

# 2024/25 Forever Product Brochure

Register in Forever Kenya as a Preferred Customer  
to have 5% discount on the products



Plant to  
Product  
to You

  
FOREVER®



# Contents



04

**A letter from our  
CEO, Gregg Maughan**

05

**From Plant to  
Product to You**

08

**15 Reasons**

09

**The 8 steps  
Process**

---

10

**Fundamental Nutrition**

**12 Drinks**

**16 Daily Needs**

**22 Immune Health**

**26 Active Lifestyle**

34

**Bee Products**

36

**Skin Care**

**38 Facial Care**

**48 Body Care**

32

**Weight Management**

54

**Personal Care**



# A letter from our CEO, Gregg Maughan

For more than 46 years, Forever has remained committed to changing the lives of others through products that promote lasting health and wellness.

This company was built on the principles of quality, kindness, honor and the willingness to follow the road less traveled. A commitment to these values helped Forever grow from my father, Rex, selling aloe vera products out of our home to operating in over 140 countries throughout the world. Today, those principles stand as the foundation for our business.

As a vertically integrated company, we own our aloe fields, manufacturing facilities, research and development, quality control laboratories, and distribution channels. This gives us control over our products, ensuring quality, safety and customer satisfaction have always been our top priorities.

We rely on the unique combination of ingredients found in nature and advancements found in science to bring the best, most effective products to market — always with your health and wellness in mind.

And this year, we are excited to announce that our aloe vera plants grown in the Dominican Republic, and the inner leaf aloe vera gel extracted from them, are now USDA Certified Organic and EU Organic. These esteemed designations are a testament to our continued dedication to environmental responsibility and prioritizing sustainability in our product offerings.

Our hope is that you will not only look better and feel better because of our products, but that you will also experience the positive, transformative change that Forever has brought to millions of lives around the world.

To your health,



**Gregg Maughan**  
CEO, Forever Living Products International





## From Plant to Product to You

With a “plant to product to you” philosophy, Forever is the largest aloe manufacturer in the world. With over 7,500 acres in Texas and the Dominican Republic, each year we grow 40 million aloe vera plants, on average, that are harvested and shipped to our product manufacturing facilities. But it’s not just any aloe vera. We only grow and harvest *Aloe barbadensis* Miller, which is the most nutritionally valuable variety of aloe.

Additionally, in 2024, Forever’s aloe vera plants grown in the Dominican Republic, and the inner leaf aloe vera gel extracted from them, attained USDA organic and EU organic certifications — a testament to Forever’s unwavering commitment to high-quality ingredients and agricultural stewardship.

Since 2200 B.C., people have been using aloe vera for its soothing qualities, and it’s no wonder why. Aloe vera has powerful, potential benefits that nourish the body inside and out. From aiding in digestion and promoting natural energy to soothing and conditioning the skin, pure inner leaf aloe vera gel is at the heart of everything we do at Forever. That’s why we own our process — our aloe fields, manufacturing facilities, research and development, quality control laboratories, and distribution channels — truly making what we do “from plant to product to you.”

### Plant Cultivation

Our aloe plants are carefully nurtured, and once the leaves reach maturity after about a year, each one is harvested by hand.

“We only harvest our aloe vera leaves after they have reached full maturity,” says Leonel Mesa, Senior Director of Operations. “This ensures that the largest amount of pure aloe vera gel, along with all of its nutrients, are preserved throughout the manufacturing process. Doing this by hand allows us to get the highest quality aloe to use in Forever’s incredible products.”





## From Plant to Product to You (continued)

After removal from the plants, the leaves are transported to an on-site processing station where they are washed twice before being filleted by hand. This ensures the rind is fully removed and only the nutritious inner leaf gel is left.

Next, the aloe vera gel passes through several quality check stations, and any anomalies are removed before it travels to an aseptic tank for processing. This entire process is completed within six hours of harvesting so that all the aloe vera's beneficial properties remain intact.

During aseptic processing, the aloe is flash-heated to lock in the benefits and freshness, while safely reducing the level of impurities without the need for preservatives. This aseptic process has been proven to maintain over 300% more of the aloe's vitamin content, resulting in a final product that is fresh and nutritious. The pure aloe vera gel is then bulk-packed into large totes for transportation to our manufacturing facilities.

### Product Formulation

Aloe Vera of America (AVA) serves as the manufacturing hub for most of our aloe operations around the world. It is here where the production process, and the foundation for many of our products, begins. This state-of-the-art facility has the latest in manufacturing technology, laboratory testing equipment, and product research and development to produce beverages and cosmetics using pure inner leaf aloe vera gel as the primary ingredient.

"Due to the importance of product quality, we have a high level of procedure and documentation around our manufacturing processes," says Terry Harkins, AVA's Director of Quality Management.

As part of this process, once the inner leaf aloe vera gel arrives, it is tested to make sure it meets all product specifications and is then flash-heated a second time. From here, the formula heads to the



packaging line. Once final quality inspections and testing are performed, our aloe vera products are released for shipment.

### Delivery to You

After cultivation and formulation, it's time for distribution. Forever has regional distribution centers all over the globe that supply products to over 140 countries. This allows us to control lead times, reduce costs, and assure our quality standards are upheld throughout our distribution channels.

A complex system of cutting-edge technology ensures that each product you order is efficiently packaged. Once the order is fulfilled, the package is reviewed for accuracy and sealed with care to make sure that it arrives safely to your door.

"Our packaging philosophy for our packing employees is to 'create your own masterpiece,' something our Founder Rex Maughan instilled," says Peter van Eijk, Director of Operations at Forever Direct. "Every package should account for accuracy, efficiency and quality. When someone receives a Forever order, it should look like a gift, handled with love and care."

With Forever, the benefits of nature are backed by science. Our "plant to product to you" philosophy ensures that we can control the cost, and most importantly, the quality of our products at every step of the process. This means you can feel confident in knowing that you are getting the very best product to help you look and feel your best.







## Sustainable Solutions

Throughout this process, Forever continues to prioritize innovation and sustainability in several ways:

All the water used to clean and wash our aloe vera is recycled back into the aloe fields to help conserve water.

Aloe vera plants, like all plants, absorb CO<sub>2</sub> during photosynthesis. With approximately 40 million aloe vera plants in our aloe fields, we have been able to make an impact on reducing atmospheric CO<sub>2</sub> levels by cleansing the Earth of many tons of CO<sub>2</sub>.

For nine consecutive years, Aloe Vera of America has received the Blue Thumb Award, which certifies that it has met all local and federal pretreatment requirements for eliminating any possible pollutants.

Aloe Vera of America has International Organization for Standardization (ISO) certifications for water efficiency, energy efficiency, quality, environmental, occupational safety, and laboratory competence.

For nine consecutive years, Aloe Vera of America has received the P2 award from the Texas Commission on Environmental Quality for its waste recycling and minimization programs.

Forever Direct reduced shipping box sizes, switched to boxes made of 85% recycled material, and replaced plastic filling with paper filling.

Forever switched the packaging of Forever aloe vera gel drinks to PET bottles, which is 100% recyclable plastic, and ours is made from more than 50% post-consumer recycled content.

A herd of 3,000 goats provide natural weed control and over 6 million pounds of natural fertilizer each year in Forever's Dominican Republic fields.



**View our Plant  
to Product to  
You video!**

*These statements have not been evaluated by the Food and Drug Administration. Forever's products are not intended to diagnose, treat, cure, or prevent any disease.*



# 15 REASONS

## to try Forever Living Products

Industry leader provides scientifically proven solutions  
for enhanced wellness & financial stability

### Covers Core Nutrition

Forever's products provide the body with a wide array of nutrients needed to maintain vital health.

### Benefits Every Body System

Forever's products are more than just Aloe. The entire FLP product family contains nutrients shown to promote optimal function of virtually every body function and process.

### Supported by Science

Literally hundreds of studies demonstrate that Aloe Vera is one of nature's top superfoods. An impressive body of research also supports the primary ingredients in Forever Living's industry-leading product line.

### Superior Quality

From "Plant to Product to You," Forever Living controls the growing, harvesting and processing methods of its Aloe Vera. The result is today's highest-quality products at affordable prices.

### Immune Support/Function

Forever Living's Aloe Vera and other products provide natural immune support.

### Aids in Healthy Digestion

Forever Living's Aloe products have natural, cleansing abilities that help the digestive tract absorb nutrients into the bloodstream, while at the same time promoting the growth of friendly bacteria.

### Combats the Signs of Aging

The premium-grade Aloe Vera, and other ingredients in Forever's products, deliver building materials to maintain healthy skin and help combat the signs of aging.

### Dental Health and Hygiene

Aloe Vera has been shown to be extremely healthful for the mouth and gums. Forever Bright® Toothgel helps promote healthy oral hygiene.

### Healthy Weight Support

Forever Living's Aloe Vera and other products naturally help the body to cleanse the digestive system, which can contribute to maintaining healthy body weight.

### Power Body Builder

Amino acids are the body's building blocks and are necessary for numerous body processes. Eight of nature's essential amino acids are found in Forever's products.

### Trace Minerals & Vitamins

Forever Living's Aloe Vera Gel delivers numerous health- maintaining trace minerals & vitamins, including calcium, sodium, iron, potassium, chromium, magnesium, manganese, copper, zinc and vitamins A, B1, B2, B12, C, E, folic acid, and niacin.

### Boosts Energy Levels

Forever's products promote cellular nutrition, which helps create a greater feeling of well- being and enhances energy levels.

### Rapid, Gentle Soothing

Aloe Vera is legendary for its fast-acting soothing effects for minor burns, cuts, scrapes and skin irritations, as well as enhancing collagen formation.

### An Industry Leader

Forever Living and Aloe Vera of America helped pioneer the aloe industry. Forever Living is the largest grower, harvester, and manufacturer of Aloe Vera and bee products in the world.

### Unique Opportunity

Forever Living's unique product family is the basis of an opportunity for you to build financial stability and add more freedom to your lifestyle.



# THE 8 STEP PROCESS



Our stabilized Aloe Vera is the finest available. To keep it that way, we've vertically integrated our entire aloe process. We control everything from fields, to factory to research and development, to packaging, to shipping and distribution. This allows us to guarantee the quality of FLP products to our millions of customers and distributors who depend on them for a healthier and more rewarding livelihood.



Each aloe plant starts out as a shoot. Or pup. After approximately 3 years of careful cultivation, each mature Aloe Vera leaf is gently removed from the plant by hand with a small incision along the stalk. Once a leaf is cut, it is quickly transported for processing so that the gel remains in its freshest, purest form.



The leaves undergo a thorough cleaning process where they're bathed several times in cool water and given a high-pressure wash. Any remaining debris is removed, and the leaves are inspected for defects. The leaves are then filleted.



FLP's the extraction process is not patented, gel extraction system separates the clear aloe gel from the outer leaf. The pure aloe gel is collected in stainless steel containers, and immediately goes through a patented stabilization process that protects it from oxidation, and seals in its natural potency.



After stabilization, the gel undergoes extensive laboratory testing and analysis to ensure purity and consistency. Once the Aloe gel has been tested and approved, its transported to FLP'S product manufacturing plant, Aloe Vera of America, in Dallas, Texas where it's put through a series of microbiological and quantitative testing.



Once approved, the gel is transferred to our product formulation tanks. When the compounding phase is completed, the product is filled on our automated filling lin. Our revolutionary bottling equipment can produce 100,000 bottles per shift. That's more than three bottles of Aloe Vera Gel filled, sealed and packaged per second!



To ensure quality and consistency, quality control technicians inspect the bottles at routine intervals throughout the filling process. The bottle is then coded with the batch number and expiration date using state of the art ink jet coders.



AVA ships thousands of containers every month; in fact, we are one of the largest exporters in the southern United States. These containers are sent to well over 100 countries worldwide providing people just like you with what we know to be the very best natural health products in the world.



# 10





## Fundamental Nutrition

Vitamins and minerals are essential to helping your body function the way it should.

While a healthy diet and lifestyle certainly help, most people still benefit from the nutrient boost found in nutritional products and supplements. Adding these to your diet provides your body with what it needs to help maintain optimal health, including supporting immunity, digestion, energy, and an active lifestyle.

Forever's products are scientifically advanced — featuring clinically studied ingredients — and we are continually evaluating our formulas to ensure they provide the very best ingredients based on emerging science. What's more, our nutritional drinks contain up to 99.7% pure stabilized aloe vera gel, the heart of our company and many of our products.





## Drinks

Forever's stabilized aloe vera gel is the foundation for our drink products. Our inner leaf gel is hand-harvested from Forever's own aloe fields in Texas and the Dominican Republic, and it's aseptically processed, which allows the formula to remain free of added preservatives.

Forever's aloe vera gel is certified by the International Aloe Science Council for its aloe content and purity, so no matter which Forever drink you choose, you're getting the benefits of aloe, just as nature intended.

---

*"I have been taking Forever Aloe Vera Gel every morning and evening for 23 years now, and I will never stop doing that. Forever Aloe Vera Gel has natural, essential nutrition for my body."*

---

### Forever Aloe Vera Gel®

Imagine slicing open an Aloe leaf and consuming the gel directly from the plant. Our Aloe Vera Gel is as close to the real thing as you can get.

