple tree was the earliest to be cultivated. The juice that flows through this lasting fruit has withstood environmental damage and change for thousands of years. We harnessed two key components of this vitamin-rich fruit: apple extract and apple amino acids.

Mild, moisturising and milky, this cleanser uses hypoallergenic coco fatty acids to suspend your skin's oils, so they can be carefully and gently washed from your skin – leaving your face soft to the touch without feeling dry. A key characteristic of youthful skin is being well hydrated and buoyant, **Infinite Hydrating Cleanser** assists your skin's barrier function to fight against tightness and dryness. Bountiful amounts of linoleic acid and vitamin E, found in sunflower seed oil, support skin's lipids and help break down dirt and debris.

Don't just wash away dirt and makeup, help your skin look and feel younger to the touch while laying a strong foundation for the rest of your anti-ageing routine with **Infinite Hydrating Cleanser**.

SKINCARE

FAST FACTS

- Cleanses skin of dirt, oil and makeup without drying
- Gentle, sulphate free formula
- Increases skin hydration
- Vegetarian and vegan friendly

CONTENTS

113ml

DIRECTIONS

Twice daily in the morning and evening on the face and neck. Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe barbadensis leaf juice, aqua, helianthus annuus (sunflower) seed oil, caprylic/capric triglyceride, propanediol, sodium cocoyl glycinate, sodium cocoyl apple amino acids, cetearyl alcohol, capryloyl glycerin/sebacic acid copolymer, sorbitan laurate, pyrus malus (apple) fruit extract, arginine, diheptyl succinate, glycerin, coco-glucoside, tocopherol, ascorbic acid, ethylhexylglycerin, caprylhydroxamic acid, caprylyl glycol, stearic acid, hexylene glycol, 1,2-hexanediol, acrylates/C10-30 alkyl acrylate crosspolymer, polyhydroxystearic acid, xanthan gum, citric acid, tetrasodium edta, phytic acid, potassium sorbate, sodium benzoate.

Infinite by Forever Restoring Crème

#558



Infinite by Forever Restoring Crème

Infinite by Forever Restoring Crème absorbs fast and leaves skin feeling exceptionally smooth and moisturised thanks to over fifteen skin conditioning ingredients. We've combined the best of science and nature to bring you an advanced, multifaceted anti-ageing formula that feels light and smooth against your skin and absorbs fast without any greasy or heavy feeling.

Powerful botanical ingredients like acai and pomegranate provide antioxidant support while leaving skin feeling moisturised and smooth. The centipeda cunninghamii plant, native to Australia, works to enhance the many benefits of aloe. Together, these ingredients deliver proven results for soothing skin while vitamin B3 and beet root even out tone and texture to support a youthful complexion.

Ingredients such as squalane, jojoba esters, glycolipids and beeswax show significant moisturising properties and help **Infinite Restoring Crème** sweep across your skin. An anti-ageing essential oil blend of lavender, petitgrain, basil, eucalyptus, lime and orange-peel support aloe to replenish and rejuvenate parched skin.

To finish off this moisturising powerhouse, we've added the latest chemistry to provide a new sugar structure that improves skin's water barrier and retention. As a finishing touch, **Infinite Restoring Crème** seals in all of the powerful benefits to keep your skin nourished.

SKINCARE

FAST FACTS

- More than fifteen skin-conditioning ingredients.
- Innovative new ingredient aids skin's moisture retention.

CONTENTS

48.2g

DIRECTIONS

Twice daily in the morning and evening after applying **Infinite by Forever Firming Serum**. Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice, Aqua, Isoamyl Laurate, Propanediol, Polyglyceryl-6 Distearate, Caprylic/Capric Triglyceride, Jojoba Esters, Cetyl Alcohol, Fructooligosaccharides, Beta Vulgaris Root Extract, Punica Granatum Extract, Euterpe Oleracea Fruit Extract, Centipeda Cunninghamii Extract, Camellia Sinensis Leaf Extract, Caesalpinia Spinosa Gum, Hydrolyzed Jojoba Esters, Cetearyl Alcohol, Coco-Glucoside, Hydroxyacetophenone, Squalane, Oleic/Linoleic/Linolenic Polyglycerides, Polyacrylate Crosspolymer-6, Xylitylglucoside, Linoleic Acid, Hydrolyzed Corn Starch, Arginine, Polyglyceryl-3 Beeswax, Anhydroxyllitol, Caprylyl Glycol, Xylitol, Glycosphingolipids, Hexylene Glycol, Ethylhexylglycerin, Niacinamide, Glycolipids, Sodium Hyaluronate, 1,2-Hexanediol, Pentyleneglycol, Linolenic Acid, Beta-Glucan, Butylene Glycol, Potassium Lactate, Xanthan Gum, Glycerin, Citric Acid, Lactic Acid, Tocopherol, Ascorbic Acid, Parfum, Citronellol, Linalool, Hexyl Cinnamal, Geraniol, Phenoxyethanol, Potassium Sorbate, Sodium Benzoate.



FOREVER



FOREVER

Infinite by Forever Firming Complex

#556



Infinite by Forever Firming Complex

Focus on nutrient skincare with **Firming Complex**, Forever's first exclusive beauty supplement. This supplement is an inner conditioning complex that helps target the appearance of premature ageing and it's been specially formulated to assist beauty from within. We've combined vitamin C to help with healthy collagen formation, plus biotin to maintain healthy hair and skin.

SKINCARE

FAST FACTS

- Vegetarian friendly
- Gluten free**
- Vitamin C to help with healthy collagen formation
- Biotin to maintain healthy hair and skin

CONTENTS

60 tablets

DIRECTIONS

Take two tablets daily. For best results, consume in the morning.

CERTIFICATIONS



INGREDIENTS

Collagen hydrolysate (**fish**), vitamin C (calcium L-ascorbate), Phytoceramides **wheat****, anti-caking agent (silicon dioxide), melon fruit (Cucumis melo L.) juice powder, biotin.

Allergy advice: for allergens, see ingredients in **bold**.

**While derived from wheat, this ingredient is certified gluten free, as the ceramides are extracted through a unique and patented lipidic process which removes gluten residue. There are strict quality controls which regularly test for any gluten presence, and it tests well below the threshold of <20ppm.

NUTRITIONAL VALUES

Nutrient	2 tablets	% RI*
Vitamin C	90 mg	112%
Biotin	30 µg	60%
Hydrolyzed marine collagen	750 mg	-
Wheat extract (Triticum vulgare) with ceramides	30g	-
Melon juice concentrate (Cucumis melo L.)	1.6 mg	-

*Reference Intake/ - Reference Intake not established.



Deep Moisturizing Cream

#651



SKINCARE

FAST FACTS

- Restorative moisturising cream.
- Improves appearance of skin texture.
- Reduces the appearance of fine lines and wrinkles.
- Ultra-rich texture
- Gluten free.

CONTENTS

• 71g

DIRECTIONS

Use daily for an intense, deep, moisturising effect. Wash hands, then apply a generous amount of cream to the face using fingertips and massage into skin.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice*, Aqua, Butylene Glycol, C12-15 Alkyl Benzoate, Propanediol, Macadamia Integrifolia Seed Oil, Glyceryl Stearate, Lauryl Lactate, Dimethicone, Helianthus Annuus Seed Oil, Cetyl Alcohol, Sorbitol, Methyl Gluceth-20, Isostearyl Hydroxystearate, Arginine, Phenoxyethanol, Carbomer, PEG-100 Stearate, Chlorphenesin, Lauryl Alcohol, Potassium Sorbate, Glycerin, Sodium Benzoate, Isostearyl Alcohol, Citric Acid, Parfum, Lactic Acid, Sodium Lauroyl Lactylate, Hydroxystearic Acid, Pinus Strobus Bark Extract, Sodium Hyaluronate, Tocopherol, Benzyl Benzoate, Ascorbic Acid, Hexyl Cinnamal, Ceramide NP, Palmitoyl Tripeptide-5, Coumarin, Cholesterol, Phytosphingosine, Ceramide AP, Methylparaben, Xanthan Gum, Propylparaben, Ceramide Eop. *Stabilized Aloe Vera Gel.



Tightening Mask Powder

#652



Tightening Mask Powder

Condition and rejuvenate the skin

Cleanse your pores and reduce their appearance with a **Tightening Mask Powder** designed to be used with Forever's **Aloe Activator** for a rejuvenating aloe-powered face mask.

Forever's **Tightening Mask Powder** is a unique combination of rich ingredients chosen for their special properties to condition the skin and cleanse the pores. It blends perfectly with our **Aloe Activator** to create a thin mask for easy application to the face and neck.

Albumen and kaolin help with the appearance of tighter skin, and corn starch helps control skin shine and oiliness. Together, these ingredients not only cleanse your pores, but reduce their appearance and help to tighten skin, promoting a more youthful glow.

Allantoin and chamomile help to condition and rejuvenate the skin while working in conjunction with aloe activator to soothe skin. Use **Tightening Mask Powder** and **Aloe Activator** together to leave your skin looking and feeling rejuvenated and fresh!

