

FOREVER

South Africa R8,38 Namibia N\$8,70 Zambia ZMW9,05 Zimbabwe \$1,65 (Incl. VAT)

Nov 2014 | Issue 91



PRODUCT FEATURES

Forever Skincare
Super Smoothies
Forever Gift Guide

SOCIAL MEDIA:
Manage your
Media



**EAGLE
MANAGERS
RETREAT
LAKE TAHOE 2014**

The best time to plant a tree
was twenty years ago.

THE SECOND BEST TIME IS NOW.

This ancient proverb reminds us that it's never too late to accomplish our goals. It's the final few weeks to qualify for Global Rally incentive.

Push hard and you could be rewarded with an experience like no other in Singapore.

SINGAPORE
2015 GLOBAL RALLY

19-27 APRIL

www.foreverglobalrally.com



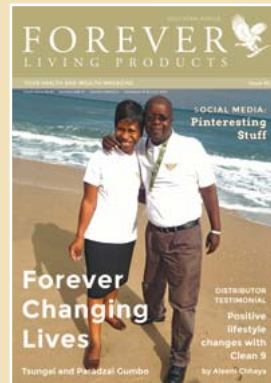
FOREVER

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MARGARET ROSS



ISSUE 91 - CODE #1605



ISSUE 90 - CODE #1614



ISSUE 89

A PUBLICATION OF FOREVER LIVING PRODUCTS - SOUTH AFRICA

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Blessing in Disguise

One of the most important leadership qualities I learned was from Henry Ford:

“Don’t find fault, find a remedy.”

As you all know, we have just returned home from a fantastic Eagle Manager’s Retreat in Lake Tahoe. To see many of our leaders enjoying the beauty of Lake Tahoe, learning about new programs and incentives and spending time together was a wonderful sight and something I have come to look forward to each year.

Finding a remedy

Our fantastic Events Team planned every part of the Eagle Manager’s Retreat down to the smallest detail. However, as is true in life and in business, things do not always go according to plan, and thus, we find a remedy.

As we prepared for Group 1 to arrive, the unthinkable happened - weather

cancelled several flights, and some of our Distributors were stranded at the airport, but they were not alone... Navaz and I were also at the airport, unable to get to Tahoe. In what seemed like only a few minutes, we had gathered all of the Distributors at the airport and secured a bus to take us all to Lake Tahoe, a five hour drive. During the drive, we had a wonderful time, taking pictures and sharing stories.

Lead, Adapt, Help others ...

Those flights being cancelled were actually a blessing in disguise, and this unplanned adventure exemplified what the Eagle Manager’s Retreat is all about – to lead and be adaptable, to help others, and to love what you do!

Over the next several days, Eagle Managers from all over the world would hear these messages from the Executive Team, GLT and just by speaking to each other – truly an uplifting sight.

Congratulations

If you were there, congratulations on your achievements! If you were unable to join us, why not? We are halfway through qualification for Eagle Manager’s Retreat 2015, and there is still plenty of time to qualify. What can you do different this year to make sure you don’t miss out on the fun in Cancun next year?

Thank you for an amazing time in Lake Tahoe. I’m already counting down the days to Cancun!

Forever Yours,



Rex Maughan

Chairman of the Board & CEO

Do you want to go to Singapore In April 2015?

2 MONTHS LEFT TO QUALIFY!!!

2014 has gone by so quickly and there are now ONLY 2 MONTHS left to qualify for the CHAIRMAN'S BONUS, to qualify for the GLOBAL RALLY to be held in Singapore in April 2015 and also to reach the Goals and Targets that you set for yourself and your Team for this year.

YOU CAN DO IT!

There is still time to improve on your performance before the close of 2014! REX MAUGHAN continually encourages us to achieve every Incentive that the Company offers and has told us that inside each one of us is the capacity for GREATNESS. He wants us to constantly build bigger dreams.