The miraculous aloe leaf has been found to contain over 200 different compounds. A product of our patented aloe stabilization process, our gel is favored by those looking to maintain a healthy digestive system and a naturally high energy level.

The first to receive certification by the International Aloe Science Council, this rich cocktail of pulp and liquid authenticates this product as being just like nature intended. Taken daily, either alone or mixed with pure fruit juice, it is one of the best nutritional supplements available!

#### INGREDIENTS

Stabilized Aloe Vera Gel, Sorbitol, Ascorbic Acid (Antioxidant), Citric Acid, Potassium Sorbate (To Help Protect Flavor), Sodium Benzoate (To Help Protect Flavor), Xanthan Gum, Tocopherol (Antioxidant).

CONTENTS: 1 Ltr.

DIRECTIONS: Shake well.  
Refrigerate after opening.

Contains 100% Aloe Vera Juice

#015 | 0.102 C.C

#### BENEFITS

- The power of aloe – from the inside out
- The first of its kind to be Certified by the International Aloe Science Council
- Contains over 200 compounds
- Supports good digestive health
- Great cleansing power
- Great for immune support.







## Aloe Berry Nectar®

Aloe Berry Nectar contains all the goodness found in our Aloe Vera Gel, plus the added benefits of cranberry and apple.

Besides their reputation as a cleanser for the urinary tract, cranberries are also a natural source powerful antioxidants known as Oligomeric Proanthocyanidins (OPC's). Apple juice is noted for its content of potassium as well as beneficial fruit pectin.

You can drink Aloe Berry Nectar with meals or alone. The delicious flavor is totally natural, prepared from a blend of fresh cranberries and sweet, mellow apples. Added fructose (a natural fruit sugar) sweetens it just enough to please both adults and children alike.

### INGREDIENTS

Stabilized Aloe Vera Gel, Fructose, Natural Cranberry and Apple Juice Concentrates (Flavors), Sorbitol, Ascorbic Acid (Antioxidant), Citric Acid, Potassium Sorbate (To Help Protect Flavor), Sodium Benzoate (To Help Protect Flavor), Xanthan Gum, Tocopherol (Antioxidant).

**CONTENTS:** 1 ltr.

**DIRECTIONS:** Shake well. Refrigerate after opening

Contains 100% Aloe Vera Juice

#034 | 0.102 C.C



### BENEFITS

- All the benefits of Aloe Vera Gel with the sweet taste of cranberries and apples
- Contains Oligomeric Proanthocyanidins (OPC's) and other antioxidant bioflavonoids
- Natural support for urinary tract health





## Forever Freedom®

Forever Freedom has combined Aloe Vera with other substances that are helpful for the maintenance of proper joint function and mobility in a tasty, orange-flavored juice formula.

We've taken Glucosamine Sulfate and Chondroitin Sulfate - two naturally occurring elements that have been shown to help maintain healthy joint function and mobility - and married them with our stabilized Aloe Vera gel. To this, we've added vitamin C and MSM, a primary source of bio-available sulfur the body needs to maintain healthy connective tissues and joint function.

Glucosamine Sulfate and Chondroitin Sulfate are natural substances that help maintain the structure and health of cartilage, keeping this natural "shock absorber" well hydrated. They also help keep the lubricating fluid within the joint at the necessary viscosity to allow one surface to glide freely over another. As the body ages, it is less able to produce these natural elements of healthy cartilage which can then lead to "wear and tear" on the joints.

Forever Freedom provides the usually recommended amounts of Glucosamine Sulfate (1500mg), Chondroitin Sulfate (1200mg) plus 750mg of MSM and 250mg of Vitamin C per 118g serving.

#196 | 0.146 C.C

When combined, Glucosamine Sulfate, Chondroitin Sulfate, Vitamin C and MSM provide the first line of defense for joint support. Make Forever Freedom a practical and nutritious way to start your day!

### INGREDIENTS

Stabilized Aloe Vera Gel (Juice), Sorbitol, Natural Orange Juice Concentrate (Flavor), Fructose, Glucosamine Sulfate, Chondroitin Sulfate, Natural Orange Flavor, Methyl Sulfonyl Methane, Ascorbic Acid (Antioxidant), Citric Acid, Potassium Sorbate (To Help Protect Flavor), Sodium Benzoate (To Help Protect Flavor), Tocopherol (Antioxidant).

**Contains Shellfish (Shrimp, Crab, Lobster).**

**CONTENTS: 1 ltr.**

**DIRECTIONS: Shake well. Refrigerate after opening.**

### BENEFITS

- Unique formulation available in an Aloe drink form, providing a practical and nutritious way to support joint health
- Easier assimilation due to Aloe Vera carrier
- Contains substances naturally occurring in joints



## Daily Needs

Supporting your health starts with your daily routine.

Even if you have a healthy diet, you're most likely still missing out on vital nutrients. Forever's daily supplements close this gap with essential vitamins, minerals and nutrients that support a variety of health needs including increased energy, healthy digestion, and bone health.



### Fields of Greens®

With today's busy lifestyles and the convenience of fast food, we all too often neglect eating nutritionally rich, fresh foods. Forever Living Products provides a simple solution to "convenience eating" in Fields of Greens®. One glance at its ingredient list reveals a cornucopia of nutritional elements, especially formulated to combat these nutrient deficiencies.

Get the antioxidants and chlorophyll you may be lacking. Fields of Greens combines young barley grass, wheat grass, alfalfa and added cayenne pepper (to help maintain healthy circulation and digestion). We have also added honey to promote energy.

**OTHER INGREDIENTS:** Honey, Sorbitol, Magnesium Stearate, Stearic Acid and Silica. Contains Wheat.

**CONTENTS:** 80 tablets

**SUGGESTED USE:** One tablet, twice a day.

#### BENEFITS

- Excellent "green food" source
- Antioxidant
- Contains chlorophyll
- An excellent substitute for green vegetables, helps to maintain healthy circulation, helps to manage blood sugar level in diabetes, reduce excess body oestrogen.



## Forever Kids®

Give your kids the nutrients they need each day with Forever Kids® Chewable Multivitamins. These fun and delicious multivitamins provide both adults and growing kids ages two and older with the vital vitamins, minerals, iron and phytonutrients they may be lacking.

Iron is a new addition to Forever Kids for its role in immune support and cognitive development. Iron, a commonly deficient nutrient, also supports overall health.

Phytonutrients are highly desirable plant nutrients found in vegetables and fruits. Our new and improved formula has more phytonutrients from a new, improved blend of fruits and vegetables. The result is a multivitamin that tastes great, is fun to eat and complements the range of other supplements that Forever Living offers!

Formulated without artificial colors or preservatives, the phytonutrient base is taken from such nutritious foods as carrots, beets, broccoli, spinach, blueberries, apples, cranberries, tomatoes and strawberries. You and your kids will love the natural grape flavor, and you'll love the peace of mind!

**CONTENTS:** 120 tablets

**SUGGESTED USE:** For children over four and adults, take four tablets daily as a dietary supplement. For children two to four years old, take two tablets per day under adult supervision.

### BENEFITS

- No artificial colors or preservatives
- Chewable tablets
- Phytonutrient base taken from the finest raw foods including broccoli, spinach, beets, and carrots

## Forever iVision™

Our vision is a precious sense, and one that we should not take for granted. While we may supplement our diets with nutrients to enhance our overall wellbeing, we tend to overlook our eyesight as a necessary part of our health to maintain.

Forever Vision® is a dietary supplement with bilberry, lutein and zeaxanthin plus super antioxidants and other nutrients. Bilberry, a popular traditional herb, can support normal eyesight and improve circulation to the eyes. Lutein, a common carotenoid found in many vegetables and fruits, can help protect the retina. Zeaxanthin and Astaxanthin are other carotenoids that are important to the eye's macular health.

With just 2 tablets per day, Forever Vision is an easy way to help you keep looking clearly into the future.

**CONTENTS:** 60 tablets

**SUGGESTED USE:** Take two tablets daily as a dietary supplement.

**OTHER INGREDIENTS:** Dicalcium Phosphate, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, and Silicon Dioxide..

### BENEFITS

- Provides Bilberry, Lutein and Zeaxanthin
- Supports normal eyesight
- Keeps you looking into the future
- Supports blue light

## Forever Daily™

Vitamins and Mineral with AOS Complex™

Forever Daily™ is a revolutionary nutrient delivery system designed in combination with Forever Living's proprietary aloe oligosaccharide (AOS) complex. Forever Daily™ with AOS delivers a perfectly balanced blend of 55 nutrients, including essential vitamins and minerals, providing more efficient absorption and in the case of minerals, targeting specific body systems.

Additionally, Forever Daily's comprehensive nutritional program delivers optimal amounts of important natural phytonutrients, bioflavonoids, cutting edge antioxidants with molecular-technology, and a proprietary blend of fruits and vegetables to ensure your body receives all the essential and semi-essential micro and macro core nutrients required for ideal health.

This unique formula is designed to nourish and protect our bodies by filling the nutrient gaps in our everyday diet and provide optimal health and vitality.

**CONTENTS:** 60 tablets

**SUGGESTED USE:** Take 2 tablets daily as a dietary supplement.

**OTHER INGREDIENTS:** Silicified microcrystalline cellulose, stearic acid, croscarmellose sodium, ethyl vanillin, sodium carboxymethylcellulose, dextrin, dextrose, medium chain triglycerides, trisodium citrate.

### BENEFITS

- Blend of 55 nutrients, including essential vitamins and minerals
- Nourishes and protects our bodies

## Forever B12 Plus®

An excellent combination of essential nutrients, Forever B12 Plus® combines Vitamin B12 with Folic Acid utilizing a time-release formula to help make possible metabolic processes, including cell division, DNA synthesis, red blood cell production, and proper nerve function.

Vitamin B12, or Cyanocobalamin, was first discovered in 1948 as the nutritional factor that prevented pernicious anemia. B12 also works with folic acid in reducing homocysteine levels in the body.

If you are a female of childbearing age, perform this first act of love for your baby! Vitamin B12 deficiency also means deficiency in folic acid, which is critical to the fetus during the first three months of pregnancy, also making it beneficial to women wishing to conceive.

This supplement is extremely safe, as both components are tolerated in large amounts. It is also essential to a vegetarian or vegan diet, as B12 is normally obtained from animal sources.

Enjoy the benefits of Vitamin B12 and folic acid together, in a formula exclusively designed to complement the rest of our supplement range!

Get Your  
Extra Daily  
Boost

### OTHER INGREDIENTS

Dextrose, Dicalcium Phosphate, Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Stearic Acid, Silica, and Magnesium Stearate.

CONTENTS: 60 tablets

**SUGGESTED USE:** As a dietary supplement, take one or two tablets daily, preferably after meals.

#188 | 0.062 C.C

### BENEFITS

- Helps reduce homocysteine levels
- Extremely safe, even in large amounts
- Supplements of vitamin B12 and folic acid should be taken together
- Food for the brain, anemia, anti-cancer, anti-aging, neural tube defect
- Must have Pregnancy\Expectant



## Forever Nature-Min®

Your body can benefit from nutrients locked deep in an ancient seabed, because four percent of our body weight is comprised of these minerals. Since our bodies can't manufacture minerals, we have to obtain them from our food or supplementation.

Forever Nature-Min® is an advanced, multi-mineral formula using new bio-available forms of minerals for maximum absorption. It provides minerals and trace minerals in a perfectly balanced ratio for maximum efficiency. Using a mineral base of natural seabed deposits, Nature-Min provides most of the minerals found in the human body.

Minerals in the body perform three functions:

1. Some, like calcium, phosphorus and magnesium, are constituents of the bones and teeth.
2. Others are soluble salts that help to control the composition of body fluids and cells.
3. Minerals, such as iron and haemoglobin, perform other vital tasks. They work with enzymes and proteins, which are necessary for releasing and utilizing energy.

Forever Nature-Min is an excellent way to ensure that your body is getting the minerals and trace minerals it needs to meet the demands of a healthy, balanced lifestyle.

**OTHER INGREDIENTS:** Natural Sea Mineral Deposit, Croscarmellose Sodium, and Stearic Acid.

CONTENTS: 180 tablets

**SUGGESTED USE:** Six tablets daily as a dietary supplement.





## Forever Nature-Min®

Advanced Multi-Mineral Formula  
Dietary Supplement

180  
Tablets

#037 | 0.072 C.C

### BENEFITS

- Contains trace minerals from natural sea bed deposit
- Perfect blend of minerals in each tablet
- Minerals play many roles in the human body, from regulating fluid balance to activating genes and hormones
- Helps to strengthen bones

## FOREVER LYCIUM PLUS®

*Lycium and Licorice Extracts*

DIETARY SUPPLEMENT  
100 TABLETS  
©2007  
FOREVER®

#072 | 0.122 C.C

### BENEFITS

- Powerful antioxidant
- Good source of phytonutrients
- Beneficial to eyesight and skin
- Powerful tonic
- Promote good digestive health

## Forever Lycium Plus®

A fruit used in ancient China for centuries, lycium has been shown to enhance the complexion and help maintain energy and good vision. Forever Lycium Plus® is a dietary supplement containing antioxidants, bioflavonoids and other beneficial phytonutrients.