SKINCARE

FAST FACTS

- Designed for use with **aloe activator**.
- Smooths, cleanses and helps tighten skin.
- Contains allantoin to help soothe skin.
- Contains chamomile to help moisturize skin.

CONTENTS

29g

DIRECTIONS

Mix 1/2 teaspoon of tightening mask powder with 1/2 teaspoon of aloe activator until the mixture has the consistency of lotion. Use an applicator brush to apply a thin, even film from the neck upward. Relax in a reclining position, limiting facial movement for approximately 30 minutes. Apply a moist towel to the face to soften the mask, then gently remove the remaining mask and rinse with warm water. Follow with toner and your favourite moisturiser.

CERTIFICATIONS



INGREDIENTS

Albumen, Zea Mays (Corn) Starch, Kaolin, Allantoin, Water (Aqua/Eau), Chamomilla Recutita (Matricaria) Flower Extract, Diazolidinyl Urea, Fragrance (Parfum), Red 27 Lake (CI 45410).



FOREVER

Aloe Activator

#612



Aloe Activator

With over 98% aloe vera gel, **Aloe Activator** leaves skin feeling refreshed and soothed from the moment it touches your face. Aloe is ideal for sensitive skin and its many essential components like vitamins A, C and E make aloe activator a perfect addition to any skincare regime.

Aloe is paired with allantoin, which is not only an effective moisturiser, but also a perfect complement to gently soften and smooth skin. Of course, it's the quality of the aloe that makes all the difference. Forever's **Aloe Activator** is made with pure inner-leaf aloe vera from our own plantations. Every leaf is hand-harvested, hand filleted and packaged within hours to ensure maximum freshness and potency.

Aloe Activator is an enriching moisturiser, containing enzymes, amino acids and polysaccharides. This step in your daily beauty ritual may become your new favourite, as it not only feels good to apply, but the after-effects will leave your skin looking and feeling better.

Designed to mix perfectly with our **Tightening Mask Powder**, **Aloe Activator** is gentle enough for use on the entire face, even around the eyes. Use it as a moisturiser and refresher on its own, or to create a cleansing facial when combined with our mask powder.

SKINCARE

FAST FACTS

- A splendid skin conditioner.
- Gentle for the entire face, even eye area.
- Cleans, soothes and refreshes.
- Supports the efficacy and performance of other Forever skincare products.

CONTENTS

- 130ml

DIRECTIONS

Aloe Activator is a multi-purpose product. To clean or freshen, apply to a cotton ball and gently wipe across skin. For an aloe mask, mix 1/2 tsp **Tightening Mask Powder** with 1/2 tsp **Aloe Activator** and apply a thin layer to clean skin. After 30 minutes, rinse thoroughly with warm water. Use 2-3 times weekly.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

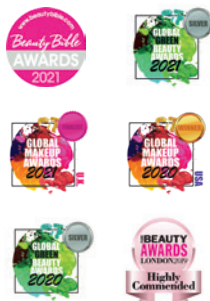
Aloe barbadensis leaf juice, 1,2-hexanediol, potassium sorbate, disodium EDTA, citric acid, sodium benzoate, allantoin, ascorbic acid.



FOREVER

Aloe Bio-Cellulose Mask

#664



Aloe Bio-Cellulose Mask

Forever's **Aloe Bio-Cellulose Mask** provides potent hydration thanks to forward-thinking technology and natural ingredients. Its bio-cellulose fibres fit the contours of your face to deeply moisturise and to ensure every impressive botanical penetrates the fine lines and wrinkles traditional sheet masks fail to reach. Through a process unique to Forever, **Aloe Bio-Cellulose Mask's** formula fuses pure aloe and seagrass with the bio-cellulose fabric to soothe, soften and condition skin. This environmentally-friendly mask has also been enriched by a moisturising serum of green tea and horse chestnut that rejuvenates dull skin by combatting the signs of ageing and reducing the appearance of redness.

SKINCARE

FAST FACTS

- Soothes skin and reduces the appearance of redness.
- Unveils soft, supple skin for a complexion that glows.
- Specifically designed for all skin types.
- Easy, invigorating and hydrating.

CONTENTS

3 x 25g individual masks

DIRECTIONS

1. Open pouch and unfold mask.
2. The mask is protected by woven fabric on each side. Remove one layer and discard it.
3. Apply the mask to the face. Gently press to ensure it fits securely.
4. Remove the second layer of woven fabric and discard it.
5. Remove and discard the mask after about 20 minutes. There's no need to rinse, simply massage the remaining product into the face and neck for a youthful appearance.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aqua, Propanediol, Glycerin, Aloe Barbadensis Leaf Juice, 1,2-Hexanediol, Hydroxyacetophenone, Glycosyl Trehalose, Mannitol, Hydrogenated Ethylhexyl Olivatate, Hydrogenated Starch Hydrolysate, Xanthan Gum, Hydrolyzed Sclerotium Gum, Polyglyceryl-6 Stearate, Simmondsia Chinensis Seed Oil, Ammonium Glycyrrhizate, Limnanthes Alba Seed Oil, Hydrogenated Olive Oil Unsaponifiables, Sodium Hyaluronate, Potassium Sorbate, Polyglyceryl-6 Behenate, Caffeine, Citric Acid, Sodium Benzoate, Zinc Gluconate, Aesculus Hippocastanum Seed Extract, Camellia Sinensis Leaf Extract, Phenoxylethanol, Ascorbic Acid.

Replenishing Skin Oil

#653



Replenishing Skin Oil

Replenishing Skin Oil is silicone-free and helps soothe and refresh, as well as fight against environmental stressors – like pollution, weather and temperature changes. All while restoring your skin's moisture, supporting elasticity and promoting hydration in an easy-to-use oil that glides on effortlessly and is great for every skin type.

Forever's lightweight, luxurious formula is packed with skin-loving ingredients that help your skin feel good and look healthy every day. Take antioxidant vitamin E, which fights against external stressors and promotes a soft, radiant complexion. Or retinyl palmitate, another antioxidant found naturally in your skin and included in **Replenishing Skin Oil** to support youthful-looking skin and tackle rough textures.

Borage seed oil also provides high concentrations of essential fatty acids for your skin, acting as a natural enzyme remedy to restore moisture. This means just a little **Replenishing Skin Oil** goes a long way towards promoting both hydration and moisturisation.

Use **Replenishing Skin Oil** before your favourite Forever moisturiser to give your skin the nourishment it deserves and support a healthy complexion.

SKINCARE

FAST FACTS

- Great for all skin types.
- Nourishes and restores moisture.
- Helps combat environmental stressors.
- Boasts a robust combination of antioxidants and botanicals.
- Suitable for vegetarians and vegans.

CONTENTS

30ml

DIRECTIONS

Apply to face, neck and dry areas where needed. For added moisture, dampen skin lightly with **Aloe Activator** before application. Use before your favourite moisturiser.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Caprylic/Capric Triglyceride, C15-19 Alkane, Tocopheryl Acetate, Hydrogenated Polyisobutene, Retinyl Palmitate, Borago Oricanalis Seed Oil, Parfum, Bisabolol, Lecithin, Carthamus Tinctorius Seed Oil, Glycine Soja Oil, Limonene, Linalool, Aloe Barbadensis Leaf Extract, Geraniol, Citronellol, Tocopherol, Ascorbyl Palmitate.



FOREVER



FOREVER

Awakening Eye Cream

#561



Awakening Eye Cream

Awakening Eye Cream combines patented ingredients with peptide technology to improve and smooth the sensitive eye area, visibly reducing the appearance of lines, wrinkles and dark circles. This groundbreaking formula helps with normal collagen formation to promote optimal skin hydration and firmness. By supporting healthy collagen, awakening eye cream improves skin smoothness, resulting in plumper, firmer skin around the eye area. **Awakening Eye Cream** also contains a special peptide that has been shown to reduce the appearance of eye puffiness and dark circles in as little as fifteen days!

All these powerhouse ingredients make the most advanced eye cream to allow your beauty to shine. Have striking eyes that look brighter and younger with **Awakening Eye Cream**.

SKINCARE

FAST FACTS

- Reduces the appearance of puffiness and dark circles.
- Significantly reduces appearance of wrinkles.
- Eyes appear more rested, alert and rejuvenated.

