

Sports and Weight Management



FOREVER

pure

For over forty years, Forever has demonstrated a commitment to finding nature's purest ingredients and pairing them with the latest scientific advancements. This is for one purpose:

**TO HELP YOU AND YOUR FAMILY
LOOK BETTER AND FEEL BETTER.**



FOREVER

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FOREVER F.I.T. PROGRAMME

Forever F.I.T. is an advanced, nutritional, weight management and exercise programme designed to help you look and feel better in four easy-to-follow steps:

● **C9 KICK-START**

If it's results you're after, then you should always start a programme by addressing your attitude and mindset. The **C9** has been designed in a way that allows you to take back control of your body and lifestyle. This nine-day, calorie controlled diet and exercise programme will enable you to meet your weight loss, exercise and lifestyle goals through easy-to-follow steps, exercise ideas and delicious recipes.

Once your attitude is in check, it's time to step your fitness up a gear by moving onto **F15**. **F15** is designed to build on your fitness gradually, but in a way that's sustainable and achievable. Choose the level that's right for you or work through all three programmes to achieve your target weight. Each **F15** level has been split into two fifteen-day regimes so that you can choose the one that suits your lifestyle.

Please note: If you want to do both parts of each level you will need to purchase additional products.

● **F15 BEGINNER**

New to fitness and nutrition? Then start with **F15 Beginner**. Learn the basics of fitness with customised body workouts, fundamental movements and basic cardio. Build your foundation with easy-to-follow guidelines, healthy recipes, weight management products and lifestyle tips.

● **F15 INTERMEDIATE**

Already moderately active but looking to step up your routine? Jump ahead to **F15 Intermediate**. With a selection of recipes, customised workouts, interval training, high intensity workouts and weight management products, **F15 Intermediate** will help you to take it to the next level.

● **F15 ADVANCED**

If you're already very active, but in search of a programme that better suits you, why not try **F15 Advanced**? With higher intensity exercise and food supplement support, **F15 Advanced** provides a more intensive regime for those looking for a challenge.



Each simple, hassle-free pack comes with all the products you need to complete the programme, along with information and guidance, recipe ideas and exercise tips.

Change your diet and exercise habits for life, and you'll soon find a healthier, stronger, and fitter you.



C9

KICK-START

Look better and feel great in just nine days with this expertly-devised calorie-controlled diet and exercise programme.

Designed to kick-start the **F.I.T. programme**, prepare your body and adjust your mindset, **C9** provides the perfect starting point for transforming your diet and fitness habits. Based around Forever's bestselling **Forever Aloe Vera Gel**, this nutritionally-balanced programme will allow you to see real results in just nine days.



What's included in the C9 pack?

Forever Aloe Vera Drinking Gel x2

One of Forever's bestselling products and the cornerstone of a healthy diet.

Forever Lite Ultra

Healthy protein shake-mix packed with nutrients.

15 servings

Forever Therm

Innovative formula containing a special blend of vitamins.

18 tablets

Forever Garcinia Plus

A weight management supplement derived from a tree native to Southeast Asia.

54 softgels

Forever Fiber

Water-soluble fibre supplement.

9 packets

Information Booklet

Clear, concise information and guidance on the programme.

- 475 | Vanilla / Forever Aloe Vera Gel
- 476 | Chocolate / Forever Aloe Vera Gel
- 625 | Vanilla / Forever Aloe Berry Nectar
- 626 | Chocolate / Forever Aloe Berry Nectar
- 629 | Vanilla / Forever Aloe Peaches
- 630 | Chocolate / Forever Aloe Peaches

**Pack Price
£127.51**

F15

BEGINNER

Learn to make permanent changes for the better by down your fitness foundations.

F15

INTERMEDIATE

Push yourself further with a programme that's all about definition and results.

F15

ADVANCED

Take your performance to the next level with an intense, challenging fitness routine.

STEP IT UP

Change the way you think about diet and fitness for good with F15.

This easy-to-follow regime is made up of bitesize stages designed to help you achieve your fitness goals in a sustainable, healthy way.

Once you've completed the **C9**, it's time to take the next step. **F15** offers a personalised approach to continuing your weight management journey. Each pack contains enough supplements and shakes for a fifteen-day programme, plus an easy-to-follow, step-by-step guide to help you through. Maintain and build on the progress you made with the **C9** and change your habits in the long-term.



What's included in the F15 pack?

Forever Aloe Vera Drinking Gel x2

One of Forever's bestselling products and the cornerstone of a healthy diet.

Forever Lite Ultra

A healthy protein shake-mix packed with nutrients.
15 servings

Forever Therm

Innovative formula containing a special blend of vitamins.
30 tablets

Forever Garcinia Plus

A weight management supplement derived from a tree native to Southeast Asia.
90 softgels

Forever Fiber

Water-soluble fibre supplement.
15 packets

Information Booklet

Clear, concise information and guidance on the programme.