Lycium is known in China as a “yin tonic”, with many traditional uses for maintaining good health. Licorice is considered to be the most widely used herb in China. It is made up of over 150 different compounds, which have been shown to have many beneficial effects. Its most frequent use by far is as a complementary herb, with its main function being to bring out the best beneficial effects of other herbs. This makes it an ideal companion for lycium.

Licorice Flavonoid Extract is a concentrated form of licorice bioflavonoids. It is produced according to a process that removes most of the glycyrrhizin, an intensely sweet component of licorice that has been shown to produce undesirable side effects. Based on modern studies, licorice bioflavonoids are among the strongest antioxidants discovered to date.

### OTHER INGREDIENTS

Microcrystalline Cellulose, Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, and Silicon Dioxide.

CONTENTS: 100 tablets

SUGGESTED USE: One tablet, three times a day.



## Forever Multi-Maca®

Maca, also known as *Lepidium Meyenii*, is an annual plant that is cultivated in the Peruvian central highlands. The edible root, which resembles a radish, is a staple food for the local population.

Maca has been highly revered for over 2,000 years in Peru. According to legend, the Incan warriors ate Maca for strength and endurance before going to battle. The Spanish Conquistadors called it the “sex herb of the Incas”. Today it is known as Peruvian Ginseng. Modern studies suggest that Maca helps promote libido, sexual potency and energy.

Women in South America have also used Maca for thousands of years to help maintain their stamina, prevent fatigue and reduce the effects of stress on their body. Peruvian women begin using Maca at age 3, and remain strong, fertile and productive, and have immense stamina well into their later life. Maca may increase a woman's libido, and should be taken daily for best results.

Maca's reported beneficial effects for sexual function could be due to its amino acids, which are required for many functions in the body, including sexual and fertility functions. They also

are required in the manufacturing of substances that transmit signals in the nervous system and play a major role in the process of sexual arousal and physical performance during sex.

Forever Multi-Maca® combines legendary Peruvian Maca with other powerful herbs and select ingredients, to create one of the finest supplements of its kind.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Calcium Citrate, Stearic Acid, Croscarmellose Sodium, Guar Gum, Magnesium Stearate, Silicon Dioxide, Dextrin, Dextrose, Lecithin, Sodium Carboxymethyl Cellulose and Sodium Citrate. Contains Soy.

**CONTENTS:** 60 tablets

**SUGGESTED USE:** Two tablets every day with water.



#215 | 0.107 C.C

### BENEFITS

- Known as the “sex herb of the Incas”
- Helps promote libido, stamina and energy
- Promotes sexual arousal and endurance, prevents hot flushes, enlargement of the prostate, increase stamina during exercise, breast soreness and tenderness and many more.





#374 | 0.120 C.C

Excellent  
Nutrition For  
The Family



#375 | 0.127 C.C

## Forever Vitolize™ Men®

Although the exact age may vary, prostate health eventually becomes an important issue for all men. Vitolize™ Men's Vitality Supplement contains all of the power of Forever Prō6®, but now also includes more nutrients, more bioavailable nutrient forms and more powerful botanicals.

Vitolize™, combined with a healthy diet and exercise, offers a natural solution to support prostate health. This unique, comprehensive formulation supplies a highly effective blend of potent herbs, vitamins, minerals, and antioxidants to help maintain normal urinary flow, promote healthy testicular function, and encourage optimal prostate health.

Proprietary Botanical Blend Vitolize™ is formulated with a proprietary blend of botanicals including saw palmetto, pygeum and pumpkin seed. Each of these botanicals has been used for centuries to support prostate health.

Exclusive Nutrient Blend Vitolize™ also includes a blend of nutrients specifically designed and balanced to support men's health and promote healthy prostate function. Vitamins C, D, E, and B6 are all essential for a healthy prostate. These vitamins have been combined with the minerals selenium and zinc, which have been found to play a critical role in prostate health. Quercetin and lycopene have also been added in levels that are properly balanced with these critical nutrients to provide complete prostate support.

### New & Improved

In addition to vitamin E, selenium and lycopene from the original Forever Prō6®, Vitamin C, D and B6 have been added in combination with zinc and quercetin. Vitamins C, D, and B6 are all essential for prostate health and are required for the production of hormones.

**OTHER INGREDIENTS:** Gelatin, glycerin, purified water, beeswax, soy lecithin, and carob extract. Contain Soy.

**CONTENTS:** 60 Softgels

**SUGGESTED USE:** Two softgels daily as a dietary supplement.

## Forever Vitolize™ Women®

Discomfort due to PMS, menopause, or less than optimal urinary tract function may be related to hormone changes and specific nutritional needs. The natural blend of antioxidant-rich fruits, herbs, vitamins and minerals in Vitolize™ Women's Vitality Supplement is specifically designed with a woman's needs in mind.

### PROPRIETARY BOTANICAL BLEND

Vitolize™ includes a proprietary blend of botanicals including apple powder, passionflower and schisandra berry. Each of these botanicals has been used for centuries to balance hormones and support overall health and wellbeing. These botanicals are then combined with a clinically proven cranberry fruit powder that is made through a proprietary process that intensifies the natural benefits of the whole cranberry. This unique cranberry incorporates a patented technology that protects the cranberry from destruction by gastric acid in the stomach, thereby delivering the nutrients to the lower gastrointestinal tract where they can be absorbed through a time-released mechanism.

### EXCLUSIVE NUTRIENT BLEND

Vitolize™ also includes a blend of nutrients specifically designed and balanced to support women's health and hormone balance. Magnesium, vitamin C and the B vitamins are all essential for hormone production, yet these critical nutrients are easily depleted by stress and common medications including birth control and hormone replacement therapies. These vitamins have been combined with patented forms of iron and calcium, two critical minerals for women's cardiovascular and bone health. These nutrients have been properly balanced to provide complete support.

**OTHER INGREDIENTS:** Microcrystalline cellulose, hydroxypropyl methylcellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, sodium carboxymethylcellulose, dextrin, dextrose, medium chain triglycerides, and trisodium citrate.

**CONTENTS:** 120 tablets

**SUGGESTED USE:** Take two tablets twice daily as a dietary supplement.

# Immune Health

Staying healthy is key to living the life you want and showing up for what matters most. Make sure your immunity doesn't slow you down with products that help support immune health function.



#566 | 0.148 C.C

NEW!



#672 | 0.057 C.C

## Forever Absorbent-D™

Get essential vitamin D in prickly pear-flavored chewable tablets with enhanced absorption

Discover the power of Forever Absorbent-D™, a convenient vitamin D supplement designed to seamlessly integrate into your busy lifestyle. 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.

**DIRECTIONS:** Take one chewable tablet twice daily as a dietary supplement.

### BENEFITS

- Chewable tablets offer increased vitamin D absorption
- May promote a healthy immune system
- Helps maintain strong bones



## Forever Absorbent-C®

Daily vitamin C has long been associated with good health. Science now provides us with a whole list of benefits derived from this most famous of all vitamins:

- It is a powerful antioxidant, forming part of the body's defense system against the harmful effects of free radicals.
- It is a beneficial supplement for the skin, as it supports the formation of intercellular collagen
- It is necessary for the maintenance of healthy connective tissue.

Vitamin C is water soluble, and is secreted from the body. Since humans are among the few animals that are unable to make their own vitamin C, we must therefore get it from our food, drinks, and supplements, such as Forever® Absorbent-C®.

The need for adequate levels of vitamin C is very evident. Science reports that one cigarette destroys 25mg of vitamin C. Stress, medication and environmental factors all heavily deplete the body of this vitamin. A deficiency can result in broken capillaries and bleeding gums.

To ensure that the full 60mg of vitamin C in each tablet is effectively absorbed, we've combined it with 500 mg of oat bran, a highly soluble dietary fiber. Research shows that soluble fiber can also help maintain healthy cholesterol levels in the bloodstream.

Absorbent-C with Oat Bran is an outstanding nutritional supplement. It combines two vital nutrients into one convenient product. The bonded matrix composition, developed through a unique process, is an effective delivery system enabling the body to absorb the full 60 mg of vitamin C from each tablet. A daily intake of Absorbent-C is highly recommended for good health.

### INGREDIENTS

Natural Oat Bran, Sorbitol Powder, Honey, Ascorbic Acid, Stearic Acid, Natural Orange Flavor, Citrus Bioflavonoids, Papaya Fruit Powder and Silica.

**CONTENTS:** 100 tablets (each containing 60mg of vitamin C)

**SUGGESTED USE:** One tablet three times daily as a dietary supplement.

### BENEFITS

- Oat bran aids absorption of vitamin C
- Powerful antioxidant
- Promotes healthy skin

#048 | 0.069 C.C

## Forever ImmuBlend™

Forever ImmuBlend™ is designed to support immune system function by addressing all aspects of the immune system from its first line of defense to its last. Each ingredient in our proprietary blend is specifically chosen for the crucial role it plays in supporting your body's immune system function. It helps the body's biological defense system to operate at peak performance so you can carry on your daily routine without any cares.

Our immune-enhancing nutrient blend includes the power of lactoferrin, maitake and shiitake mushrooms, along with vitamins C & D and zinc for that extra boost. Each of these key ingredients contributes to your body's well-being:

- Fructooligosaccharides – promote healthy levels of probiotic bacteria in the digestive system.
- Lactoferrin – supports immune cell production and helps maintain optimum levels of beneficial bacteria in the intestines
- Maitake & Shiitake Mushrooms – support immune cell production and cardiovascular function
- Vitamin D – strengthens immune cells
- Vitamin C – fights free radicals
- Zinc – fights free radicals and supports immune cell production

This exclusive formula addresses all aspects of immune system function, providing both foundational nutrients required for a healthy immune system and natural botanicals that work synergistically to support immune function.

**Other ingredients:** Microcrystalline cellulose, hydroxypropyl methylcellulose, stearic acid, magnesium stearate, croscarmellose sodium, silicon dioxide, sodium carboxymethylcellulose, dextrin, dextrose, soy lecithin and sodium citrate. Contains Soy.

### BENEFITS

- Supports all aspects of immune system function
- Provides a variety of nutrients to support immune system activity
- Fights free radicals

#355 | 0.093 C.C

## 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.

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.

Vitamin B12 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.

**DIRECTIONS:** Chew two (2) gummies daily. Keep tightly closed in a cool dry place.

**CONTENTS:** 60 Gummies

### BENEFITS

- 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



THE MICROBIOME  
IS AN INTERNAL  
ECOSYSTEM WHICH CAN  
BE SUPPORTED WITH  
BENEFICIAL BACTERIA



## Forever Garlic-Thyme®

The dietary uses of garlic and thyme have been traced back thousands of years. An Egyptian papyrus dating from 1,500BC listed 22 healthy uses for garlic. Today, we are starting to understand how they work.

Garlic and thyme, the two powerful antioxidants found in Forever Garlic-Thyme®, combine to create a great tool in maintaining good health. When garlic is cut or crushed, enzymes react to produce a powerful agent. Studies have shown that garlic's other ingredients help the metabolism convert fats to energy and protect the body against free radicals.

Other healthy substances in this odorless softgel include ajoene and lecithin, which can help emulsify fats. Garlic's sulfur compounds have also been shown to have beneficial properties. Garlic also contains germanium, a mineral trace element believed to help boost the body's immune system and selenium, a trace mineral antioxidant.

Thyme contains Tannin, Phenol and Thymol (saponins) and other beneficial antioxidant substances.

### OTHER INGREDIENTS

Canola Oil, Gelatin, Glycerin, Lecithin, Beeswax, Purified Water, and Carob Extract. Contains Soy.

**CONTENTS:** 100 softgels

**SUGGESTED USE:** One softgel with each meal as a dietary supplement.

### BENEFITS

- Powerful antioxidant
- Odorless, softgel capsule
- Helps protect the body against free radicals
- Helps support the conversion of fats to energy
- Supports healthy blood pressure

## Forever Active Pro-B™

### Support Your Digestive System

Support your body like never before with the latest in scientific advancements and new, clinically studied probiotic strains. Designed to promote a healthy digestive system, Forever Active Pro-B™ includes FloraActive—a range of beneficial probiotic strains from Copenhagen University Hospital, a leader in the gastroenterology field.

With a proprietary blend of 6 different strains, Forever Active Pro-B™ probiotic provides 8 billion CFU per dose. These strains were researched and selected based on their beneficial properties, clinical research and their ability to work synergistically. This formula also includes a prebiotic fiber to sustain the probiotics during storage, transport and delivery to the gut.

Prebiotics provide the ideal environment for the probiotic to function and thrive. The prebiotic fiber selected is a short chain fructo-oligosaccharide that is known to support fermentation of the healthy bacteria used in the Forever Active Pro-B™ formula.

We added zinc to the formula to provide another layer of support for your immunity. Studies show that zinc promotes a healthy immunity and supports metabolism function. Give your body advanced digestive support with clinically-studied ingredients when you choose Forever Active Pro-B™

**CONTENTS:** 30 Capsules

**DIRECTIONS:** Take one capsule daily with water. For best results, do not store at temperatures above 77 degrees F (25 degrees C).

**OTHER INGREDIENTS:** Hydroxypropyl methylcellulose, corn dextrin, fructooligosaccharides, magnesium stearate, and silicone dioxide.