CONTENTS

21g

DIRECTIONS

Using your finger, gently dab a moderate amount below and around the eye area.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe barbadensis leaf juice, aqua, caprylic/ capric triglyceride, isoamyl laurate, glycerin, propanediol, polyglyceryl-6 distearate, hydrogenated jojoba wax, lauryl laurate, cetearyl olivate, sorbitan olivate, polyhydroxystearic acid, albizia julibrissin bark extract, algae (dunaliella salina) extract, beta Vulgaris (beet) root extract, polyglyceryl-3 beeswax, hydrolyzed collagen, sodium hyaluronate, hydrolyzed sodium hyaluronate, jojoba esters, xylitylglycoside, caprylyl glycol, butylene glycol, cetyl alcohol, arginine, acetyl tetrapeptide-5, palmitoyl tripeptide-5, palmitoyl tripeptide-38, palmitoyl dipeptide-5 diaminobutyryl hydroxythreonine, tetradecyl aminobutyrylvalylaminobutyric urea trifluoroacetate, ethylhexylglycerin, xylitol, hydroxypropyl cyclodextrin, anhydroxylitol, panthenol, pantolactone, tocopherol, darutoside, caprylhydroxamic acid, hydrolyzed corn starch, ascorbic Acid, citric acid, lactic acid, linoleic acid, linolenic acid, oleic acid, palmitic acid, stearic acid, ammonium acryloyldimethyltaurate/ VP copolymer, p-anisic acid, magnesium chloride, t-butyl alcohol, 1,2-hexanediol, phenoxyethanol, potassium sorbate, sodium benzoate.

Hydrating Serum

#618



Hydrating Serum

Forever's **Hydrating Serum** fits perfectly into your routine to provide a powerful boost of hydration thanks to pure aloe vera and four types of hyaluronic acid. Apply right before your favourite Forever moisturiser to help shield against environmental stressors, and minimise the appearance of fine lines and wrinkles.

Every day, your skin is exposed to environmental stressors that can cause dryness, and contribute to the signs of ageing. To keep your skin feeling young, supple and rejuvenated, add a boost of hydration to your skincare routine with Forever's **Hydrating Serum**. It will not only envelop your skin in silky moisture, but also exponentially enhance the benefits of your favourite Forever moisturiser. The power behind this formula comes from four types of hyaluronic acid that each play a key role in retaining hydration. Hyaluronic acid is an intense skin moisturiser that holds 1,000 times its weight in water. Combined, all four types of hyaluronic acid work together to replenish water on the surface of skin and retain moisture from the inside, whilst also improving elasticity and resulting in the appearance of visibly plump skin.

As part of our Targeted skincare line, this formula applies easily, absorbs quickly, and has an exceptionally light feel. **Hydrating Serum** will help your skin feel plump and hydrated while reducing the appearance of fine lines and wrinkles, and providing an added layer of protection against environmental stressors.

SKINCARE

FAST FACTS

- Absorbs quickly into surface layers of the skin.
- Visibly plumps appearance of skin while enhancing its texture.
- Boosts skin hydration.
- Shields against environmental stressors.
- Helps minimise appearance of fine lines and wrinkles.
- Boosts the efficacy of any of your favourite Forever moisturisers.

CONTENTS

50ml

DIRECTIONS

To boost skin's hydration, apply 1-2 pumps onto fingers and gently work in a circular motion over face and neck immediately before applying your favourite Forever moisturiser.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice (Aloe vera), Aqua, Propanediol, Cocoglycerides, Propylheptyl Caprylate, Butyrospermum Parkii (shea) Butter, Coconut Alkanes, Cetearyl Alcohol, C12-16 Alcohols, Tremella Fuciformis (snow fungus) Extract, Camellia Sinensis (white tea) Leaf Extract, Mimosa Tenuiora Bark Extract, Tamarindus (tamarind) Indica Seed Polysaccharide, Caprylyl Glycol, Lauroyl Lysine, Palmitic Acid, Hydrogenated Lecithin, Cetyl Palmitate, Sorbitan Palmitate, Coco-Caprylate/ Caprate, Sorbitan Oleate, Gluconolactone, Sodium Acetylated Hyaluronate, Sodium Hyaluronate, Sodium Ascorbyl Phosphate, Sodium Hyaluronate Crosspolymer, Hydrolyzed Sodium Hyaluronate, Xanthan Gum, Disodium EDTA, Citric Acid, Pentyleneglycol, Maltodextrin, Ascorbic Acid (vitamin C), Ethylhexylglycerin, Tocopherol (vitamin E), Parfum, Linalool, Limonene, Geraniol, Hexyl Cinnamal, Phenoxyethanol, Chlorphenesin, Potassium Sorbate, Sodium Benzoate.



Protecting Day Lotion

#645



Protecting Day Lotion

Shield and nourish your skin with Forever's **Protecting Day Lotion**: a blend of skin-conditioning ingredients, UV protection and natural mineral zinc oxide.

Start your day by arming your face against environmental stressors and daily sun exposure. Our skin is under constant attack, be it sun, wind, pollution, air conditioning - the list goes on. But Forever has the answer with our new and improved **Protecting Day Lotion**.

This formula is suitable for all skin types and offers the added bonus of SPF 20 to protect from UV rays and help prevent the signs of premature ageing. Featuring a blend of oils that includes brassica napus, castor and desert date, Forever's **Protecting Day Lotion** is rich in antioxidants. Castor and desert date oils combine with sunflower oil, all of which contain high amounts of essential fatty acids to give your skin a soft, smooth texture.

Forever's **Protecting Day Lotion** also contains linoleic, oleic and palmitic acids. Then there's naturally derived, non-nano zinc that includes an advanced coating technology to shield your skin without the tell-tale white residue, for coverage that goes on easily and leaves you looking flawless.

When you need protection that's packed with skin-enhancing benefits, choose Forever's **Protecting Day Lotion**.

SKINCARE

FAST FACTS

- With SPF 20.
- Suitable for all skin types.
- Lightweight formula that blends and absorbs into skin without a white residue.
- Formulated with skin care ingredients to soothe and moisturise.
- Now with more aloe vera.
- Perfect for use with **Infinite by Forever Advanced Skincare, Targeted and Logic by Forever** products.

CONTENTS

- 60ml

DIRECTIONS

After cleansing, evenly apply on the face and neck every morning.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aqua, Aloe Barbadensis Leaf Juice, Zinc Oxide, Glycerin, Brassica Napus Seed Oil, Propanediol, Isononyl Isononanoate, Ricinus Communis Seed Oil, Butyloctyl Salicylate, Caprylic/Capric Triglyceride, Euphorbia Cerifera Cera, Bentonite, Diethylhexyl 2,6-Naphthalate, Cetearyl Alcohol, Sodium Chloride, Polyglyceryl-8 Oleate, Behenyl Alcohol, Phenoxyethanol, Polyhydroxystearic Acid, Helianthus Annuus Seed Oil, Xanthan Gum, Magnesium Aluminum Silicate, Glyceryl Caprylate, Cetearyl Glucoside, Linoleic Acid, Lecithin, Canarium Luzonicum Gum Nonvolatiles, Citric Acid, Phytosteryl Canola Glycerides, Balanites Roxburghii Seed Oil, Palmitic Acid, Oleic Acid, Glyceryl Undecylenate, Potassium Sorbate, Sodium Benzoate, Stearic Acid, Tocopherol, Triolein, Ascorbic Acid.



FOREVER

Refining Gel Mask

#677



Hydrating Serum

Nourish your skin while you sleep

To make the most of your sleep, we infused this gel with a bounty of botanicals, including carrot seed oil, basil oil, artemisia pallens flower oil and soybean oil.

As the cooling gel absorbs into your skin, you'll feel the moisturising effect of our inner leaf aloe vera gel. Plus, moisturisers like apple fruit extract and clover flower extract will leave your skin feeling soft with a youthful-looking glow. Sasa quelpaertensis (Korean bamboo) extract and licorice root, which has been used for over 3,000 years, provide antioxidant support in this formula. This high-quality blend moisturises your skin while you sleep without feeling greasy.

Use **Refining Gel Mask** two to three times per week to help nourish your skin and balance your complexion. For optimal results, use it in combination with Forever's targeted skin care line.

SKINCARE

FAST FACTS

- Promotes healthy-looking skin tone.
- Supports combination skin.
- Nourishes skin while you sleep.
- Gives skin a soft, youthful-looking glow.
- Moisturises skin without feeling greasy.

CONTENTS

59ml

DIRECTIONS

Apply a generous amount over entire face before bedtime. Leave on overnight. Rinse thoroughly in the morning for a balanced complexion. Use at least 2-3 times a week for optimal results.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice, Aqua, Glycerin, Dimethicone, Pyrus Malus Fruit Extract, Caprylyl Methicone, Ammonium Acryloyldimethyltaurate/VP Copolymer, Isopentylidol, Sorbitan Oleate Decylglucoside Crosspolymer, Phenoxyethanol, Polyacrylate Crosspolymer-6, Propanediol, Dimethicone Crosspolymer, Caprylyl Glycol, Potassium Sorbate, Citric Acid, Disodium EDTA, Hexylene Glycol, Ethylhexylglycerin, Sodium Benzoate, Sasa Quelpaertensis Extract, Trifolium Pratense Flower Extract, Glycine Soja Oil, Glycyrrhiza Glabra Root Extract, Ascorbic Acid, Artemisia Pallens Flower Oil, Ocimum Basilicum Oil, Daucus Carota Sativa Seed Oil.