THOUGHT FOR THE MONTH

Hold yourself responsible for a higher standard than anybody else expects of you. Never excuse yourself. Never pity yourself. Be a hard master to yourself -

*Henry Ward
Beecher*

SIX KEYS TO SELF-DISCIPLINE

Key 1 - Train yourself to make good use of your time

Key 2 - Identify your strengths and build on them

Key 3 - Know the priorities of your work

**Key 4 - Give your time and energy to the people who
produce results**

Key 5 - Make decisions quickly

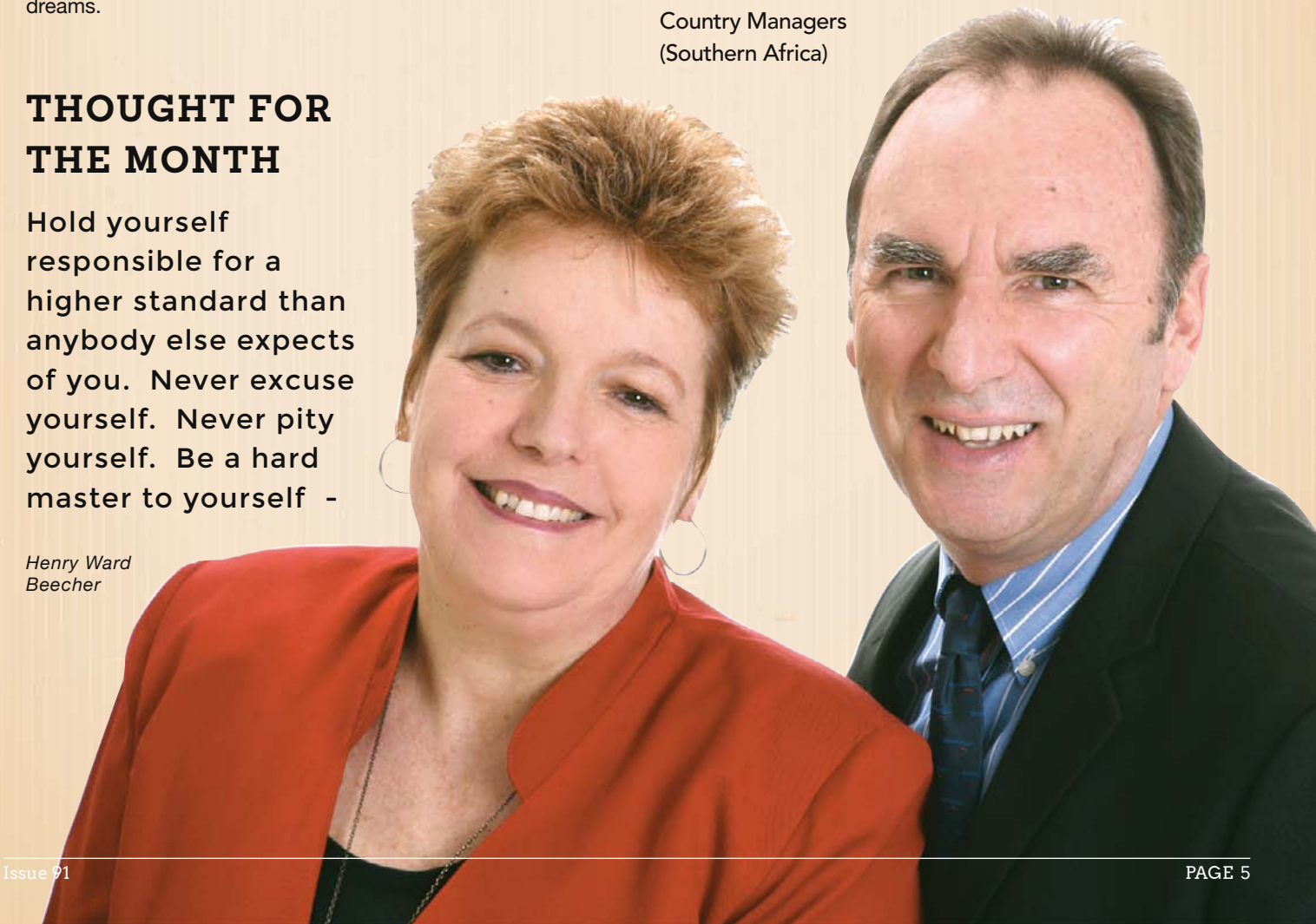
Key 6 - Take action whenever possible

Have a great month!