### BENEFITS

- Probiotic promoting a healthy digestive system
- Able to bypass stomach acid for optimal delivery within the intestines
- Contains 6 synergistic strains
- Over 8 billion CFU
- Supports immunity
- Strains freeze dried for protection, potency and shelf stability
- Soy and allergen-free



## Fundamental Nutrition

### Active Lifestyle

Staying active supports your overall wellness physically, mentally and emotionally. Whether you run marathons, like to dance, do tai chi, or prefer to hike, movement is an essential component to a healthy lifestyle.

Select Forever products will help provide you with the support you need to maintain an active lifestyle, including helping with faster exercise recovery, promoting cardiovascular health, and building lean muscle.



DHA is naturally found throughout the body and supports healthy brain, eyes and heart





## Forever Arctic Sea®

New and improved Forever Arctic Sea® now contains a proprietary blend of DHA-rich Calamari Oil, ultra-pure Omega-3 Fish Oil and High Oleic Olive Oil. This unique blend is exclusive to Forever Living and provides not only 33% more DHA per day, but creates the perfect balance of DHA and EPA for optimal health and wellness.

### THE CRITICAL OMEGA-3:OMEGA-6 BALANCE

There is an important balance that most people do not fully understand when it comes to Omegas. Historically, nutritionally balanced diets contained a healthy ratio of Omegas as 1:1 up to 1:4 DHA:EPA. Unfortunately, many diets include unhealthy levels of Omega-6's which are traditionally derived from fried foods, vegetable oils, fake butter products, grain-fed animal fat and other modern convenience and processed foods.

Forever Arctic Sea® has been improved to not only increase the total amount of Omega-3's you get per serving, but also has significantly increased the amount of DHA per dose. Just as calcium is essential for building strong bones, DHA ensures that the cells in the brain, retina, heart and other parts of the nervous system develop and function properly through all stages of life. Additionally, DHA intake has been associated with a decreased risk of mental decline associated with aging.

## Forever Calcium®

Forever Calcium® provides the clinically proven quantities of Calcium, Magnesium, Zinc, Manganese, Copper and the Vitamins C & D to help maintain proper bone structure and function.

You depend on the strength of your body every day, and it starts from the inside out. Forever's new form of calcium, Di-Calcium malate, is most effective at promoting optimum bone building since it stays in the blood stream longer and does not interfere with the natural pH balance in the stomach.

New & Improved Forever Calcium® uses superior forms of calcium and other patented high performance minerals to ensure maximum absorption and bioavailability. To combat our declining ability to absorb calcium as we age, a comprehensive supplement is vital to help protect against bone loss.

## Forever Move™

With Turmeric & NEM®\*\*

Move freely and support joint comfort and flexibility with Forever's latest and most clinically advanced joint and muscle supplement, Forever Move™. Forever Move™ features a proprietary blend of two powerful ingredients not combined anywhere else in the world! NEM®\*\*, an all-natural food-sourced ingredient taken from eggs, delivers chondroitin, hyaluronic acid, glycosaminoglycans and key proteins like collagen. This patented ingredient supports a healthy range of motion, enhances joint comfort and flexibility, promotes healthy cartilage, decreases stiffness in muscles and joints and promotes fast recovery from exercise – basically everything your joints have been begging for! We further increased the benefits in this breakthrough formula by adding curcumin from turmeric - and not just in any form - but a version, BioCurc®\*\*\*, that uses a proprietary, patented emulsification technology.

**INGREDIENTS:** Natural fish oil, calamari oil, gelatin, olive oil, glycerin, purified water, lemon oil (natural flavor), lime oil (natural flavor), and d-alpha tocopherol. Contains fish (anchovy, salmon, cod).

**CONTENTS:** 120 Softgels

**SUGGESTED USE:** Take 2 softgels with meals three times daily as a dietary supplement.

### BENEFITS

- Custom Omega-3 ratio to mimic a diet rich in seafood
- All-natural citrus flavor for a pleasant aroma and minimal fishy flavor
- Ocean friendly and responsibly sourced
- Pure source of EPA and DHA
- Supports joint mobility, hormonal balance
- Helps to manage cholesterol levels in the blood stream
- Supports normal brain functions.

**OTHER INGREDIENTS:** Silicified microcrystalline cellulose, croscarmellose sodium, stearic acid, sodium carboxymethylcellulose, dextrin, natural flavors, dextrose, medium chain triglycerides, sodium citrate.

**CONTENTS:** 90 tablets

**SUGGESTED USE:** Take 3 to 4 tablets daily as a dietary supplement.

### BENEFITS

- Provides Calcium, Magnesium, Zinc, Manganese, Copper and the Vitamins C & D
- Ensure maximum

**OTHER INGREDIENTS:** Refined soybean oil, gelatin, glycerin, purified water and dark carob extract. Contains Eggs, Soy and Fish.

**CONTENTS:** 90 Softgels

**SUGGESTED USE:** Take three softgels daily.

### BENEFITS

- Delivers quick and confirmed results in as little as 7-10 days
- Contains two patented ingredients for joint health
- Nearly 5x more clinically effective than glucosamine and chondroitin

## ARGI+™

L-Arginine is an amino acid that's so potent, scientists refer to it as the "Miracle Molecule." And for good reason, because our bodies convert L-Arginine into nitric oxide, a molecule that helps blood vessels relax and open wide for greater blood flow. Greater blood flow supports many important functions in our body:

- Healthy blood pressure levels
- Overall cardiovascular health
- Immune function
- Muscle growth
- Bone & tissue growth & repair
- Male sexual function
- Fat and glucose metabolism
- Anti-aging hormone production and more

With so many health benefits, it's no wonder L-Arginine is generating so much excitement. New ARGI+ provides all the power of L-Arginine, plus:

- Pomegranate – well-known for its strong antioxidant properties

- Red Wine Extract – to help maintain healthy cholesterol levels
- And Grape Skin and Berry extracts for cardiovascular and immune system health

Together, these ingredients create a new generation of supplement – one that supports better health throughout your entire body. Just a scoop of ARGI+ mixed with your favorite Aloe drink helps provide a performance boost to every part of you. Add optimal health to your family's diet with the power of L-Arginine!

**SUGGESTED USE:** Take one scoop of ARGI+™ mixed well with 8 ounces of water or other beverage once daily.

**OTHER INGREDIENTS:** Citric acid, natural mixed berry flavor, xylitol, d-ribose, and sucralose.

**Consult your doctor before using if you are pregnant, nursing or have a medical condition.**



#504 | 0.303 C.C

### BENEFITS

- L-Arginine is known as the "Miracle Molecule"
- Proprietary fruit blend adds antioxidant power
- Boosts nitric oxide production



## Aloe Heat Lotion

Aloe Heat Lotion harnesses the power of heating and cooling effects for the refresh your body's been waiting for.

Ultra-rich, emollient and non-greasy, this creamy lotion is ideal for a deep and relaxing massage. When applied it goes on cool, with the invigorating sensation of menthol and aloe to soothe muscles on contact. It then gently warms, with ingredients like eucalyptus to relax the muscles while creating a naturally aromatic experience.

Whether you're looking to rub away every day stresses and strains or athletic aches, look no further than the quick rejuvenating power of Aloe Heat Lotion.

**INGREDIENTS:** Aloe Barbadosensis Leaf Juice (Stabilized\* Aloe Vera Gel), Water (Aqua), Methyl Salicylate, Propanediol, Glyceryl Stearate, Cetyl Alcohol, Arginine, Glyceryl Oleate Citrate, Menthol, Caprylic/Capric Triglyceride, Eucalyptus Globulus Leaf Oil, Prunus Armeniaca (Apricot) Kernel Oil, Sesamum Indicum (Sesame) Seed Oil, Cetyl Ethylhexanoate, Carbomer, Allantoin, Ascorbic Acid, Ethylhexylglycerin, Hexylene Glycol, Phenoxyethanol, Caprylyl Glycol.

**CONTENTS:** 4 Fl. Oz. (118ml)

**DIRECTIONS:** Apply liberally and massage into skin as needed. Avoid contact with eyes and other sensitive areas. Should contact occur, flush with water for several minutes.

### BENEFITS

- Helps soothe sorejoints and muscles
- Nourishes the skin
- Contains menthol and eucalyptus



[Click here to register and get 5% discount](#)



#547 | 0.482 C.C (Vanilla Aminotein)

## C9™

The CLEAN 9 program can help to jump-start your journey to a slimmer, healthier you. This effective, easy-to-follow nine day cleansing program will give you the tools you need to start transforming your body today.

### C9™ Pak Includes:

- + Option of (2) bottles of Forever Aloe Vera Gel®,
- + Forever Lite Ultra® Shake Mix - Vanilla
- + Forever Garcinia Plus® - 54 Softgels
- + Forever Fiber® - 9 Packets
- + Forever Therm® - 18 Tablets





#456 | 1.000 C.C



#528 | 0.586 C.C

## Vital5®

Vital5® combines five amazing Forever products that work together to bridge nutritional gaps and provide key nutrients your body needs to help you look and feel better.

### Vital5® Pak Includes:

- + Option of (4) Bottles of Forever Aloe Vera Gel®, (4) Bottles of Forever Aloe Berry Nectar®, (4) Bottles of Forever Aloe Peaches® or (4) Bottles of Forever Freedom.
- + Forever Daily® - 60 Tablets
- + Forever Active Pro-B™ - 30 Capsules
- + Forever Arctic Sea® - 120 Softgels
- + ARG1+® Pouch - 30 Packets

## F15®

Take the next step to looking better and feeling better. Whether you are just getting started or already an expert, F15® has beginner, intermediate or advanced nutrition and exercise programs to help you on your fitness and weight management journey. Each 15 day program is 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 your transformation.

### F15® Pak Includes:

- + Forever Aloe Vera Gel® - (2) Bottles
- + Forever Lite Ultra® Shake Mix - Vanilla or Chocolate
- + Forever Garcinia Plus® - 90 Softgels
- + Forever Fiber® - 15 Packets
- + Forever Therm® - 30 Tablets

# 32

## Weight Management

Maintaining a healthy weight is important for overall health. Especially as you age, not only does having optimal weight keep you looking and feeling your best, but it can also help you prevent health complications.

### Forever Lite Ultra®

with Aminotein®††

Vanilla

Forever Lite Ultra® with Aminotein® is the perfect addition to your healthy Forever Living lifestyle. Forever Lite Ultra® with Aminotein® integrates new thinking with new technologies to help you maintain a healthy diet and lifestyle.

Two servings a day of Forever Lite Ultra®, pre-pared with skim milk as directed, supply a full 100% of the Reference Daily Intake (RDI) for the vitamins and minerals shown in the Nutrition Facts section. Forever Lite Ultra® supplies the 18 important amino acids, including essential, non-essential and the branched-chain amino acids.

Forever Lite Ultra® is also an integral part of Forever's Clean 9 and FIT programs. It will help you take charge of your health and put you on the path to effective and sustained weight management!

#### VANILLA INGREDIENTS:

Soy Protein Isolate, Fructose, Fructooligosaccharides, Dicalcium Phosphate, Natural Flavor, GuarGum, Aminogen®\* (Patented Protease Blend), Safflower Oil, Soy Lecithin, Disodium Phosphate, Ascorbic Acid, Sucralose, D-Alpha-Tocopheryl Acetate, Biotin, Beta-Carotene, Niacinamide, Vitamin A Palmitate, Zinc Oxide, D-Calcium Pantothenate, Potassium Iodide, Vitamin D3, Pyridoxine Hydrochloride, Brewer's Yeast, Thiamine Hydrochloride, Riboflavin, Chromium Chloride, Folic Acid, Spirulina, Cyanocobalamin, Sodium Selenite. **Contains Soy**

**CONTENTS:** 13.2 Oz. (375g) - about 15 servings per bag

**DIRECTIONS:** Blend or mix 1 level scoop with 10 fluid ounces of skim milk. (Use scoop provided.) For a special treat, mix with crushed ice or fruit. Shake can before each use.

#### BENEFITS

- For your low-carb lifestyle
- Two shakes provide 100% RDI of numerous vitamins and minerals
- Naturally flavored
- About 15 servings per bag





## Forever Therm™

Green tea, guarana, natural caffeine and raspberry ketones help boost your energy levels and kick-start your metabolism. B vitamins also help the body metabolize carbohydrates, proteins and fats. This powerful blend of botanical extracts and nutrients will help you achieve your weight loss goals.

**CONTENTS:** 60 tablets

**SUGGESTED USE:** Take 2 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.

### BENEFITS

- May boost metabolism to help you achieve your weight management goals, when used in conjunction with a healthy diet and exercise program.
- Provides powerful botanicals and nutrients to help support thermogenesis..

## Forever Lean®

Forever Lean® provides two revolutionary ingredients that can help reduce the body's absorption of calories from fat and carbohydrates. The first of these ingredients is a unique, fat-absorbing fiber derived from the cactus plant, *Opuntia ficus-indica*, otherwise known as Indian fig, nopal or prickly pear. Studies have shown that this unique fiber has a very high ability to bind fats, compared to other types of plants.

The other unique ingredient in Forever Lean® is a protein specially derived from the beans of the *Phaseolus vulgaris* plant, otherwise known as white kidney beans. This protein works by slowing the body's absorption of sugar in the small intestine by temporarily inhibiting the enzyme activity that converts starches into sugar.