FOREVER

Renewing Skin Crème

#650



Protecting Day Lotion

Restore your skin's youthful glow

Help your skin retain its natural moisture and restore its resilient appearance with **Renewing Skin Crème** (formerly R3 Factor) — a rich combination of pure inner leaf aloe vera gel, soluble collagen, olive squalane, alpha hydroxy acids, and vitamins A and E, each vital to healthy-looking skin.

Vitamin E is a powerful antioxidant, while vitamin A is beneficial to the overall well-being of the skin.

Olive squalane helps skin retain natural moisture and helps restore skin's suppleness and flexibility.

Alpha hydroxy acids (AHAs), which come from natural plant sources and are also called fruit acids, may provide enzymatic assistance to the skin as it releases dead skin cells. Together, these fruit acids are exfoliants that loosen dead cells from the skin's surface by dissolving the natural glue-like substances and releasing dead skin cells. These cells create a barrier to moisturising creams, so getting rid of dead cells evenly means that fresher cells are exposed in the skin's renewal process.

By combining AHAs with soothing aloe, **Renewing Skin Crème** provides a first line of defense in fighting the harsh effects of time to preserve your skin's youthful-looking appearance.

SKINCARE

FAST FACTS

- Helps maintain skin's natural moisture and healthy-looking texture.
- Restores and renews skin's appearance.
- Fortified with vitamins A and E.

CONTENTS

- 56.7g

DIRECTIONS

After cleansing, apply to face, neck and other areas where needed. For best results, use both morning and night.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice, Aqua, Butylene Glycol, Squalane, Methyl Gluceth-20, Cetyl Dimethicone, Prunus Armeniaca Kernel Oil, Glyceryl Stearate, Polyacrylamide, Tocopheryl Linoleate, Tocopheryl Acetate, C13-14 Isoparaffin, Triethanolamine, Saccharum Officinarum Extract, PEG-100 Stearate, Diazolidinyl Urea, Laureth-7, Retinyl Palmitate, Glycolic Acid, Methylparaben, Citric Acid, Parfum, Propylparaben, Sodium Hyaluronate, Sodium Benzoate, Potassium Sorbate, Ascorbic Acid, Benzyl Salicylate, Alpha-Isomethyl Ionone, Caprylyl Glycol, 1,2-Hexanediol, Hydroxycitronellal, Citrus Aurantium Dulcis Fruit Extract, Citrus Limon Fruit Extract, Pyrus Malus Fruit Extract, Camellia Sinensis Leaf Extract, Linalool, Amyl Cinnamal, Phenoxyethanol, Collagen, Eugenol, Benzyl Benzoate, Sodium Citrate.

Smoothing Exfoliator

#559



Smoothing Exfoliator

Old skin can look flaky, tired and dull. The right exfoliator removes dead skin cells to reveal brighter skin with a smooth tone and texture. Forever's **Smoothing Exfoliator** is gentle enough to get the job done without stressing the soft, newer skin underneath.

Instead of using harsh chemicals or sharp fragments, **Smoothing Exfoliator** uses five powerful and natural ingredients that work together to provide a complete and rejuvenating cleansing experience. Jojoba beads gently roll across the skin to remove dirt and debris while sustainably-sourced bamboo powder sweeps the skin to remove dead skin cells.

Bromelain, papain and lemon essential oil create a perfect natural skin tonic. Pineapple-derived bromelain has enzymatic abilities that assist in destroying the keratin of dead skin cells allowing them to be removed more easily. Papain, from papaya, assists in rejuvenating skin and is a rich source of vitamins C, A, E and pantothenic acid. Forever's **Smoothing Exfoliator** is also infused with antioxidants like grape juice extract to provide the most effective and gentle exfoliating experience and lemon essential oil for instant hydration of the younger skin below the surface.

Of course, this exclusive formula has a high content of pure inner-leaf aloe vera gel to smooth and condition skin. Make the most of your skin care routine with **Smoothing Exfoliator**.

SKINCARE

FAST FACTS

- Enzymatic extracts resurface the skin.
- Smooths skin's tone and texture.
- Gently exfoliates to uncover silky soft skin.

CONTENTS

60ml

DIRECTIONS

Apply moderate amount onto wet fingers. Gently work in a circular motion over the face, avoiding the eye area. Rinse thoroughly. For refreshed skin, use 2-3 times weekly.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe barbadensis leaf juice, aqua, hydrogenated jojoba oil, propanediol, glyceryl stearate, bambusa arundinacea stem powder, cetyl alcohol, sodium cocoyl isethionate, cocamidopropyl hydroxysultaine, decyl glucoside, vitis vinifera grape juice extract, citrus limon peel oil, stearyl alcohol, sodium lactate, sodium isethionate, glycerin, ethylhexylglycerin, caprylyl glycol, ascorbic acid, bromelain, papain, coconut acid, phytic acid, maltodextrin, polyacrylate crosspolymer-6, citric acid, sodium chloride, 1,2-hexanediol, t-butyl alcohol, hydrated silica, stearyl phosphate, caprylhydroxamic acid, parfum, limonene, potassium sorbate, sodium benzoate.



Aloe Lips *with Jojoba*

#022



Aloe Lips *with Jojoba*

When it comes to your skincare routine, don't let your lips feel left out. From winter snow to summer sunshine, make sure your lips are prepared for anything the great outdoors has to offer!

This loaded lip product contains aloe, jojoba and three types of wax to smooth and soothe chapped lips, making it the ultimate year-round solution to dry lips. Whether you are skiing or sunbathing, its compact size also makes it convenient to keep on hand.

If your lips could talk, they'd ask for **Aloe Lips**.

SKINCARE

FAST FACTS

- Get kissable lips with this rich and nourishing pocket-sized lip balm.
- Moisturising aloe vera-based formula.
- Gives your lips gloss.
- Great for year-round use.

CONTENTS

1 x 0.15oz

DIRECTIONS

Apply to the lips regularly as a moisturiser, particularly in harsh or extreme weather conditions.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Petrolatum, Paraffinum Liquidum, Ozokerite, Simmondsia Chinensis Seed Oil, Myristyl Myristate, Glycine Soja Oil, Ethylhexyl Hydroxystearate, Euphorbia Cerifera Cera, Beeswax, Aloe Barbadensis Leaf Extract, Copernicia Cerifera Wax, Parfum, Propylparaben, Allantoin, Limonene, Benzyl Benzoate, Geraniol.

Aloe Body Lotion

#647



Aloe Body Lotion

Fast absorbing lotion, perfect for daily use.

Forever's **Aloe Body Lotion** is the perfect everyday moisturiser to soften skin and leave it feeling smooth, hydrated and healthy. Our lightweight formula absorbs quickly to deliver the benefits of pure aloe vera and other moisturising ingredients almost instantly.

We combined a high concentration of pure inner leaf aloe vera with plant-based oils and botanicals to put nature's most powerful skin enhancing ingredients to work for you. Aloe forms the ideal base for our formula by moisturising and promoting healthy, youthful looking skin. Argan oil contains vitamin E and fatty acids that help soften skin while hydrolyzed jojoba esters help promote appearance of firmness and skin elasticity.

The addition of macadamia seed oil makes **Aloe Body Lotion** an ideal choice for dry and mature skin due to its high palmitoleic acid content, which promotes healthy looking skin. But this formula isn't just for people with dry or mature skin. Forever created this silicone-free formula for anyone with normal to dry skin by adding ingredients like sodium hyaluronate, which forms a protective barrier on the skin and helps retain moisture. **Aloe Body Lotion** also features a bright aroma featuring light florals for a scent that's universally appealing.

When you need a go-to daily lotion that leaves skin feeling soft and silky, but never greasy, make sure you have Forever's **Aloe Body Lotion** close by.

SKINCARE

FAST FACTS

- Promotes skin's hydration
- Promotes soft-feeling skin
- Supports skin's natural moisture barrier
- Promotes healthy, youthful-looking skin
- Absorbs quickly into the skin, leaving behind a silky, non-greasy feel

CONTENTS

236ml

DIRECTIONS

Apply liberally and gently massage until lotion is completely absorbed into the skin.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice (Stabilised* Aloe Vera Gel), Aqua, Caprylic/Capric Triglyceride, Propanediol, C13-16 Isoparaffin, Glyceryl Stearate, Heptyl Undecylenate, Hydrolyzed Jojoba Esters, Rosa Canina Fruit Oil, Simmondsia Chinensis Seed Oil, Argania Spinosa Kernel Oil, Macadamia Integrifolia Seed Oil, Arginine, Hydroxyacetophenone, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, PEG-100 Stearate, Caprylyl Glycol, Potassium Sorbate, Hexylene Glycol, Ethylhexylglycerin, Isosorbide Dicaprylate, Niacinamide, Sodium Hyaluronate, 1,2-Hexanediol, Disodium EDTA, Xanthan Gum, Citric Acid, Ascorbic Acid, Parfum, Benzyl Salicylate, Hexyl Cinnamal, Benzyl Benzoate, Limonene, Hydroxycitronellal, Linalool, Alpha-Isomethyl Ionone, Citronellol Eugenol, Phenoxyethanol, Sodium Benzoate.



