



## Kölner Liste®

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### **What is meant by the Kölner Liste?**

Food supplements and foodstuffs may contain ingredients which are prohibited for athletes. The Kölner Liste is a list of products who were tested for these ingredients. According to the centre of education for the prevention of doping at the German Sport Academy in Cologne, no steroids or any other substances were found in ARG1+. Using products, mentioned on the Kölner Liste, reduces the change of being the victim of doping. The list is not a recommendation for athlete's to use nutritivinal products. The prupose is only to supply better informationa and to enhance transparency.

### **The following products are published in the Kölner Liste:**

#### **Onderstaande producten van Forever staan op de Kölner Liste:**

Forever Active HA  
Forever Freedom  
Aloe MSM Gel  
Aloe Heat Lotion  
Forever Active Boost (FAB)  
Forever Nutra Q10  
ARG1+

You can find the complete list, including all specifactions **here.** ,