Together these two revolutionary ingredients can help you succeed in your quest to reach your ideal weight by helping to block the absorption of some of the fat and carbohydrate calories you ingest.

The third most effective ingredient in Forever Lean® is Chromium Trichloride. Chromium is a very important trace

mineral that helps support the body's natural ability to regulate blood sugar by acting as a GTF (glucose tolerance factor) cofactor. This is especially important for metabolism.

To maximize the effectiveness of this supplement, however, it is important to remember that you should also incorporate a healthy diet and regular exercise into your overall weight control regimen in order to achieve and maintain your weight goal.

**CONTENTS:** 120 capsules

**SUGGESTED USE:** Take one capsule with water immediately before meals or snacks, up to four capsules a day.

### BENEFITS

- Helps block the absorption of calories from fat and carbohydrates
- Chromium helps support metabolism
- Temporarily helps inhibit the body's absorption of calories from sugar

## Forever Garcinia Plus®

The garcinia cambogia fruit contains hydroxycitric acid, a compound which has been shown to temporarily inhibit the body's conversion of carbohydrates into fats. Instead of storing the fats, the body will burn calories from the existing fat store, helping you meet your weight goals. Studies suggest garcinia cambogia also helps with appetite reduction. On top of this popular Asian fruit, we added chromium picolinate, which if deficient, can cause fatigue and excess fat production.

### INGREDIENTS:

Garcinia Cambogia Extract, Safflower Oil, Gelatin, Glycerin, Medium-chain Triglyceride Vegetable Oil (MCT or Thin Oil) Purified Water, Beeswax, Lecithin, Carob Extract, Titanium Dioxide, and Chromium Picolinate. Contains Soy.

**CONTENTS:** 70 softgels

**SUGGESTED USE:** One softgel three times daily preferably 30-60 minutes before meals.

### BENEFITS

- Contains HCA, a natural appetite suppressant
- HCA inhibits the enzyme that converts calories into fat
- A useful tool in weight management
- Natural appetite suppressant - enhances weight loss



# 34

## Bee Products

Support your health and wellness with the power of bees. Playing a vital role in nature, bees pack their hives with beneficial substances that fuel the body and mind. In fact, bee products are known to support the body's defenses and boost energy.

At Forever, we believe honey producers have a responsibility to protect bee colonies and help them grow, which is why we partner with those who are dedicated to sustainable sourcing and responsible practices.

Forever's bee products include mountain-harvested honey and a variety of products to support your health in any season.





## Forever Royal Jelly®

Royal Jelly is a milky secretion 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.

Royal Jelly contains trace quantities of vitamins A, C, D, and E and the B-complex vitamins including vitamin B5 (Pantothenic Acid), one of the most important substances in the body, essential for the synthesis and metabolism of proteins, fats, carbohydrates and several hormones. Royal Jelly contains a balanced blend of trace elements including amino acids, calcium, copper, iron, phosphorus, potassium, silicon, sulphur and nucleic acid.

Our exclusive Royal Jelly is gathered from dry, remote, high desert regions where pristine conditions provide the ideal environment. It is extracted from the hive and immediately freeze-dried to remove only the excess water from the product, leaving the other elements intact.

## Forever Bee Pollen®

Pollen is the fertilizing dust of flowers. Bees gather and bring it back to their hives for food. Without pollen, plants, trees and flowers could not exist; even we depend on it.

Forever Bee Pollen® is gathered in specially-designed stainless steel collectors from the blossoms that blanket remote, high desert regions. This ensures the freshest and most potent natural food.

Forever Bee Pollen® is all-natural and contains no preservatives, artificial colors or flavors. Bee pollen has been found to contain a wide spectrum of trace nutrients. These include B-complex vitamins and vitamins C, D, E, K, and Beta Carotene (vitamin A), plus numerous minerals, enzymes and coenzymes, plant-source fatty acids, carbohydrates, proteins, and amino acids - including ‘essential’ amino acids that the body cannot manufacture for itself. Bee pollen is one of the most natural and complete foods available.

Bee Pollen is readily digestible and easily absorbed by the human body. Research by scientists suggests that Bee Pollen may assist in maintaining a healthy circulatory, digestive, immune, and nervous system.

## Aloe Propolis Creme

Who but Forever Living Products could produce a moisturizer as unique as Aloe Propolis Creme? Combining our world leadership in Aloe Vera and beehive products, Aloe Propolis Creme is one of our most popular skin care products.

Excellent as a skin moisturizer and conditioner, Aloe Propolis Creme is a rich blend of stabilized Aloe Vera Gel and Bee Propolis, with other ingredients recognized for their contribution to healthy skin. Chamomile, one of nature’s best-known skin care herbs, is also added to the mix. Vitamins A and E complete the formula, recognized for their natural skin-conditioning properties.

Reach for Aloe Propolis Creme to help maintain a healthy skin tone and texture!

**INGREDIENTS:** Aloe Barbadensis Gel (Stabilized Aloe Vera Gel), Glycerol Stearate, Propylene Glycol, Cetyl Alcohol, PEG-100 Stearate, Lanolin, Sorbitol, Diethylhexyl Adipate, Ethylhexyl Stearate, Ethylhexyl Palmitate, Allantoin, Bee Propolis Extract,

### OTHER INGREDIENTS

Sorbitol, Fructose, Citric Acid, Natural Orange Flavor, Stearic Acid, Magnesium Stearate, Silica.

**CONTENTS:** 60 tablets

**SUGGESTED USE:** One tablet, twice a day.

### BENEFITS

- One of the most complete foods
- Easily absorbed and readily digestible
- No preservatives, artificial colors or artificial flavors
- Good for anti-aging and stress management

**OTHER INGREDIENTS:** Honey, Stearic Acid, Silica and Royal Jelly.

**CONTENTS:** 100 tablets

### SUGGESTED USE

Begin by taking 1/4 tablet daily, then gradually increase intake to one tablet three times a day. Consult your physician before taking this or any other dietary supplement.

### BENEFITS

- Essential supplement from the beehive
- Contains many trace elements including vitamins, minerals and amino acids
- High quality products from non-polluted desert areas.
- Fights allergy and increase energy levels in the body

Lanolin Alcohol, Dimethicone, Tocopherol (Vitamin E Natural), Beta Carotene (Provitamin A), Anthemis Nobilis (Chamomile) Flower Extract, Triethanolamine, Ascorbic Acid, Disodium EDTA, Diazolidinyl Urea, Methylparaben, Propylparaben, Fragrance.

**CONTENTS:** 113g

**DIRECTIONS:** Apply liberally as needed.

### BENEFITS

- Provides soothing relief
- Excellent moisturizer
- Combines Aloe Vera and Bee Propolis
- Good for dealing with several skin conditions/concerns



## Skin Care

Skin is the body's largest organ, so it's important to have a skin care routine for both face and body that supports it. Your lifestyle, nutrition and environmental stressors like the sun all affect your skin, which can impact your health — making it even more important to nourish and protect skin.

Forever has combined aloe vera with other natural and scientifically advanced ingredients to create powerful formulas designed to moisturize and soothe skin while providing results from head to toe.







## Facial Care

Forever makes building a facial skin care routine easy with three lines of products that address a variety of skin types and concerns. Most of these products include Forever's proprietary stabilized aloe vera gel, which soothes and supports skin. Start with the basics — cleanse, tone, target and moisturize — and customize your routine from there, plus learn which facial care products are best for you [on pages 38-39](#).

### Infinite By Forever® Advanced Skincare

The Infinite by Forever skincare system targets aging from inside and outside with a combination of pure aloe vera, botanicals and scientifically advanced ingredients.

This advanced skincare system includes one of each product: Infinite by Forever Hydrating Cleanser, Infinite by Forever Restoring Crème, Infinite by Forever Firming Complex, and Infinite by Forever Firming Serum.

#553 | 0.646 C.C.





## hydrating cleanser



#554 | 0.112 C.C

- Gentle, sulfate free
- Provides immediate increase in skin hydration
- Cleanses skin without drying

It's estimated that the apple tree was the earliest tree 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 to give this cleanser strong protection against the effects of aging.

Mild, moisturizing 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. This age-minimizing 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.

**CONTENTS: 4 FL. OZ. (118 mL)**

**DIRECTIONS:** With wet fingers, softly massage upwards and outwards in circular motions towards the hair line. Rinse thoroughly for smooth, clean skin and gently pat skin dry with a towel. Use in the morning and evening for best results.



#555 | 0.179 C.C

## Firming Serum

- Features a cutting edge, clinically tested ingredient
- Increases the appearance of firmness; reduces appearance of fine lines and wrinkles
- Supports healthy collagen synthesis and assists uneven skin tone. This potent elixir has clear results.

This scientifically advanced formula boosts the power of Aloe with a clinically tested ingredient, trifluoroacetyl tripeptide-2. By mimicking natural skin processes, this three-amino acid peptide increases the appearance of firmness and reduces the look of fine lines and wrinkles.

**CONTENTS: 1 FL. OZ. (30 mL)**

**DIRECTIONS:** Pump once and apply in quick but gentle sweeping motions over the entire face. Apply an additional pump to the neck area, sweeping upwards towards the chin for more youthful looking skin. Use in the morning and evening after cleansing for best results.



#556 | 0.176 C.C

## Firming Complex

- Our first ever beauty nutritional supports aging from the inside out
- Reduces the appearance of facial wrinkles, and increases skin's bounce, flexibility and hydration
- Aids multiple body systems and supports overall energy

Beauty is more than skin deep – it starts with nutrition. Forever's first exclusive beauty supplement helps you take control of the aging process.

Two small uncoated tablets taken daily, support multiple internal body systems as well as your overall health and skin appearance.

**CONTENTS:** 60 Tablets

**SUGGESTED USE:** Take two tablets daily. For best results, consume in the morning.



#558 | 0.200 C.C

## Restoring Crème

- Over 15 skin conditioning ingredients
- Aloe is synergistically enhanced with an anti-aging essential oil blend
- The latest chemistry provides a new ingredient that aids skin's moisture retention

Powerful botanical ingredients like acai and pomegranate provide antioxidant support while leaving skin feeling moisturized and smooth. The Centipeda Cunninghamii plant, native to Australia, works synergistically 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.

**CONTENTS:** NET WT. 1.7 OZ. (48.2g)

**DIRECTIONS:** Pump once and massage gently into the face and neck in circular motions working upwards and outwards towards the hair line to help skin appear rejuvenated. Use in the morning and evening for best results.



## Sonya® daily skincare system

Combination skin has met its match. Made specifically for combination skin, which can fluctuate and vary greatly, the Sonya® daily skincare system features a high concentration of aloe and other moisturizing botanicals.

Nature meets science with a revolutionary gel-based technology that helps to deliver the benefits of Aloe where your skin needs them most with a light texture that leaves you feeling refreshed and rejuvenated.

Sonya® daily skincare system Includes:

(1) Sonya® refreshing gel cleanser, (1) Sonya® illuminating gel, (1) Sonya® refining gel mask and (1) Sonya® soothing gel moisturizer.



#609 | 0.341 C.C

## Sonya® refreshing gel cleanser



#605 | 0.094 C.C

- Conditions while cleansing
- Aloe soothes instead of stripping skin
- A gentle lather for combination skin

Move over traditional cleansers! Instead of a soap base, our latest refreshing gel cleanser uses a new, gel delivery system to clean without stripping your skin.

Apple amino acids and hydroxyacetophenone enrich the soft lather of refreshing gel cleanser to support combination skin. Acacia concinna fruit extract is found in the tropical jungles of Asia and this natural cleanser helps remove dead cell buildup, dirt and makeup for a thorough, but soft cleansing experience.

Refreshing gel cleanser not only uses cleansing agents, but also includes moisturizing agents like cold pressed baobab oil--prized for its unsaturated fatty acids.

**CONTENTS: 4 FL. OZ (118 mL)**

**DIRECTIONS:** Apply a generous amount to wet fingers and massage into skin. Rinse thoroughly for a refreshed complexion. For best results, follow with illuminating gel or refining gel mask.

**Warning:** Avoid contact with eyes. In case of eye irritation, rinse thoroughly with water. If irritation persists, discontinue use and consult a physician.

## Sonya® refining gel mask



#607 | 0.094 C.C

- Promotes healthy skin tone
- Supports fluctuations of combination skin
- Nourishes skin while you sleep

Refining gel mask gives new meaning to the term "beauty sleep". Scientifically formulated to optimize the way your skin functions at night, refining gel mask leverages the natural functions of the body while you sleep to help support balance – by controlling oil and brightening the appearance of skin.

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

As the cool gel quickly absorbs into your skin, you'll feel the moisturizing effect of our rich, stabilized aloe vera gel, and moisturizers like: apple fruit extract, clover flower extract that will leave your skin feeling soft with a youthful glow. Sasa quelpaertensis (Korean bamboo) extract, and licorice root, provides antioxidant support in this formula. This high-quality blend moisturizes your skin while you sleep, without leaving a greasy after-feel.

By using it only 2-3 times a week, you'll wake up to skin that looks brighter, younger and more balanced.

**CONTENTS: 2 FL. OX. (59 mL)**

**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.



## Sonya® illuminating gel



#606 | 0.089 C.C

- Evens skin tone
- Brightens skins' overall appearance
- Reduces the appearance of large pores

Backlight your skin with our illuminating gel to help restore its natural brilliance. Encapsulated peptides in our quick absorbing gel help deliver the latest skin technology to help even out skin's overall appearance.