FOREVER



FOREVER

Aloe Moisturizing Lotion

#063



Aloe Moisturizing Lotion

Day in and day out our skin is exposed to weather, wind and pollution, all of which can take a toll on your skin.

This unique lotion has outstanding humectant and moisturising properties. It contains collagen and elastin to keep the skin smooth, soft and supple while maintaining its natural pH balance and its easy-to-absorb formula also makes a great base for makeup application.

This thick, velvety moisturising cream also contains nourishing aloe and jojoba oil making this product ideal for replenishing moisture and restoring skin's soft, silky feel.

Perfect for the face, hands and body, when your skin needs a little extra attention, **Aloe Moisturizing Lotion** is a perfect addition to your daily skincare routine.

SKINCARE

FAST FACTS

- Moisturiser for face and body.
- Excellent for hands.
- Rich in texture.

CONTENTS

118ml

DIRECTIONS

Apply to face, hands or body. Gently massage until lotion is absorbed into the skin. If used as a base for makeup, allow a thin film to remain.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe barbadensis leaf juice, aqua, C12-15 alkyl benzoate, stearic acid, glyceryl stearate, hydrogenated polyisobutene, methyl gluceth-20, sorbitol, prunus armeniaca kernel oil, polysorbate 60, simmondsia chinensis seed oil, chamomilla recutita flower extract, hydrolyzed elastin, sodium PCA, collagen, triethanolamine, cetyl alcohol, PEG-100 stearate, ascorbic acid, tocopherol, citric acid, propylene glycol, glycine soja oil, allantoin, dimethicone, sodium hyaluronate, parfum, amyl cinnamal, benzyl salicylate, hexyl cinnamal, linalool, hydroxyisohexyl 3-cyclohexene carboxaldehyde, diazolidinyl urea, methylparaben, propylparaben, potassium sorbate, sodium benzoate.

Aloe Sunscreen

#617



Aloe Sunscreen

Aloe Sunscreen features a breakthrough blend that includes natural non-nanosized zinc oxide with advanced coating technology.

Aloe Sunscreen lets you soak in the sun without harmful rays wreaking havoc on your skin. This water-resistant formula offers SPF 30 broad spectrum protection against UVA and UVB rays, while locking in moisture with soothing inner leaf aloe. Powerful and gentle, **Aloe Sunscreen** will keep the whole family protected, wherever your adventures take you.

Pure aloe vera from Forever's own plantations nourishes the skin, locks in moisture and soothes; while the vitamin E helps to soften the skin and penetrates deeper for greater moisturisation.

SKINCARE

FAST FACTS

- SPF 30 broad-spectrum protection from UVA and UVB rays.
- Natural zinc oxide sunscreen offering superior protection.
- Water-resistant for 80 minutes.
- Vegan friendly.
- Soothes, moisturises and protects.

CONTENTS

118ml

DIRECTIONS

Apply liberally to all exposed areas 15-30 minutes before exposure to the sun. Reapply when skin feels dry, within 40 minutes of any water activity or at least every 2 hours. Read instructions before use.

CERTIFICATIONS



INGREDIENTS

Aqua, aloe barbadensis leaf juice, zinc oxide, octocrylene, homosalate, propanediol, ethylhexyl salicylate, propylheptyl caprylate, diisostearyl polyglyceryl-3 dimer dilinoleate, vp/ hexadecene copolymer, cetearyl ethylhexanoate, undecane, polyhydroxystearic acid, hydrogenated castor oil, tridecane, caprylyl glycol, magnesium sulfate, parfum, benzyl salicylate, benzyl benzoate, hexyl cinnamal, sodium gluconate, tocopheryl acetate, citric acid, ascorbic acid, ethylhexylglycerin, chlorphenesin, phenoxyethanol, sodium benzoate, potassium sorbate.



FOREVER

Note: This product is not available in ROI, NI or Iceland.



FOREVER

Aloe Vera Gelly

#061



Aloe Vera Gelly

Forever's **Aloe Vera Gelly** is a back-to-basis formula that embraces the power of aloe in its purest form. The quality of aloe vera used makes all the difference and our aloe is the first of its kind to receive the International Aloe Science Council (IASC) certification for purity and potency.

Historically, a major use of aloe vera was to soothe minor skin irritations. Many households kept a live aloe, or 'burn plant' for first-aid use. Forever's **Aloe Vera Gelly** is specially prepared for topical application to moisturise, soothe and condition. **Aloe Vera Gelly** is a thick, translucent gel containing humectants and moisturisers. Readily absorbed by the skin, it soothes without staining clothes.

From your bathroom cabinet to the first-aid kit, and from the kitchen to the campsite, **Aloe Vera Gelly** is an ideal companion for skin that needs a little extra care.

SKINCARE

FAST FACTS

- Quickly soothes the skin.
- Does not stain clothing.
- Ideal for any first-aid kit.

CONTENTS

118ml

DIRECTIONS

Liberaly apply **Aloe Vera Gelly** to the affected area. Repeat application as required.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe barbadensis leaf juice, aqua, glycerin, triethanolamine, carbomer, disodium edta, citric acid, ascorbic acid, allantoin, glycine soja oil, tocopherol, methylparaben, potassium sorbate, sodium benzoate, diazolidinyl urea.

Forever Aloe Scrub

#238



Forever Aloe Scrub

Only Forever can bring you such a gentle and refreshing exfoliator with the skin conditioning benefits of pure aloe vera gel. There's a powerful secret inside every tube of **Forever Aloe Scrub** - pure jojoba oil beads. These microspheres gently scrub away dead skin cells and debris that accumulate in the pores of your skin.

When you start using **Forever Aloe Scrub**, it won't take long for you to notice radiant, healthier-looking skin. The exfoliation process also clears the way for your skin's own renewal process and prepares your skin for your favourite Forever moisturiser.

Use **Forever Aloe Scrub** two or three times a week on your body to reveal the kind of luminescence you just won't find with any other exfoliator. This natural exfoliator has none of the drying or damaging effects of today's synthetic cleansers.

The aloe vera used in **Forever Aloe Scrub** is carefully grown at our own plantations, hand-harvested and hand filleted to ensure only the freshest, highest quality inner leaf gel is used in every tube of this incredible exfoliator.

SKINCARE

FAST FACTS

- Natural exfoliator for the face and body.
- Prepares skin for moisturisation.
- Gentle enough for everyday use.
- Environmentally friendly.

CONTENTS

99g

DIRECTIONS

Apply to wet face or body and gently massage the skin with wet fingertips (carefully avoiding the eyes) for two-to-three minutes using a circular motion. Add more water as needed. Rinse thoroughly and pat dry with a clean, soft towel.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe barbadensis leaf juice, aqua, hydrogenated jojoba oil, glyceryl stearate, propylene glycol, cetyl alcohol, sodium cocoyl isethionate, PEG-100 stearate, lauramine oxide, hydrated silica, cocamidopropyl betaine, glycine soja oil, glycerin, tocopherol, ascorbic acid, citric acid, sodium lactate, sodium chloride, parfum, butylphenyl methylpropional, diazolidinyl urea, methylparaben, propylparaben, potassium sorbate, sodium benzoate, CI 42090.



FOREVER



FOREVER

Gentleman's Pride

#070



Gentleman's Pride

Give your post-shave routine a soothing upgrade with **Gentleman's Pride**. This aloe powered aftershave doubles as a super hydrating moisturiser for your entire face and neck. Forever's formula is free of alcohol and features an exclusive blend of ingredients that provides an icy exhilaration with a clean and classically sophisticated masculine scent. With a backbone of pure inner leaf aloe vera, **Gentleman's Pride** will provide long-lasting comfort and leave you feeling fresh and invigorated.

Shaving can cause irritating nicks, scratches or razor burn as the blade moves across your face. Most aftershaves have a high alcohol content that can leave your skin feeling dry. That's not the case with **Gentleman's Pride**. Natural skin conditioners like rosemary, vitamin E and cucumber work alongside aloe and sodium hyaluronate to deeply soothe and moisturise.

Gentleman's Pride allows you to face the day with confidence and comfort. This is the next generation of sophisticated skincare developed exclusively for men.

SKINCARE

FAST FACTS

- Aftershave or anytime moisturising lotion.
- Alcohol-free formula.
- Soothes and moisturises.
- Unique, fresh fragrance.
- Prevents burning sensation.

CONTENTS

118ml

DIRECTIONS

Apply liberally after shaving or exposure to the elements.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice, Aqua, Methyl Gluceth-20, Ethylhexyl Palmitate, Dimethicone, Glyceryl Stearate, Acrylamide/Sodium Acryloyldimethyltaurate Copolymer, Cucumis Sativus Fruit Extract, Rosmarinus Officinalis Leaf Extract, Hydroxyacetophenone, PEG-100 Stearate, Caprylyl Glycol, Hexylene Glycol, Ethylhexylglycerin, Allantoin, Ascorbic Acid, Tocopheryl Acetate, Sodium Hyaluronate, 1,2-Hexanediol, C13-14 Isoparaffin, Laureth-7, Citric Acid, Glycerin, Parfum, Benzyl Salicylate, Benzyl Benzoate, Linalool, Geraniol, Coumarin, Hydroxycitronellal, Eugenol, Hexyl Cinnamal, Limonene, Phenoxyethanol, Potassium Sorbate, Sodium Benzoate.