Best Regards,

Rick and Eve

Country Managers
(Southern Africa)



DISTRIBUTOR MOVE UPS **RECOGNITION**



SOARING MANAGERS

SEPTEMBER 2014



Gabisile & Bhekisisa Mbatha • Gauteng



SENIOR MANAGERS

SEPTEMBER 2014



Ana & Bortolomeu Unchai • Gauteng



Aune Shikesho • Namibia



MANAGERS

Achieved by reaching 120 CCs
in 1 or over 2 consecutive months
(full details in Company Policy)

SEPTEMBER 2014



Lungile & Mlungisi Dlamini
Gauteng



Shadrack Kumalo &
Sakhile Mncube • Gauteng



Dewet Legemo & Petros Lembebo
Gauteng



Valencia & Isaac Legong
Gauteng



Olga & Tholoana Lehana • Gauteng



Ruth Mbiza & Sam Malibaki
Gauteng



Lindelani Mntambo &
Nonceba Maqwara • Gauteng



Hellen Ntshudisane • Gauteng



Tshepo Ntshudisane • Gauteng



Gugulethu Simelane • Gauteng



Tsepang Tsolele & Isaac Chakela
Gauteng



Mbaliyethu & Senzo Mpanza
Kwa-Zulu Natal



Lefentse & Bonolo Langa
Gauteng



Virginia Maringa & Lennard
Zimunya • Gauteng



Eric & Maureen Mbodi • Gauteng



Samuriwo & Ngoni Zvemwaimboti
Gauteng



MANAGERS

*Achieved by reaching 120 CCs
in 1 or over 2 consecutive months
(full details in Company Policy)*

SEPTEMBER 2014



Soares & Lurdes Machaieie
Mozambique



Ndelipewa Hitoto • Namibia



Jacobina Lukas • Namibia



Penehafo & Mathias Nghishongwa
Namibia

SOUTH AFRICA

Nokuthula Mbatha • Gauteng

NAMIBIA

lipinge Rackel • Namibia

Please e-mail your high resolution photographs to lee@forever.co.za by the last working day of the month



ASSISTANT MANAGERS

*Achieved by reaching 75 CCs
in 1 or over 2 consecutive months
(full details in Company Policy)*

SEPTEMBER 2014

SOUTH AFRICA

Mosotho, Dieketseng & Agnes • Free State
Badenhorst, Naomi • Gauteng
Dangor, Bahia • Gauteng
Dau, Petronella & Joseph • Gauteng
Davids, Roegshana • Gauteng
Gebre, Alemanyehu • Gauteng
Kekana, Boikanyo & Lindiwe • Gauteng
Kekana, Brigidi & Haydon • Gauteng
Mahalefa, Kebontshitswe & Tshagameno, Ofentse • Gauteng
Makhubela, Tercia • Gauteng
Mamabolo, Stanley • Gauteng
Masondo, Primrose & Larutla, Kutloano • Gauteng
Masondo, Precious • Gauteng
Mkhabela, Maggie • Gauteng
Mokgabudi, Regina & Batseba • Gauteng
Motoung, Mpho • Gauteng
Ndlovu, Nqobile & Mbuyazi, Thokozani • Gauteng
Ngwepe, Angela • Gauteng
Phanga, Musa • Gauteng
Pilane, Motlhagodi • Gauteng
Qothwani, Jabulile • Gauteng
Qotwani, Mmakhantsi & Sam • Gauteng

Rapopdile, Mpho & Nonkoliso • Gauteng
Sindana, Busisiwe & Mabhena, Siphon • Gauteng
Thinane, Eugenia & Sithole, Henry • Gauteng
Hadebe, Bongiwe • Kwa-Zulu Natal
Mnyandu, Nokuthula & Nkosinathi • Kwa-Zulu Natal
Seedat, Sarah • Kwa-Zulu Natal
Tosi, France & Pheladi • Limpopo
Skhosana, Abigail & Makola, Aubrey • Mpumalanga