Licorice root and a unique blend of green and brown algae is known for helping to even skin tone and blur the appearance of age spots. This algae blend is paired with liposomes to ensure the benefits get delivered to your skin right where they are needed. We also utilized red clover flower extract to help reduce the appearance of large pores.

A unique collection of five Asian botanicals: These oriental plants are known for their ability to even and brighten overall skin tone.

Your improved skin will reflect a soft, smooth texture and emit a healthy glow with envious results.

**CONTENTS: 1 OZ. (28.3 g)**

**DIRECTIONS:** After cleansing, gently massage a small amount over entire face for a radiant glow. For best results pair with refreshing gel cleanser, refining gel mask and soothing gel moisturizer. Rinse thoroughly in the morning for a balanced complexion. Use at least 2-3 times a week for optimal results.

## Sonya® soothing gel moisturizer



#608 | 0.103 C.C

- Collagen to improve the appearance of skin
- Over 10 natural plant extracts and oils
- A hydra-infused moisture carrier

Soothing gel moisturizer is filled with botanicals and lush active ingredients, this gel-lotion breaks down and is completely absorbed—leaving a moist and dewy complexion. Soothing gel moisturizer dissipates into a hydra-infused carrier that doesn't leave a residue or texture and helps your skin look and feel plump from the abundance of natural ingredients.

Plant extracts and oils help skin feel hydrated and supple. Betaglucon extracted from mushrooms has been added to this unique formula to soothe the skin and even skin tone.

Anti-aging ingredients are also added to go into the skin where it needs it most, and a powerful support for combination skin, to improve the look of your complexion, making this your new favorite all-around daily moisturizer.

To finish the formula, we infused it with orange peel oil, mandarin orange peel oil, roman chamomile flower oil, geranium flower oil and bergamot fruit oil to leave skin feeling refreshed.

**CONTENTS: 2 FL. OZ. (59 mL)**

**DIRECTIONS:** Gently massage a moderate amount into skin to soothe and condition.

**Skin Care / Facial Care**

Forever's targeted line of skin care includes essential products such as toner, exfoliator, hydrating serum, and eye cream that utilize the power of pure aloe vera gel to nurture skin.



#557 | 0.145 C.C



#651 | 0.148 C.C



#561 | 0.073 C.C



**NEW!**

**Forever Alpha-E Factor®**

is now Replenishing Skin Oil

Get smoother-looking skin and restore moisture with this light, silicone-free fluid containing retinol and a blend of vitamin E, aloe vera and borage seed oil.

#653 | 0.121 CC

**Deep Moisturizing Cream**

Quench your skin's thirst with this ultra-rich formula that blends aloe, ceramides, peptides and botanicals to restore skin's suppleness.

**CONTENTS:** 2.5 OZ. (71 g)

**DIRECTIONS:** Use daily for an intense deep moisturizing effect. Apply a generous amount of cream to the face using fingertips, then massage into skin.



## Protecting day lotion SPF 20

### Moisturize and Protect

- Shields against harmful UV rays with broad spectrum mineral sunscreen
- Powerful botanicals deliver moisture and protection
- Defends skin from dark spots caused by sun aging

Start your day off right by arming your face against environmental aggressors and harmful UV rays. Nourish your skin with protecting day lotion containing broad spectrum mineral sunscreen with SPF 20.

With Aloe, mushroom extract and over 20 skin conditioning ingredients, protecting day lotion provides your skin with incredible moisturizing power!

**ACTIVE INGREDIENTS:** Titanium dioxide 2.6%, Zinc oxide 4.4%

**DIRECTIONS:** Apply evenly to cleansed skin before sun exposure. Reapply frequently as needed for daily protection from environmental factors.

**WARNINGS:** For external use only. Do not use on damaged or broken skin. When using this product keep out of eyes. Rinse with water to remove. If rash occurs, stop use and ask a doctor. Keep out of reach of children.

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

Awakening eye cream utilizes patented ingredients with peptide technology that improves and smooths the sensitive eye area, visibly reducing the appearance of lines and wrinkles and dark circles.

A unique collagen, with its low molecular weight, helps normal collagen formation, which aids optimal skin hydration and firmness. By supporting healthy collagen, we improve skin smoothness, resulting in plumper, firmer skin around the eye area.

## Awakening eye cream

### Beautify the Eye

One of our many unique ingredients, Butylene Glycol, has been shown to reduce the appearance of eye puffiness and dark circles in as little as 15 days.

All of these powerhouse ingredients make the most advanced eye cream that will allow your beauty to shine. Have striking eyes that look brighter and younger with awakening eye cream.

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

**CAUTION:** Avoid contact with eyes. In case of eye irritation, rinse thoroughly with water. If irritation persists, discontinue use and consult a physician.

## Balancing Toner

### Supports Skin's pH Balance

- Refreshes, soothes and rehydrates
- Smooths skin's tone and texture
- Minimizes the appearance of pores

Does your skin need something extra after cleansing? Ensure all dirt and debris were washed off, minimize appearance of pores and add extra hydration by applying balancing toner between cleansing and moisturizing.

Balancing toner provides a unique blend of seaweed extract and sodium hyaluronate. When combined, these powerful ingredients moisturize and soften your skin to support youthful looking skin.

We have added cucumber extract to soothe and provide additional hydration. Cucumbers may improve your skin's tone and it also contains ligands which may help with your skin's

texture and puffiness. White tea extract is a rich antioxidant with high polyphenolic content that works with a high concentration of aloe to balance the fluctuations of the skin and help fight against free radicals.

#### DIRECTIONS

Apply a generous amount to face and neck after cleansing using a cotton ball or pad. Use twice daily to minimize the appearance of pores and hydrate skin.

**CAUTION:** Avoid contact with eyes. In case of eye irritation, rinse thoroughly with water. If irritation persists, discontinue use and consult a physician.






# Create a Routine That Suits Your Skin

Whether you have dry, oily or combination skin, Forever has three lines of products to support your facial skin care concerns. Use the chart on the next page to easily build a six-step routine that supports your skin, based on your unique needs.



	01 Cleanse	02 Exfoliate	03 Tone	04 Target	05 Moisturize	06 Protect
#553 Infinite by Forever® Advanced Skincare Kit	●			●	●	
#554 Infinite by Forever® Hydrating Cleanser	●					
#558 Infinite by Forever® Restoring Crème					●	
#555 Infinite by Forever® Firming Serum				●		
#609 Sonya® Daily Skincare System	●		●	●	●	
#605 Sonya® Refreshing Gel Cleanser	●					
#607 Sonya® Refining Gel Mask				●		
#608 Sonya® Soothing Gel Moisturizer					●	
#606 Sonya® Illuminating Gel				●		
#645 Protecting Day Lotion					●	●
#560 Balancing Toner			●			
#561 Awakening Eye Cream				●		
#651 Deep Moisturizing Cream					●	
#069 R3 Factor®		●			●	
#653 Replenishing Skin Oil				●	●	
#284 Aloe Avocado Face & Body Soap	●					
#238 Forever Aloe Scrub®		●				
#070 Gentleman's Pride®			●		●	
#063 Aloe Moisturizing Lotion					●	
#617 Aloe Sunscreen						●

 Normal to dry skin
  Normal to oily skin
  Any skin type

## Body Care

Clean and moisturize from the top down with Forever's body care products. From hair care to body wash to lip moisturizer, each product features pure, inner leaf aloe vera gel that delivers a soothing sensation from head to toe. Experience the power of aloe with these everyday body care essentials to support healthy-looking skin and hair.



These products are not intended to cure or prevent any diseases and are not a substitute for medical advice or therapy. Conduct a patch test if uncertain about sensitivity, and consult a health care professional during pregnancy. Products are for external use only.





These products are not intended to cure or prevent any diseases and are not a substitute for medical advice or therapy. Conduct a patch test if uncertain about sensitivity, and consult a health care professional during pregnancy. Products are for external use only.

## Forever Aloe Scrub®

#238 | 0.064 C.C

"More than skin deep", is Forever Aloe Scrub®. With its unique combination of Stabilized Aloe Vera gel and solid micro-spheres made from pure Jojoba Oil, this effective skin cleanser is gentle enough for everyday use and strong enough to clear away the debris that accumulates in the delicate pores of the skin. Forever Aloe Scrub gently scrubs away dead skin cells and debris that clog pores and dull the skin's appearance, to begin revealing radiant "new", healthier skin.

**INGREDIENTS:** Aloe Barbadensis Gel (Stabilized Aloe Vera Gel), Water, Hydrogenated Jojoba Oil, Glyceryl Stearate, Propylene Glycol, Sodium Cocoyl Isethionate, Lauramine Oxide, Cetyl Alcohol, Cocamidopropyl Betaine, PEG-100 Stearate, Hydrated Silica, Sodium Lactate, Tocopherol (Vitamin E Natural), Citric Acid, Ascorbic Acid (Vitamin C), Diazolidinyl Urea, Methylparaben, Propylparaben, Fragrance, Blue 1.

**CONTENTS:** NET WT. 99g

**DIRECTIONS:** Apply to wet face or body, and gently massage with 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.

### BENEFITS

- Natural exfoliator for the face and body
- Prepares skin for moisturization
- Gentle enough for everyday use
- An excellent exfoliator that refreshes and rejuvenates the skin.

## Aloe Vera Gelly

#061 | 0.059 C.C

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. Essentially identical to the Aloe Vera's inner leaf, our 100% stabilized Aloe Vera gel lubricates sensitive tissue safely. Specially prepared for topical application to moisturize, soothe and condition, Aloe Vera Gelly is a thick, translucent gel containing humectants and moisturizers. Readily absorbed by the skin, it soothes without staining clothes.

Aloe Vera Gelly provides temporary relief from minor skin irritations. It can also be used on the skin prior to ultrasonic treatment, or after electrolysis. Hairdressers use the Gelly around the hair line before perming and coloring.

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.

**INGREDIENTS:** Aloe Barbadensis Gel (Stabilized Aloe Vera Gel), Water, Glycerin, Triethanolamine, Carbomer, Tocopherol (Vitamin E Natural), Allantoin, Ascorbic Acid, Diazolidinyl Urea, Disodium EDTA, Methylparaben.

**CONTENTS:** 118 ml

**DIRECTIONS:** Thoroughly cleanse skin before liberally applying Gelly. Repeat application as required.

### BENEFITS

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

## Aloe Sunscreen

#617 | 0.083 C.C

Everything seems better when the sun shines, but this 'silver lining' brings its own cloud! With today's knowledge of the dangers of overexposure to the sun, we seek only the highest quality sun protection products available.

Aloe Sunscreen provides just that! Combining modern science with natural ingredients, this effective sunscreen helps to soothe, lubricate, moisturize and protect the skin against sun damage. With an SPF of 30, Aloe Sunscreen blocks both UVA and UVB rays, while this silky, smooth lotion made with pure stabilized Aloe Vera Gel, rich moisturizers and humectants, maintains the skin's natural moisture balance.

**ACTIVE INGREDIENTS:** Octyl Methoxycinnamate, Octisalate, Oxybenzone, Zinc Oxide

**INACTIVE INGREDIENTS:** Aloe Barbadensis Gel (Stabilized Aloe Vera Gel), Water, Dimethicone, Polysorbate 80, C12-15 Alkyl Benzoate, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Squalane, Glyceryl Stearate, Cetyl Alcohol, Glycerin, Polysorbate 60, VP/Eicosene Copolymer, PEG-100 Stearate, Diazolidinyl Urea, Methylparaben, Propylparaben, Xanthan Gum, Fragrance, Tocopheryl Acetate.

**CONTENTS:** 118ml

**DIRECTIONS:** Apply liberally to all exposed areas 15-30 minutes before exposure to the sun. Reapply when skin feels dry, or within 40 minutes of any water activity.

### BENEFITS

- High SPF for more sun protection
- Strong, water resistant formula which retains its SPF up to 40 minutes after water activity
- Moisturizes skin to prolong your tan
- Safe and gentle enough for children

## Aloe Lips™ with Jojoba

#022 | 0.014 C.C

The soothing properties of aloe vera are ideally suited to care for your lips. Aloe, jojoba and beeswax combine to create the finest all-season lip product on the market today. Aloe Lips soothes, smoothes and moisturizes chapped and dry lips.

Whether you are skiing, sunbathing, or enjoying the outdoors, its compact size makes it convenient to keep on hand. If your lips could talk, they'd ask for Aloe Lips!

**INGREDIENTS:** Aloe Barbadensis Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Petrolatum, Ethylhexyl Hydroxystearate, Beeswax, Euphorbia Cerifera (Candelilla) Wax, Myristyl Myristate, Copernica Cerifera (Carnauba) Wax, Ozokerite, Flavor, Allantoin, Propylparaben

**CONTENTS:** NET WT. 4.4g

**DIRECTIONS:** Apply to the lips regularly as a moisturizer, particularly in harsh or extreme weather conditions.

### BENEFITS

- Moisturizing Aloe-based formula
- Gives your lips gloss
- Great for all year-round use



## Aloe Body Lotion

#647 | 0.091 C.C

**Fast absorbing lotion, perfect for daily use.**

It is the perfect everyday moisturizer 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 moisturizing 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 moisturizing 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. 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.