FOREVER



Personal Care

We all know to be mindful of what we eat, but the same rule should apply to what we put on our skin, wash our hair with and brush our teeth with.

Forever has combined all the health benefits of its home-farmed aloe vera gel with other high-quality ingredients to create a range of personal care products we believe are second to none.

Feel good, inside and out

If products inspired by nature are what you are looking for, and high-quality ingredients and meticulous manufacturing processes are what you demand, you will find both in Forever's personal care range. Not only will you look your best, you'll feel good knowing that the natural benefits of aloe are working for you around the clock.

Gently complementing the skin on both face and body, Forever's personal care products work in harmony to create a natural and refreshing experience.

Products for everybody, every day

Forever's personal care range is important to your business because it includes personal hygiene products used by everybody every day, such as shampoo and conditioner, deodorant, hand wash, body wash and toothpaste. This means virtually everybody should be able to find a product to suit them. Don't underestimate the importance of these products – they could be a key source of regular income for your business.

Forever Bright Toothgel

#028



Forever Bright Toothgel

Brushing your teeth twice a day and maintaining a balanced diet is the best way to ensure your teeth look and feel great.

Forever Bright Toothgel combines aloe vera with natural peppermint and spearmint flavourings to leave your mouth feeling fresh and clean. Created for the entire family – as well as your pets – this gentle, non-fluoride formula contains only the highest quality ingredients, including aloe vera and bee propolis.

Aloe vera has long been treasured for its quality and versatility, including in dental care, and this innovative toothgel is made using stabilised aloe vera gel from Forever's own aloe fields making this product vital part of your daily routine.

Whilst this fabulous product contains bee propolis, it does not contain any other animal by-products, so is a great option for vegetarians.

PERSONAL CARE

FAST FACTS

- Contains bee propolis.
- Formulated for the entire family.
- Does not contain fluoride.

CONTENTS

130g

DIRECTIONS

Brush teeth after meals, have regular dental check-ups and avoid snacking between meals.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice, Sorbitol, Hydrated Silica, Glycerin, Sodium Lauryl Sulfate, Aroma, Propolis Extract, Chondrus Crispus Powder, Sodium Saccharin, Ascorbic Acid, Citric Acid, Limonene, Methylparaben, Sodium Benzoate, Potassium Sorbate, CI 75810.



Aloe Avocado Face & Body Soap

#284



Aloe Avocado Face & Body Soap

Clean, healthy skin is the foundation of natural beauty. And there's no better way to achieve that beauty than with natural ingredients like pure avocado oil and aloe vera from Forever's own plantations. This means **Aloe Avocado Face & Body Soap** moisturises as it cleans, leaving you with softer, smoother and more radiant skin.

Avocados are a nutrient-dense fruit containing many beneficial vitamins and minerals, including vitamins A, C and E. Avocado's high fat content creates a rich base for our soap and helps even dry skin feel smooth after cleansing.

Aloe Avocado Face & Body Soap contains hand harvested, pure aloe vera to help condition and soothe, leaving your skin feeling moisturised all day long.

Forever's **Aloe Avocado Face & Body Soap** smooths, nourishes and moisturises without irritation, even for those with sensitive skin. Gentle enough for your face or your entire body, the freshly picked citrus scent will help wake you up in the morning, while the softness from **Aloe Avocado Face & Body Soap** will last throughout the day.

PERSONAL CARE

FAST FACTS

- Rich texture
- Naturally-derived cleansers
- Perfect for all skin types
- Freshly picked citrus scent

CONTENTS

- 142g

DIRECTIONS

Apply to the face or body to cleanse the skin as needed. Rinse completely, then towel dry.

CERTIFICATIONS



INGREDIENTS

Sodium Palmate, Sodium Cocoate, Aqua, Parfum, Hydrogenated Vegetable Oil, Persea Gratissima Oil, Benzyl Benzoate, Sodium Chloride, Aloe Barbadensis Leaf Juice*, Sodium Gluconate, Limonene, Tetrasodium Glutamate Diacetate, Geraniol, Citral, Linalool, Potassium Sorbate, Citric Acid, Sodium Benzoate, Ascorbic Acid, Ci 77891, Ci 47005, Ci 77499, Ci 77491, Ci 77492, Ci 77492, Ci 14700, Ci 42053. *Stabilized Aloe Vera Gel.

Aloe Body Wash

#646



Aloe Body Wash

Gentle, powerful cleansing with skin-conditioning aloe.

Let the best of what nature has to offer nourish and cleanse your skin with Forever's **Aloe Body Wash**. This sulfate free formula features powerful yet gentle cleansing with skin conditioning ingredients that will wash away dirt and leave your skin feeling soft and refreshed.

Aloe Body Wash is pH balanced to help retain skin's moisture and promote hydration. Key ingredient, aloe vera, aids anti-aging by promoting moisturizing while vitamins A, C and E nourish and support healthy-looking skin.

Our formula features a rich, inviting fragrance of woods, amber and a warm blend of herbs for a scent that is universally appealing. You may notice something a little different about **Aloe Body Wash's** unique color. The pleasing shade of seafoam green comes from naturally-derived copper chlorophyll!

You'll feel the difference right away as **Aloe Body Wash** forms into a rich, creamy foam that rinses away easily without stripping your skin of moisture. The gentle cleansing is made possible with ingredients like argan oil, arnica flower extract and hydrolyzed jojoba esters, which help soften skin while increasing hydration and smoothness.

Don't reach for another body wash that leaves your skin feeling dry or stripped of nutrients. With **Aloe Body Wash**, you'll get the powerful cleansing you're looking for with the perfect blend of ingredients to leave your skin looking and feeling healthy and refreshed.

PERSONAL CARE

FAST FACTS

- Gentle yet powerful cleanser
- Removes dirt and oil to leave skin feeling clean and soft
- Retains skin's moisture
- Maintains and promotes skin hydration
- Leaves skin feeling clean and fresh

CONTENTS

- 236 ml

DIRECTIONS

Apply to a shower puff, loofah or sponge and gently soap the entire body using a circular motion. Rinse well.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice (Stabilised* Aloe Vera Gel/gel d'aloès officinal stabilisé*), Water (Aqua/Eau), Cocamidopropyl Betaine, Cocamidopropyl Hydroxysultaine, Propanediol, Sodium Methyl 2-Sulfolaurate, Sodium Cocoyl Glycinate, Sodium Cocoamphacetate, Polyacrylate Crosspolymer-6, Disodium 2-Sulfolaurate, Lauryl Glucoside, Hydrolyzed Jojoba Esters, Chondrus Crispus Extract, Argania Spinosa Kernel Oil, Arnica Montana Flower Extract, Glycerin, Sodium Cocoyl Glutamate, Sodium Lauroyl Lactylate, Glycol Distearate, Laureth-4, Sodium Hyaluronate, Caprylyl Glycol, Hydroxyacetophenone, Disodium EDTA, Citric Acid, Chlorphenesin, Phenoxyethanol, Sorbic Acid, Potassium Sorbate, Fragrance (Parfum), Chlorophyllin-Copper Complex (Ci 75810).



#040



This exclusive skin soothing formula is made using stabilised aloe vera gel from our own plantations. But we didn't stop there. **Aloe First** also contains bee propolis and a proprietary blend of eleven powerful plant extracts.

Of course, aloe vera is the primary and most powerful ingredient for a reason. For centuries, aloe has been used as a remedy to soothe and provide a sense of relief to skin. We added bee propolis to **Aloe First** because it elevates the natural soothing and cleansing properties of aloe.

Because Forever operates its own plantations, we control every aspect of aloe vera production. That means every leaf is hand-tilled to ensure only the purest, highest quality aloe vera makes its way into Forever's **Aloe First.**

The pH-balanced spray is easy to apply and gets to work fast! As an added benefit, **Aloe First** is also great for use on your hair. It provides a great barrier between your hair and the elements. Make sure you always have a bottle of this versatile spray around to experience the fast-acting soothing power of aloe vera when you need it!

PERSONAL CARE

FAST FACTS

- 80% pure inner leaf aloe vera
- Good for hair
- Cools skin after a day in the sun
- Vegetarian friendly.

CONTENTS

473ml

DIRECTIONS

Apply liberally to the skin as needed.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe barbadensis leaf juice, aqua, tocopherol, glycine soja oil, allantoin, glycerin, borago officinalis extract, chamomilla recutita flower extract, taraxacum officinale extract, eucalyptus globulus leaf extract, zingiber officinale root extract, calendula officinalis flower extract, passiflora incarnata flower extract, salvia officinalis leaf extract, pterocarpus santalinus wood extract, thymus vulgaris leaf extract, achillea millefolium extract, ceratonia siliqua fruit extract, propolis care, polysorbate 20, ascorbic acid, sodium citrate, potassium sorbate, sodium benzoate, citric acid, diazolidinyl urea, methylparaben.