Pack Price
£140.18

KEY:

BEGINNER
INTERMEDIATE
ADVANCED

528	F15 - Vanilla Forever Aloe Vera Gel
529	F15 - Chocolate Forever Aloe Vera Gel
12528	F15 - Vanilla Forever Aloe Berry Nectar
12529	F15 - Chocolate Forever Aloe Berry Nectar
532	F15 - Vanilla Forever Aloe Vera Gel
533	F15 - Chocolate Forever Aloe Vera Gel
12532	F15 - Vanilla Forever Aloe Berry Nectar
12533	F15 - Chocolate Forever Aloe Berry Nectar
536	F15 - Vanilla Forever Aloe Vera Gel
537	F15 - Chocolate Forever Aloe Vera Gel
12536	F15 - Vanilla Forever Aloe Berry Nectar
12537	F15 - Chocolate Forever Aloe Berry Nectar

NB: All levels of **F15** contain the products listed above.



V5

VITAL⁵

Once you've achieved your goals, whatever they may be, don't waste all that hard work and slip back into old habits.

Forever's **Vital⁵** pack incorporates five specially-selected products that work in synergy to promote overall wellbeing. This unique product combination will provide you with the essential vitamins and nutrients you need daily*.

*Supplements should not be taken as a replacement for a healthy, balanced diet.



What's included in the Vital⁵ pack?

Forever Aloe Vera Gel x2

Our famous original **Forever Aloe Vera Gel** has been our top selling product for decades and it's an ideal digestive aid.

Forever Arctic Sea

The human body cannot naturally make the omega-3 fatty acids which are commonly found in fish.

Forever Arctic Sea's blend of natural fish and calamari oil contains the essential fatty acids EPA – which contributes to the normal function of the heart – and DHA – which contributes to the maintenance of normal brain function. *N.B. Contains fish (salmon, anchovy and cod).*

120 softgels

ARGI+

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

30 sachets

Forever Active Pro-B

Forever Active Pro-B blends six strains of friendly bacteria, selected and engineered for their ability to reach the intended destination of the large intestine. It is the perfect high-quality friendly bacteria supplement to complement your gut flora and assist with your diet and lifestyle goals.

30 capsules

Forever Daily

A food supplement designed to deliver 100% of the recommended daily allowance (RDA) of essential vitamins and bio-available minerals and nutrients. **Forever Daily** combines fifty-five perfectly-balanced aloe-coated nutrients to support optimal health and vitality each day. Take with the **Forever Aloe Vera Gel** for best results.

60 tablets

Product No.
456

Pack Price
£198.59

WEIGHT MANAGEMENT

Don't just end your journey with the F.I.T. programme. Every product included in the C9, F15 and Vital⁵ pack is also available to buy individually!

Forever offers a wide selection of other weight management products, so maintain and manage your goals by stocking up. These meal replacement shakes and supplements allow you to tailor your healthy eating plan in a way that suits you.



Forever Fiber

Are you getting enough fibre in your diet? This water-soluble fibre supplement provides a quick, simple way to increase your daily intake.

464

£20.75

30 packets



Forever Arctic Sea

A blend of natural fish and calamari oil, rich in omega-3 fatty acids.

N.B. Contains fish (salmon, anchovy and cod).

376

£33.05

120 softgels



Forever Garcinia Plus

Garcinia Cambogia is a tree, native to Southeast Asia, which produces fruit prized for its culinary and beneficial purposes.

N.B. Contains soy.

71

£34.22

70 softgels



Forever Therm

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

463

£38.45

60 tablets



Forever Active Pro-B

Forever Active Pro-B is the perfect high-quality friendly bacteria supplement to complement your gut flora and assist with your diet and lifestyle goals.

610

£40.56

30 capsules



Forever Daily

A food supplement designed to deliver 100% of the recommended daily allowance (RDA) of essential vitamins and bio-available minerals and nutrients.

439

£22.25

60 tablets



Forever Plant Protein

Packing 17 grams of protein per serving, **Forever Plant Protein** is a vegan formula that's dairy and soy-free. The pea and pumpkin protein contributes to the function of normal bones, and the growth and maintenance of muscle mass.

656

£51.28

390g



Forever Lite Ultra

This versatile product can be used if you're watching your calorie intake, or as a filling protein shake if you're trying to gain weight.

N.B. Contains soy.

Vanilla

470

£23.07

375g

Chocolate

471

£23.07

390g



ENERGY

Energy, stamina and endurance are key traits for sports enthusiasts, whether in training or on the go. Keep your energy levels up by providing your body with the fuel it needs to keep going.