**INGREDIENTS:** Aloe Barbadensis Leaf Juice (Stabilized\* Aloe Vera Gel/gel d'aloès officinal stabilisé\*), Water (Aqua/Eau), Caprylic/Capric Triglyceride, Propanediol, C13-15 Alkane, Glyceryl Stearate SE, Heptyl Undecylenate, Argania Spinosa Kernel Oil, Rosa Canina Fruit Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Macadamia Integrifolia Seed

Oil, Niacinamide, Sodium Hyaluronate, Arginine, Hydrolyzed Jojoba Esters, Hydroxyacetophenone, Glyceryl Stearate, PEG-100 Stearate, Caprylyl Glycol, Ethylhexylglycerin, Hexylene Glycol, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Xanthan Gum, Isosorbide Dicaprylate, Disodium EDTA, Phenoxyethanol, Potassium Sorbate, Fragrance (Parfum).

**CONTENTS:** 236ml

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

### BENEFITS

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

## Aloe Body Wash

#646 | 0.090 C.C

**Gentle, powerful cleansing with skin-conditioning aloe.**

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.

**INGREDIENTS:** Aloe Barbadensis Leaf Juice (Stabilized\* Aloe Vera Gel/gel d'aloès officinal stabilisé\*), Water (Aqua/Eau), Cocamidopropyl Betaine, Cocamidopropyl Hydroxysultaine,

Propanediol, Sodium Methyl 2-Sulfolaurate, Sodium Cocoyl Glycinate, Sodium Cocoamphoacetate, 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).

**CONTENTS:** 236ml

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

### BENEFITS

- 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

## Aloe-Jojoba Shampoo

#640 | 0.087 C.C

**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 sulfates, Aloe-Jojoba Shampoo helps maintain your scalp's moisture balance while keeping it soft and manageable. 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! **Sulphate free.**

**INGREDIENTS:** Aloe Barbadensis Leaf Juice

(Stabilized\* Aloe Vera Gel/gel d'aloes officinal stabilise\*), Water (Aqua/Eau), Sodium C14-16 Olefin Sulfonate, Cocamidopropyl Hydroxysultaine, Sodium Lauryl Glucose Carboxylate, Lauryl Glucoside, Argania Spinosa Kernel Oil, Panthenol, Rosa Canina Fruit Oil, Simmondsia Chinensis

(Jojoba) Seed Oil, Sorbitan Oleate Decylglucoside Crosspolymer, Guar Hydroxypropyltrimonium Chloride, Hydroxyacetophenone, Dimethicone PG-Diethylmonium Chloride, Cetrimonium Chloride, Propanediol, Citric Acid, Chlorphenesin, Disodium EDTA, Potassium Sorbate, Fragrance (Parfum).

**CONTENTS:** 10 fl. oz. (296 mL)

**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.

### BENEFITS

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

## Aloe Jojoba Conditioner

#641 | 0.093 C.C

**Softness and shine with a hydrating boost.**

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 sulfates.

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 moisturized while fortifying with vitamins C, E and B. **Sulphate free.**

**INGREDIENTS:** Aloe Barbadensis Leaf Juice

(Stabilized\* Aloe Vera Gel/gel d'aloes officinal stabilise\*), Water (Aqua/Eau), Cetyl Alcohol, Behentrimonium Chloride, Cetearyl Alcohol, Isoamyl Laurate, 1,2-Hexanediol, Argania Spinosa Kernel Oil, Rosa Canina Fruit Oil,

Simmondsia Chinensis (Jojoba) Seed Oil, Caprylyl Glycol, Ethylhexylglycerin, Hexylene Glycol, Hydrolyzed Jojoba Esters, Phenoxyethanol, Fragrance (Parfum).

**CONTENTS:** 296 mL

**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.

### BENEFITS

- 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



# Aloe Avocado Face & Body Soap

**Gentle cleansing that leaves skin soft and supple**

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 moisturized all day long.

**INGREDIENTS:** Sodium Palmate, Sodium Cocoate (or) Sodium Palm Kernelate, Water (Aqua/Eau), Glycerin, Fragrance (Parfum), Aloe Barbadensis Leaf Juice (Stabilized\* Aloe Vera Gel/gel d'aloès officinal stabilisé\*), Persea Gratissima (Avocado) Oil, Hydrogenated Vegetable Oil, Sodium Chloride, Pentasodium Pentetate, Tetrasodium Etidronate, Titanium Dioxide (CI 77891), Iron Oxides (CI 77499), Yellow 10 (CI 47005), Red 4 (CI 14700), Green 3 (CI 42053).

**CONTENTS:** NET WT. 5 OZ. (142 g)

#284 | 0.027 C.C

**DIRECTIONS:** Use Aloe Avocado Face & Body Soap for cleansing the skin as needed. Rinse completely, then gently pat dry with a towel.

**WARNINGS:** For external use only. Do not use on damaged or broken skin. When using this product keep out of eyes. Rinse with water to remove. If rash occurs, stop use and ask a doctor. Keep out of reach of children.

## BENEFITS

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

# Aloe Moisturizing Lotion

Weather, wind and pollution - day in, day out, they take their toll on your skin. Now you can help your skin overcome the elements with our exquisite Aloe Moisturizing Lotion.

This unique lotion has outstanding humectant and moisturizing properties. It contains Collagen and Elastin to keep the skin smooth, soft and elastic while maintaining the skin's natural pH balance. Thicker than our Aloe Lotion, it is ideal for replenishing lost moisture and restoring skin's soft, silky feel. Aloe Moisturizing Lotion is excellent for face, hands and body, helping to counteract the effects of pollution and the environment. Once the lotion has been smoothed on and absorbed through the skin, makeup can be applied as usual.

**INGREDIENTS:** Aloe Barbadensis Gel (Stabilized Aloe Vera Gel), Water, C12-15 Alkyl Benzoate, Stearic Acid, Glyceryl Stearate, Hydrogenated Polyisobutene, Methyl Gluceth-20, Sorbitol, Prunus Armeniaca (Apricot) Kernel Oil, Polysorbate 60,

#063 | 0.059 C.C

Triethanolamine, Cetyl Alcohol, Soluble Collagen, Hydrolyzed Elastin, Simmondsia Chinensis (Jojoba) Seed Oil, Tocopherol (Vitamin E Natural), Sodium Hyaluronate, Sodium PCA, Anthemis Nobilis Flower Extract, Allantoin, Dimethicone, PEG-100 Stearate, Ascorbic Acid, Diazolidinyl Urea, Methylparaben, Propylparaben, Fragrance.

**CONTENTS:** 118ml

**DIRECTIONS:** Apply to face, hands or body. Gently massage until lotion is absorbed. If used as a foundation for makeup, allow a thin film to remain.

## BENEFITS

- Moisturizer for face and body
- Excellent for hands
- Rich in texture

# R3 Factor®

Help your skin RETAIN its natural moisture, RESTORE its resilience and RENEW its appearance with R3 Factor® Skin Defense Creme – a rich combination of stabilized Aloe Vera gel, soluble collagen and alpha-hydroxy acids, fortified with vitamins A and E, each vital to healthy skin.

Vitamin E is a powerful antioxidant, while vitamin A helps in the maintenance of healthy skin and is beneficial for many skin conditions.

Alpha Hydroxy Acids (AHAs) come from natural plant sources and are also called Fruit Acids. Together, these fruit acids are exfoliants that loosen dead cells from the skin's surface by dissolving the natural glue-like substances that refuse to release the dead skin cells. These cells create a barrier to moisturizing creams, so getting rid of these dead cells evenly means that fresher cells are exposed in the skin's renewal process. By combining AHAs with soothing aloe, R3 Factor Skin Defense Creme provides a first line of defense in fighting the harsh effects of time to preserve your skin's youthful appearance.

**INGREDIENTS:** Aloe Barbadensis Gel (Stabilized Aloe Vera Gel), Water, Butylene Glycol, Squalane, Methyl Gluceth-20, Cetyl Dimethicone, Prunus Armeniaca (Apricot) Kernel Oil, Glyceryl Stearate, Polyacrylamide, C13-14 Isoparaffin, Laureth-7, Tocopheryl Linoleate, Sodium Hyaluronate, Tocopheryl Acetate, Glycolic Acid, Saccharum Officinarum (Sugar Cane) Extract, Citrus Medica Limonum (Lemon) Fruit Extract, Pyrus Malus (Apple) Extract, Camellia Sinensis Leaf Extract, Retinyl Palmitate, Soluble Collagen, PEG-100 Stearate, Ascorbic Acid, Triethanolamine, Diazolidinyl Urea, Methylparaben, Propylparaben, Fragrance.

**CONTENTS:** 56.7g

**DIRECTIONS:** After cleansing, apply to face, neck and other areas where needed. For best results, use both morning and night. May be followed by Firming Foundation Lotion and/or makeup or by Recovering Night Creme at night, if desired.

#069 | 0.129 C.C

## Personal Care

The finishing touches — like a dab of hand sanitizer or minty fresh toothgel — are just as important for your health and personal hygiene. So, don't forget about these personal care products that will help you look and feel your best throughout the day.





## Gentleman's Pride®

As a razor blade moves across your skin, it can cause nicks, scratches or 'razor burn,' leaving your skin irritated and dry. Pamper and soothe your skin with the moisture of Gentleman's Pride®, an alcohol-free aftershave in a clean, masculine scent. Feel the icy exhilaration of this unique blend of lubricants and moisturizers combined with pure, stabilized aloe vera gel.

In the form of a smooth, silky lotion, it doubles as a skin conditioner to soothe and replenish the skin after shaving. The aloe vera, mixed with special conditioners such as rosemary and chamomile, helps to gently soothe the skin. Men will love the fresh, clean feel of Gentleman's Pride, and women will love its unique, masculine fragrance!

### INGREDIENTS

Aloe Barbadosis Gel (Stabilized Aloe Vera Gel), Water, Methyl Gluceth-20, Ethylhexyl Palmitate, Dimethicone, Glyceryl

Stearate, Polyacrylamide, C13-14 Isoparaffin, Laureth-7, PEG-100 Stearate, Sodium Hyaluronate, Tocopheryl Acetate, Retinyl Palmitate, Ascorbic Acid, Allantoin, Rosmarinus Offi cinalis (Rosemary) Leaf Extract, Anthemis Nobilis Flower Extract, Diazolidinyl Urea, Methylparaben, Propylparaben, Fragrance

CONTENTS: 118ml

### DIRECTIONS

Apply liberally after shaving or exposure to the elements.

### BENEFITS

- Aftershave or anytime moisturizing lotion
- Alcohol-free formula
- Soothes and moisturizes
- Unique, fresh fragrance

## Aloe Ever-Shield®

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 Stick provides effective, all-day protection against underarm odor and can be applied directly after showering or waxing without stinging. Aloe Ever-Shield® glides on smoothly, does not stain clothes, and maximizes the deodorant properties of aloe vera while eliminating ingredients that could be harmful.

Aloe Ever-Shield® Deodorant Stick contains no harsh aluminum salts.

### INGREDIENTS

Propylene Glycol, Water (Aqua), Sodium Stearate, Aloe Barbadosis Leaf Juice (Stabilized Aloe Vera Gel), Fragrance (Parfum), Triclosan.

CONTENTS: NET WT. 3.25 oz. (92.1g)

### DIRECTIONS

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

### BENEFITS

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



Martina Hahn, naturopath and FBO since 2002  
WhatsApp: +39 340 7012181  
[Click here if you wish to buy with 5% discount](#)



#028 | 0.030 C.C

#633 | 0.075 C.C



## Aloe Liquid Soap

On average, people wash their hands around 8 times a day, and the global hygiene council recommends even more. While that can be a key to keeping you healthy, it can take a toll on your skin if your soap uses harsh surfactants and strips your hands of moisture.

Our 100% Stabilized Aloe Vera gel and glycerin make a natural, soft base onto which we added some new and exciting ingredients.

We've taken your favorite pearlescent formula and improved it by adding cucumber fruit extract, lemon peel oil and olive oil to exponentially boost its moisturizing powers. Cucumber helps soothe the skin while lemon peel oil pulls double duty acting as an astringent and skin conditioning agent.

Olive oil has long been heralded as an antioxidant, moisturizer and may assist in skin's rejuvenation.

A combination of natural oils, fruit extract and the best of science this Aloe Hand Soap with its mild chamomile scent is exactly what your skin wants and needs to be cleansed and conditioned.

**CONTENTS:** 16 fl. oz. (1 pt.) (473 mL)

### DIRECTIONS

Dispense into hands, wet, lather and rinse completely.

### BENEFITS

- Softening formula
- Naturally derived cleansers
- Paraben free

## Forever Bright® Toothgel

Aloe vera has long been treasured for its quality and versatility - including dental care. Your teeth will gleam with Forever Bright, one of the best toothgels on the market.

Formulated for the entire family to use, Forever Bright contains only the highest quality ingredients. It is also suitable for vegetarians since it contains no animal by-products. Natural peppermint and spearmint flavorings leave your mouth feeling fresh and clean.

Years of research, development and collaboration with scholars and dentists have provided Forever Living with the optimum aloe-based formula for effective cleaning. Your family will love the flavor and the clean mouth-feel.