FOREVER

#640



Deep cleansing and nourishing power for all hair types.

Made with pure inner leaf aloe vera and hair strengthening jojoba oil, Forever's **Aloe-Jojoba Shampoo** is perfect for everyday use to bring out the best in your hair. Enjoy the refreshing fragrance of a tropical fruit medley with hints of sweet cream as the rich natural lather helps easily rinse away dirt and oil.

With no added sulphates, **Aloe-Jojoba Shampoo** helps maintain your scalp's moisture balance while keeping it soft and manageable. Forever's own stabilised aloe vera gel not only helps your hair retain moisture but works as a natural emulsifying agent that leaves hair feeling clean and renewed with a beautiful shine.

In addition to cleansing your hair, we've added jojoba oil, which is rich in natural fats to promote strength and thickness. This lightweight oil is nourishing, soothing and gentle on the scalp. Forever boosted the fortifying power of this shampoo even further with argan oil, vitamin B5 and rose hip oil. Together, these potent ingredients provide nutrients, unsaturated fatty acids and antioxidants to support healthy hair and help keep it moisturised and soft.

Forever's **Aloe-Jojoba Shampoo** is perfect for your whole family. Experience the feeling of deep clean that leaves your hair looking and feeling its absolute best. To achieve optimal results, follow your shampoo with Forever's **Aloe-Jojoba Conditioner**!

PERSONAL CARE

FAST FACTS

- All-purpose shampoo for every hair type
- Gentle on scalp
- Natural lather to easily rinse away dirt and oil
- Helps promote soft, manageable hair

CONTENTS

296ml

DIRECTIONS

Apply to wet hair and massage to stimulate scalp and create a rich lather. Rinse thoroughly. For best results follow with **Aloe-Jojoba Conditioner**.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadosensis Leaf Juice (Stabilised* Aloe Vera Gel),
Aqua, Sodium C14-16 Olefin Sulfonate, Cocamidopropyl
Hydroxysulfate, Sodium Carboxymethyl C10-16 Alk
Glucoside, Lauryl Glucoside, Rosa Canina Fruit Oil,
Simmondsia Chinensis (Jojoba) Seed Oil, Argania Spinosa
Kernel Oil, Sorbitan Oleate Dicarboxyl Glucoside Crosspolymer,
Hydroxyacetophenone, Gaur Hydroxypropyltrimonium
Chloride, Potassium Sorbate, Dimethicone
PG-Diethylmonium Chloride, Cetrimonium Chloride,
Panthenol, Sodium Chloride, Disodium EDTA, Glycerine,
Sodium Citrate, Citric Acid, Propanediol, Ascorbic Acid,
Parfum, Benzyl Benzoate, Sodium Benzoate, Sorbic Acid.



FOREVER

Aloe-Jojoba Conditioner

#641



Aloe-Jojoba Conditioner

Incredible strength and perfect shine.

A good conditioner can make all the difference when it comes to getting the most out of your hair care routine. It softens, smooths and makes hair more manageable. Forever's **Aloe-Jojoba Conditioner** does all this while nourishing deeply and boosting hair and scalp hydration without added sulphates.

Our lightweight formula is perfect for daily use and includes three different oils to lock in moisture without weighing hair down. Jojoba oil is rich in natural fats to strengthen hair and promote thickness. Argan oil, dubbed "liquid gold of Morocco," nourishes hair with the antioxidant power of vitamin E. We also added rosehip oil to keep hair soft and moisturised while fortifying with vitamins C, E and B.

The backbone of **Aloe-Jojoba Conditioner** is stabilised aloe vera gel from our own fields. Our inner leaf aloe vera contains 75 active components that help this conditioner soften the scalp and bring out your hair's natural shine.

Forever **Aloe-Jojoba Conditioner** pairs perfectly with **Aloe-Jojoba Shampoo** to improve combability of hair while smoothing the strands for easy styling. This soothing conditioner features the same invigorating fragrance as our **Aloe-Jojoba Shampoo**: tropical fruit, sugared sweet cream and melon. Our formula is gender and age neutral, making it perfect for the entire family. Give your hair the very best of what nature has to offer with Forever **Aloe-Jojoba Conditioner**.

PERSONAL CARE

FAST FACTS

- Lightweight conditioner for every hair type
- Softens and smooths hair
- Supports hair and scalp hydration
- Locks in moisture with three different oils
- Gentle on the scalp

CONTENTS

296ml

DIRECTIONS

After shampooing with **Aloe-Jojoba Shampoo**, massage **Aloe-Jojoba Conditioner** into hair and leave on for 2 to 3 minutes. Rinse completely and dry.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice (Stabilised* Aloe Vera Gel), Aqua, Cetyl Alcohol, Behentrimonium Chloride, Isoamyl Laurate, Cetearyl Alcohol, 1,2-Hexanediol, Rosa Canina Fruit Oil, Simmondsia Chinensis Seed Oil, Argania Spinosa Kernel Oil, Hydrolyzed Jojoba Esters, Caprylyl Glycol, Ethylhexylglycerin Isopropyl Alcohol, Citric Acid, Ascorbic Acid, Parfum, Benzyl Benzoate, Hexylene Glycol, Phenoxyethanol, Potassium Sorbate, Sodium Benzoate.

Aloe Liquid Soap

#633



Aloe Liquid Soap

A powerful, gentle and versatile cleanser for the whole family.

Cleanse and maintain skin's moisture with Forever's **Aloe Liquid Soap**. Our creamy, pearlescent formula cleans and nourishes to leave your skin feeling fresh and renewed. Whether it's on your kitchen counter or in the shower, **Aloe Liquid Soap** harnesses the power of aloe with other quality ingredients to provide a versatile whole-body cleansing experience for the entire family.

By combining the best of nature with pure aloe vera from our own fields, Forever has created a liquid soap that leaves skin feeling soft and clean. Aloe soothes and softens, while argan oil delivers vitamin E and natural fatty acids to condition and promote healthy skin. This extraordinary ingredient is known as "liquid gold of Morocco" and is carefully harvested from the fruit of the tree.

We also boosted the skin enhancing benefits of **Aloe Liquid Soap** with jojoba esters and cucumber fruit extract to help maintain moisture. The soothing properties combine perfectly with aloe vera to gently cleanse and leave skin feeling smooth and soft. But the benefits don't stop there. We've added Arnica fruit extract, harvested from a yellow flower that grows in the mountains, to help stimulate skin and leave it feeling fresh and rejuvenated. Top notes of citrus mingle with a backdrop of woody and floral aromas like cinnamon spice, cedar leaf and rose for a fragrance that enhances the feeling of freshness.

With a combination of natural oils, extracts and pure aloe vera, **Aloe Liquid Soap** has just what your skin needs to feel clean, nourished and renewed.

PERSONAL CARE

FAST FACTS

- Naturally derived cleansers help support a gentle lather
- Argan oil and jojoba infuse moisture into your skin
- Soft on sensitive skin
- Suitable for the entire family

CONTENTS

473ml

DIRECTIONS

Dispense, wet, lather and rinse completely.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Aloe Barbadensis Leaf Juice (Stabilised* Aloe Vera Gel), Aqua, Sodium C14-16 Olefin Sulfonate, Cocamidopropyl Hydroxysulfate, Propanediol, Cocamidopropyl Betaine, Arnica Montana Flower Extract, Cucumis Sativus Fruit Extract, Hydrolysed Jojoba Esters, Argania Spinosa Kernel Oil, Sodium Methyl 2-Sulfolaurate, PEG-120 Methyl Glucose Dioleate, Disodium Cocoyl Glutamate, Hydroxyacetophenone, Glycol Distearate, Disodium 2-Sulfolaurate, Potassium Sorbate, Laureth-4, Sodium Chloride, Disodium EDTA, Citric Acid, Glycerin, Caprylyl Glycol, Ascorbic Acid, Parfum, Benzyl Benzoate, Linalool, Benzyl Salicylate, Butylphenyl Methylpropional, Chlorophenesin, Phenoxyethanol, Sodium Benzoate, Sorbic Acid.



Nourishing Hair Oil

#642



Nourishing Hair Oil

Care for your hair with Forever's **Nourishing Hair Oil**. A rich, lightweight blend of aloe and six botanical oils.

Rich in nutrients that help to provide moisture, shine and frizz control without weighing your hair down or making it feel greasy, Forever's **Nourishing Hair Oil** combines aloe and a blend of six silicone-free botanical oils.

Each of the six oils packs a nourishing punch, while enhancing your hair with a lightweight feel. Crambe abyssinica oil is derived from a mustard plant and shields hair from styling or environmental stressors. Jojoba oil resembles natural skin sebum (fatty acids) of the scalp and hair. Pataua oil is rich in antioxidants and derived from the fruit of an Amazonian palm tree, which soothes and smooths hair with a non-greasy feel.