Forever's range of sports and weight management products makes it easy for you to feel ready for that training session, whatever your day might hold.



ARG1+

This delicious, nutritious sports drink contains five grams of L-arginine per sachet plus vitamins, including vitamin C which contributes to the reduction of tiredness and fatigue.

473

£61.18

30 sachets



Forever Bee Honey

This delicious honey is a natural sweetener, loaded with nature's goodness. Great when you need a quick sugar burst when training.

207

£17.75

500g



Forever Bee Pollen

Bee pollen, dubbed a 'miracle food', is a nutritionally-rich substance that provides bees with everything they need to survive. Forever sources its pollen using a patented pollen trap which collects pollen without destroying the colony. This pollen has then been combined with honey and royal jelly to create a fresh and potent supplement.

26

£15.29

100 tablets



Forever NutraQ10

Forever NutraQ10 contains Q10 plus essential vitamins, including C and B6 which contribute to the reduction of tiredness and fatigue. *N.B. Consult your doctor if you are on medication. Avoid if pregnant, breastfeeding or suffering from kidney disease. This product contains soy.*

312

£28.31

30 packets



FAB

Take Forever's advanced energy drink on-the-go, so you can always get back in the game when it feels like you're running on empty.

FAB has a delicious mix of exotic flavours from guarana, acai and acerola fruit extracts and cranberry.

721

£49.63

12 x 269ml

POWER

Protein is vital to building and maintaining muscle mass. Forever has a variety of nutritional products that contain a high quality protein source, allowing you to increase your intake as you please.

Delicious shakes, supplements and protein bars allow you to manage your weight easily, whether you're at the gym, in the office, or on the go.



Fast Break Energy Bar

Delicious energy bar containing protein and satisfying fibre. *N.B. Contains peanuts, milk and soy.*

520	£4.97	1 bar
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Forever Lite Ultra

This versatile product can be used if you're watching your calorie intake, or as a filling protein shake if you're trying to gain weight. *N.B. Contains soy.*

Vanilla

470	£23.07	375g
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Chocolate

471	£23.07	390g
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Forever Calcium

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

206	£23.80	90 tablets
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Forever Lean

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

289	£40.55	120 capsules
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MOBILITY

Taking part in sports and high-intensity activity can take its toll on your body. That's why Forever offers a range of products with mobility in mind. Supplement your diet with products that care for you, both inside and out.



Forever Move

Forever Move combines two powerful and patented ingredients: natural eggshell membrane (NEM) and curcumin turmeric (Biocurc), a prized Asian root popular with people who lead active lives. These burnt-orange softgels are perfect for people who lead busy and active lifestyles, sport and fitness enthusiasts, maturing adults and those who work in strenuous jobs.

551

£68.93

90 softgels



Forever Active HA

Forever Active HA provides you with a unique form of low molecular weight HA plus ginger oil and turmeric roots. *N.B. Contains soy.*

264

£30.01

60 softgels



Forever Freedom

Wake up and get your day moving with this refreshing orange-flavoured aloe gel. **Forever Freedom** contains all the benefits of our plain gel but with added glucosamine, chondroitin and MSM – popular with those who lead an active lifestyle. *N.B. Contains shellfish (shrimp, crab and lobster).*

196

£35.59

1 Litre



Forever Arctic Sea

A blend of natural fish and calamari oil, rich in omega-3 fatty acids. *N.B. Contains fish (salmon, anchovy and cod).*

376

£33.05

120 softgels



RECOVERY

Provide your body with the nutrients it needs to stay renewed and refreshed ready for the next challenge.

Innovative topical lotions and gels combined with the right nutritional supplements mean you can still improve your performance, even in your downtime.



Aloe MSM Gel

A combination of aloe vera and methylsulfonylmethane (MSM), this non-staining, clear gel soothes joints and muscles. An excellent product that no sports bag should be without.

205

£22.85

118ml



Aloe Cooling Lotion

Relax and recharge with the refreshing feel of aloe, menthol, eucalyptus and other soothing ingredients. Perfect to massage into muscles and joints after a long day or a challenging workout.

564

£16.56

118ml



Aloe Vera Gelly

Essentially identical to the aloe vera's inner leaf, our 100% stabilised **Aloe Vera Gelly** lubricates sensitive tissue safely. This topical thick gel soothes and calms irritation.

61

£14.89

118ml



Forever B12 Plus

This time-release formula packs a powerful punch of vitamin B12 and folic acid.

188

£15.37

60 tablets



Forever Daily

A food supplement designed to deliver 100% of the recommended daily allowance (RDA) of essential vitamins and bio-available minerals and nutrients.

439

£22.25

60 tablets



Ensuring the highest quality.

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

foreverliving.com
foreverknowledge.info

Forever Business Owner: 

Code: 1457

2310/F

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