**Note:** This product does not contain fluoride.

### INGREDIENTS

Aloe Barbadensis Gel (Stabilized Aloe Vera Gel), Sorbitol, Hydrated Silica, Glycerin, Sodium Lauryl Sulfate, Chondrus Crispus (Carrageenan), Flavor (Aroma), Bee Propolis, Sodium Saccharin, Sodium Benzoate, Chlorophyllin- Copper Complex

**CONTENTS:** 130g

### DIRECTIONS

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

### BENEFITS

- Contains bee propolis
- Formulated for the entire family
- Does not contain fluoride
- Relieves bleeding/receding gums, plaque problems, sensitive teeth, mouth ulcers

# Appendix

## The Contents and Properties of Aloe Vera Gel

Aloe Vera naturally contains 75 known active ingredients (and probably many more) which can be divided into the following groups:

### Vitamins

Aloe contains a wide range, but the most common ones are the antioxidant vitamins C and E and the beta carotene, the precursor of vitamin A. It is also one of the few plant sources in the world of vitamin B12 – albeit a very small amount.

### Minerals

These include magnesium, manganese, zinc, copper, chromium, calcium, sodium and potassium, essential elements in the chemistry and processes of a healthy body.

### Amino Acids

The human body requires 20 amino acids, the building blocks of the protein and Aloe Vera Gel provides 19 of them. More importantly, it provides seven of the eight essential amino acids that cannot be manufactured by the body and which have to be consumed as food.

### Polysaccharides

These include the important natural sugars which act on the immune system.

### Digestive Enzymes

Lipases and proteases break down food and aid digestion.

### Anti-inflammatory Enzymes

These reduce inflammation

### Plant Sterols

The three main types act as a powerful anti-inflammatory agent. Helps lower cholesterol.

### Lignin

This gives topical Aloe Vera its penetrative ability, to reach deep into the skin.

### Saponins

These are soapy substances that exert a powerful anti-microbial effect against bacteria, viruses, fungi, and yeasts such as candida or “thrush”

### Anthraquinones

The most important ones being aloin and emodin, but although present in only minute amounts they are strong painkillers, and are acknowledged to possess antibacterial and virucidal activity.

### Why does it work?

It works by providing a rich cocktail of micro-nutritional elements whose combined action and balance produce a more powerful effect together than would be expected from the addition of the individual components. This is because they work as a team, enhancing each other's effect – known as synergism. It also has adaptogenic properties which means that different individuals take from it what they need, therefore the benefits vary from person to person.

### Where does it work

Aloe Vera, because of its nutritional and immunomodulating properties, helps firstly to prevent injury to epithelial tissues, and when they are damaged, it promotes healing. Antioxidants fight the destructive “free radicals”, the unstable compounds produced by our metabolism and found in environmental pollutants. Free radicals are thought to cause various ailments, including some cancers as well as contributing towards the ageing process. Polysaccharides in Aloe Vera act on the immune

system to help regulate and balance its activity.

An epithelium is an anatomical term defined as follows: “a layer of cells that covers the body or lines a cavity that connects with it”.

Our largest epithelium is our skin but also included is the lining of the gut, the bronchial tubes and the genital tract. No wonder Aloe works just as well on damaged skin as it does, say, on an inflamed bowel or in asthma.

Its natural anti-inflammatory and antimicrobial action, combined within its nutritional constituents, promote healthy cell growth, and therefore healing. However, it is not only helpful for people with problems; most people taking it report a greater sense of wellbeing – they just feel “better” or they report feeling calmer and less anxious. This could be due to Aloe's effect on their immune system which, you may say, becomes balanced or fine-tuned, and therefore, more efficient at defending the body from attack. Promotes better absorption of vitamins and boosts energy.

For further information please see “The Essential Aloe Vera” by Dr. Peter Atherton (Advisory Board Member) available to purchase from FLP.

Stabilised Aloe Vera Gel (when taken as a drink or applied externally to the skin and hair) has the following benefits;

### How does it work?

- It is natural cleanser due to the presence of saponins.
- It penetrates tissue due to its lignin content
- It anaesthetises the tissue in the area to which it is applied, relieving pain deep beneath the surface, including pain associated with joints and sore muscles.
- It is a bactericidal when held in high concentration for several hours direct contact with bacteria, whereas antibiotics kill bacteria when highly diluted.
- It is virucidal and fungicidal when held in direct contact in high concentration for a long period.
- It is anti-inflammatory. It acts like a steroid, but with no side effects.
- It is antipruritic – reducing itching and burning.
- It is a natural moisturizer to all layers of the skin.
- It stimulates cell replication.
- The proteolytic enzyme break down dead tissue – cleansing a wound (topical products)
- It helps to increase blood flow in the skin by capillary dilation.
- It is healthy giving to the skin and the body by providing a wide range of vitamins, minerals, sugars, enzymes and amino acids, essential and secondary.
- Safety – each of the above benefits can be achieved with one or more drugs. Usually these are expensive and have numerous side effects. Aloe Vera can produce benefits in high concentration with virtually no side effects.

Aloe Vera is not a panacea to all ills and there is no magic about it. It works only in the two areas mentioned previously – epithelial tissue and immune system. This is largely backed by anecdotal evidence, as many thousands of people over the centuries have reported benefit for various skin complaints such as eczema, psoriasis, ulcers, burns, acne, even stings and bites.

They have found relief for bowel disorders such as diverticulitis and Irritable Bowel Syndrome. Other conditioned resulting from a disordered immune system such as arthritis, asthma, and ME (Post viral fatigue syndrome) and LE (lupus) have improved after regular ingestion of the Aloe Vera Gel.

Aloe Vera therefore has a complementary role to play in the management of various conditioned. It is very important, however, that people always seek the advice of their doctor, when diagnosis is in doubt, or where a condition does not improve. Self diagnosis can be extremely dangerous as many serious conditioned can mimic simpler ones.



	AMINO ACIDS																		MINERALS									
	*Isoleucin	*Leucin	*Lysine	*Methionine	*Phenylalanine	*Threonine	*Tryptophan	*Valine	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Histidine	proline	Serine	Tyrosine	*Essential Amino Acids		Calcium	Copper	Iron	Magnesium	Manganese	Phosphorus	Potassium	Sodium	
Pure Aloe ppm	14	20	37	14	14	31	30	14	28	14	43	52	28	18	14	45	14			458	0.11	1.18	60.8	1.04	20.1	797	84.4	
Stabilised Gel ppm	14	34	41	14	14	30	30	14	22	14	27	35	14	14	17	20	14			484	0.32	1.84	92	3.49	30.4	594	176	
*Manufactured in the US Patent numbers 3892853, 4178372 and 4446131																												

Nutritional Information: Trace Minerals

TRACE MINERALS	Name	Natural Sources	FLP Products	Depleted by	Uses in Body	Daily needs of an adult
	CHROMIUM	Yeast, egg yolks, liver, cheese, wheatgerm	Garcinia Plus, Forever Lean, Cardio Health	Food refining	Sugar metabolism, Controls Metabolism	25-100mcg
	COPPER	Liver, crab, oysters, nuts, olives, carrots, whole grains	Nature-Min, Fields of Greens, Gin-Chia	Stable minreal	Energy production Blood formation	1-3mg
	IODINE	Seafood, seaweeds(kelp)	Nature-Min, Forever Lite	Prescription Drugs, food grown in poor soil	Thyroid activity	25-250mcg
	IRON	Liver, Kidneys	Nature-Min, Fields of Greens, Gin-Chia	Caffeine interferes with its absorption	Oxygen carrier in blood	9-11mg
	MANGANESE	Oats, Wheatgerm, nuts, pineapple, plums, beetroot	Nature-Min, Fields of Greens, Gin-Chia	Food refining	Energy production nervous system	3-20mg
	MOLYBDENUM	Buck wheat, pulses, liver, soya beans	Nature-Min	Food refining, food grown in poor soils	Iron metabolism Defence of teeth	150-500mcg
	SELENIUM	Yeast, garlic, liver,eggs, fish	Nature-Min, Forever Lite, A-Beta-CarE	Smoking, intensive farming methods	Anti-oxidant Immune system	50-500mcg
	SULPHUR	Shellfish, beef, eggs, chicken, pork, pulses	Garlic-Thyme	Food refining	Protein formation	Unknown
	ZINC	Offal and other meats, mushrooms, oysters, yeast, eggs, mustard	Nature-Min, Fields of Greens, Gin-Chia	Food refining, contraceptive pill, alcohol, smoking	Cell Division, Growth of Reproductive organs	10mg

Please note the daily needs of an adult vary according to the individuals needs. Please see the Recommended Daily Allowance for the government guidelines. mg-milligram mcg-micrograms

Nutritional Information: Macro-Minerals

MINERALS	Name	Natural Sources	FLP Products	Uses in Body	Depleted by	Daily needs of an adult
	CALCIUM	All dairy foods, Leafy vegetables	Nature-Min, Fields of Greens, Garlic-Thyme, Gin-Chia	Most common, Teeth and bones	Phosphorus (as used in fizzy drinks) Bran Fibre	200-900mg
	MAGNESIUM	Soya beans, nuts, meat, fish, whole grains	Nature-Min, Fields of Greens, Garlic-Thyme, Gin-Chia	Metabolism, Body Chemistry	Phytates present in bran fibre and whole grains	200-500mg
	PHOSPHORUS	Dairy produce, vegetables, fish, meat, nuts, whole grains	Nature-Min, Fields of Greens	Teeth and bones, Energy production	Stable mineral	600mg
	POTASSIUM	Yeast, Fruit, Vegetables	Fields of Greens, Garlic-Thyme, Gin-Chia	Water balance Muscle/Nerve function	Lost in cooking	3500mg
	SODIUM	Table salt	Fields of Greens, Gin-Chia	As potassium	Lost in cooking	1600mg

Nutritional Information: Vitamins

VITAMINS	Name	Also Known as	Natural Sources	FLP Products	Uses in Body	Depleted by	Daily needs of an adult
	Beta Carotene	Pro-vitamin A	Carrots, tomatoes, watercress	Gel, A-Beta-CarE	Antioxidant, sight, skinlism	Exposure to sunlight	15mg
	B1	Thiamin	Pork,milk, eggs, brown rice, whole grain cereals	Gel, Bee Products, Garlic-Thyme	Digestion, nervous system	Food refining, Heat & Cooking	10-75mg
	B2	Riboflavin	Milk, eggs, lean meat, cere-als, leafy vegetables	as B1	Skin, hair, nails	Sunlight, Alcohol	10-75mg
	B3	Niacin	Meat, fish, eggs, milk, cheese	as B1	Breaks down fats, creates energy	Food refining, Alcohol, Smoking	25-125mg
	B5	Pantothenic	Yeast, liver, eggs, brown rice, whole grain cereals	as B1	Immune sytem, healthy tissues	Caffeine, Alcohol, Sulphur	25-250mg
	B6	Pyridoxine	Meat, Fish, milk, eggs	as B1, Fields of Greens	Regulates the nervous system	Food refining, cooking	25-200mg
	B12	Cobalamin	Eggs, milk, cheese, liver, meat, fish	Gel, B12 Plus, Bee Products.	Maintains the nervous system	Alcohol, Light, Heat	10-100mg
	C	Ascorbic Acid	Citrus fruits, vegetables	Absorbent-C, Garlic-Thyme, Gel, Gin-Chia	General Health, connective tissues	Smoking, Light, Heat	50-1000mg
	D		Oily fish, butter, cheese, milk, eggs	Artic-Sea	Blood, bones	Caffeine	5-10mcg
	E	Tocopheral	Vegetables oils, almonds, peanuts, avocado, asparagus, spinach	Gel, A-Beta-CarE, Artic-Sea	Protect cell from damage	Food refining, Light, Air	60-250mg



# Jump-start Your Forever Journey

Interested in earning extra income\*  
by sharing Forever's products?

A Start Your Journey Combo Pak includes a selection of Forever essentials, including our flagship Forever Aloe Vera Gel®, so you can try a variety of products, share them with others, and even sell them at retail price. You'll also get business building tools to help you reach your goals even faster.

A pack is one way to opt into the Forever business while getting a taste of Forever. It also puts you on the fast-track to becoming an Assistant Supervisor and receiving a 30% discount on every Forever purchase.

## To get started:



Visit  
[join.foreverliving.com](https://join.foreverliving.com)



Complete your profile  
and sign up as a Forever  
Business Owner

## KENYA - Nairobi

Re-Insurance Plaza, 4th Floor  
P. O. Box 44919 - 00100 Nairobi, Kenya  
**Tel:** +254 712 434 328  
**Email:** [info@foreverea.com](mailto:info@foreverea.com)



Forever Kenya HQ



[foreverkenyahq](https://www.instagram.com/foreverkenyahq)



[ForeverLiving.com](https://www.ForeverLiving.com)

## UGANDA - Kampala

FLP Uganda Ltd.  
P. O. Box 34271 Kampala  
Plot 26 Buganda Road, Park Royal Mall  
First floor, Suite B1  
**Tel:** +256 414 230 184



Forever Uganda HQ



[foreverugandahq](https://www.instagram.com/foreverugandahq)



FOREVER  
LIVING  PRODUCTS®