Tsubaki oil, which is extracted from the Japanese camellia plant, adds shine. Pequi oil, known as 'Cerrado's Gold', is from the fruit of a tree found in Brazil, whose fatty acids smooth the hair's cuticle and reduce frizz. Finally, Safflower oil promotes moisturisation.

These oils are then supported by the power of aloe vera, which provides moisture to the hair and also contains trace elements of antioxidant vitamins A, C and E.

Ideal for all hair types and textures, Forever's **Nourishing Hair Oil** contains plant-based, renewable silicone alternatives to support hair from stressors like bending and friction.

For a weightlessly soft feel and a blend of six botanical oils that provide moisture, shine and frizz control, Forever's **Nourishing Hair Oil** is the perfect product to add into your haircare routine.

PERSONAL CARE

FAST FACTS

- Ideal for all types and textures.
- Silicon-free, plant-based formula that won't weigh hair down.
- Quick-absorbing dry oil formula glides through hair with no greasy residue.
- Blend of six botanical oils provide moisture, shine and frizz control.
- Light, sweetly subtle, fruity-floral fragrance.
- Gluten free.
- Vegan friendly.

CONTENTS

30ml

DIRECTIONS

Apply a few drops into palm, rub palms together and smooth over damp hair from the ends to mid-length. Can also be used on dry hair after styling.

CERTIFICATIONS



INGREDIENTS

C15-19 Alkane, Isoamyl Laurate, Caprylic/Capric Triglyceride, Crambe Abyssinica Seed Oil Phytosterol Esters, Simmondsia Chinensis Seed Oil, Camellia Japonica Seed Oil, Parfum, Oenocarpus Bataua Fruit Oil, Caryocar Brasiliense Fruit Oil, Carthamus Tinctorius Seed Oil, Benzyl Benzoate, Tocopheryl Acetate, Aloe Barbadensis Leaf Extract, Beta Vulgaris Root Extract, Hexyl Cinnamal, Linalool, Benzyl Salicylate, Citronellol, Tocopherol.



FOREVER

Forever Malosi Fine Fragrance

#644



Forever Malosi Fine Fragrance

An intriguing woody scent with refreshing, spiced nuances.

Envelop your senses with the power and love of the Samoan people in this exclusive fragrance that pays tribute to Forever's Founder, Rex Maughan, and his deep connection with the Samoan Islands.

In Samoan, malosi means 'power' – a word woven into the fabric of Forever by Rex, who often said, "The Power of Forever is the Power of Love."

Experience this power through **Forever Malosi** Fine Fragrance: a distinctive, sophisticated scent crafted and blended exclusively for Forever. The bold fragrance features a carefully selected combination of botanicals that captivate. Spiced woody notes like bergamot and sandalwood mingle with the refreshing aromas of cypress and citrus. The result is a well-rounded scent that's perfect for everyday wear or a formal night out on the town.

Beyond its fragrant appeal, the bottle delights too. **Forever Malosi** Fine Fragrance has been thoughtfully designed, featuring cultural, traditional artwork designed by a Samoan artist representing the true meaning of malosi.

When you apply **Forever Malosi** Fine Fragrance, you're choosing power and confidence as you go about your day or night. This expertly crafted fragrance is an enticing addition to your daily routine, providing that alluring finishing touch.

PERSONAL CARE

FAST FACTS

- Botanical blend of warm, woody and spiced notes.
- Unique and sophisticated.
- Perfect for any occasion.

CONTENTS

30ml

DIRECTIONS

Apply as desired

CERTIFICATIONS



INGREDIENTS

Alcohol Denat., Parfum, Aqua, Limonene, Benzyl Benzoate, Linalool, Citronellol, Coumarin, Citral, Geraniol.



FOREVER

Forever Alofa Fine Fragrance

#643



Forever Alofa Fine Fragrance

A crisp, delicately sweet fusion for an alluring, warm floral scent.

Envelop your senses with the power and love of the Samoan people in this exclusive fragrance that pays tribute to Forever's Founder, Rex Maughan, and his deep connection with the Samoan Islands.

In Samoan, alofa means 'love' - a word woven into the fabric of Forever by Rex, who often said, "The Power of Forever is the Power of Love."

Forever Alofa Fine Fragrance delivers this sense of love in an alluring scent crafted and blended exclusively for Forever. The complex fragrance features a carefully selected combination of botanicals that captivate. Floral notes like sweet jasmine intertwine with crisp citrus and warm aromas of sandalwood. The result is an elegant scent.

Beyond its fragrant appeal, the bottle delights too. **Forever Alofa** Fine Fragrance has been thoughtfully designed, featuring cultural, traditional artwork designed by a Samoan artist representing the true meaning of alofa.

This expertly crafted fragrance provides a beautiful finishing touch to everyday wear or for a special occasion. Feel the power of love with **Forever Alofa** Fine Fragrance.

PERSONAL CARE

FAST FACTS

- Botanical blend of floral, citrus and warm notes.
- Unique and elegant.
- Perfect for any occasion.

CONTENTS

- 30ml

DIRECTIONS

Apply as desired

CERTIFICATIONS



INGREDIENTS

Alcohol Denat., Parfum, Aqua, Limonene, Linalool, Benzyl Salicylate, Hydroxycitronellal, Coumarin, Hexyl Cinnamal, Citronellol, Geraniol, Benzyl Benzoate, Farnesol.

Aloe Ever-Shield Deodorant

#067



Aloe Ever-Shield Deodorant

The aloe vera formula contains no alcohol or harsh aluminium salts usually found in antiperspirant deodorants and can be used to soothe after underarm shaving and waxing. This deodorant also offers a clean, pleasant scent that's not overpowering.

When the temperature is rising and the pressure is on, it is a real confidence-booster to maintain that fresh feeling from the start of the day. **Aloe Ever-Shield Deodorant** provides effective, all-day protection against underarm odour and can be applied directly after shaving or waxing, without causing stinging. This gentle yet powerful product glides on smoothly, does not stain clothes, and does not contain alcohol or harsh aluminium salts usually found in antiperspirant deodorants. **Aloe Ever-Shield Deodorant** contains no harsh aluminium salts.

PERSONAL CARE

FAST FACTS

- Contains no aluminium salts.
- Does not stain clothes.
- Can be used directly after shaving or waxing.
- Rich in texture.

CONTENTS

92.1g

DIRECTIONS

Apply **Aloe Ever-Shield Deodorant** under your arms every day for a fresh and clean feeling all day long.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Propylene Glycol, Aqua, Sodium Stearate, Aloe Barbadosensis Leaf Juice, Parfum, Triclosan, Hexyl Cinnamal, Benzyl Salicylate, Linalool, Potassium Sorbate, Hexamethylindanopyran, Citric Acid, Geraniol, Sodium Benzoate, Citronellol, Terpineol, Benzyl Cinnamate, Linalyl Acetate, Alpha-Isomethyl Ionone, Amyl Cinnamal, Eugenol, Limonene, Ascorbic Acid.



Forever Hand Sanitizer

#318



Forever Hand Sanitizer

Enriched with soothing aloe and nourishing honey, one squirt of this handy disinfectant can kill 99.9% of germs and bacteria. With a refreshing scent of lemon and lavender, **Forever Hand Sanitizer** softens and moisturises hands as it cleans. A must-have for your pocket and bag.

When you're trying to keep yourself and your family healthy, some of your biggest enemies are the ones you can't see. Being an active family, you come into contact with just about everything – including plenty of germs.

Forever Hand Sanitizer with aloe vera and honey is designed to kill 99.9% of germs. The skin-soothing stabilised aloe and hydrating honey soften and moisturise as it cleans, with the added pleasing scent of lemon and lavender. Plus, the bottle makes it the perfect size to have on hand anywhere, any time!

PERSONAL CARE

FAST FACTS

- Kills 99.9% of germs.
- Soothing stabilised aloe and honey to soften and moisturise as it cleans.
- Refreshing smell.

CONTENTS

- 59ml

DIRECTIONS

Wet hands thoroughly with product. Briskly rub hands together until dry. Children under six years of age should be supervised when using this product.

Please note: It is advisable to perform a patch test before using any topical product for the first time.

CERTIFICATIONS



INGREDIENTS

Alcohol denat, aqua, aloe barbadensis leaf juice, MEL, isopropyl alcohol, glycerin, tetrahydroxypropyl ethylenediamine, acrylates/C10-30 alkyl acrylate crosspolymer, tocopheryl acetate, isopropyl myristate, citric acid, parfum, citral, hexyl cinnamal, coumarin, limonene, geraniol, linalool, potassium sorbate, sodium benzoate.



FOREVER



Ensuring the highest quality.

We own numerous patents for the stabilisation of aloe vera, which assures you of the highest quality aloe vera-based health and beauty products. Our aloe vera products were the first to receive the International Aloe Science Council seal of approval for consistency and purity. Many of the products also feature the Kosher and Halal seals of approval. Forever does not test its products on animals.

foreverliving.com

Forever Business Owner:

Code: 1270 2512/K