MOZAMBIQUE

Dzimba, Olivia

NAMIBIA

Amadhila, Perpetua & Leonard
Amutenya, Justina
Kadhikwa, Emilia

ZAMBIA

Chelu, Bwalya & Mwiinga, Pherry
Mwanamuyumu, Kelvin & Kaputo, Mary

ZIMBABWE

Wentzel, Susan & Donald



SUPERVISORS

Achieved by reaching 25 CCs
in 1 or over 2 consecutive months
(full details in Company Policy)

SEPTEMBER 2014

SOUTH AFRICA

Goboza, Cebisa & Figlan, Zukile • Eastern Cape
Polisane, Tebello • Eastern Cape
Mbingo, Ntombikayise • Eastern Cape
Mananga, Qaqamba • Eastern Cape
Mpobole, Paul & Bohlolo, Yvonne • Free State
Ntoyakhe, Goodman • Free State
Raphiri, Mamokone & Lethibela • Free State
Tywaku, Addmore • Free State
Baloyi, Ephenia • Gauteng
Bokaba, Emily & Nthathe, Simon • Gauteng
Cekiso, Zukile & Mankqoyi, Nokulunga • Gauteng
Chikonyora, Catherine & Bernard • Gauteng
Chiradza, Precious • Gauteng
Choma, Maggie • Gauteng
Cossa, Hlekani • Gauteng
Dhlamini, Joram • Gauteng
Dlamini, Phindile • Gauteng
Drywer, Elizabeth • Gauteng
Dube, Nomusa • Gauteng
Dumba, Juliana & Noel • Gauteng
Dzai, Funeka • Gauteng
Elizabeth, Mantoa • Gauteng
Espach, Lida & Willem • Gauteng
Jubane, Gugulethu & Langeni • Gauteng
Kauli, James & Gumede, Bawelile • Gauteng
Kgosana, Thandi & Johannes • Gauteng
Kgwehane, Selinah & Ntlokwe, Hellen • Gauteng
Lamola, Innocentia & Maubane, Foretel • Gauteng
Leburu, Regina & Ditira • Gauteng
Machika, Hloi • Gauteng
Makhudu, Dorah • Gauteng
Makunike, Rudo & James • Gauteng
Malefahlo, Mabowe • Gauteng
Malepe, Shirley & David • Gauteng
Maphosa, Nomazulu • Gauteng
Maseko, Sibongile & Steven • Gauteng
Mbinga, Lindiwe & Itumeleng • Gauteng
Mendisi, Nokubonga & Selana, Magalela • Gauteng
Mntwini, Nosipho & Damane, Dabula • Gauteng
Moiloa, Elizabeth • Gauteng
Mokoena, Sello • Gauteng
Mooki, Jacqueline & Nkgotlane, Thuso • Gauteng
Mshiane, Jeanett & Simon • Gauteng
Msimanga, Mabel • Gauteng
Mutetisi, Marubini • Gauteng
Mutetisi, Fhulufhelo & Maswanganyi, Mikateko • Gauteng
Ncube, Instigator • Gauteng
Ncube, Sheila & Trevor • Gauteng
Ngwenya, Tedi • Gauteng
Nkomo, Florence • Gauteng
Ntlhane, Mme • Gauteng
Ntshangase, Dumsile & Phumlani • Gauteng
Ntuli, Mavis & Mahlangu, Eliot • Gauteng
Phakisa, Refiloe • Gauteng
Pinzi, Thebakazi • Gauteng
Raborifi, Irene & Abel • Gauteng
Rahlapane, Serofo & Tshepiso • Gauteng
Rameetse, Lebogang & Mathabatha • Gauteng
Sebothoma, Molaleng & Ngaka • Gauteng
Seloane, Florence • Gauteng
Sepane, Mmakgabo & Kitimela • Gauteng
Sibiya, Jonathan • Gauteng
Sigama, Ndanduleni & Netili, Constance • Gauteng
Tshezi, Roselinah & Dlamini, Ephraim • Gauteng
Tshuma, Margaret • Gauteng
Valoyi, Victor • Gauteng
Zikalala, Pearl • Gauteng
Dlamini, Zanani • Kwa-Zulu Natal
Gasa, Mziwandile • Kwa-Zulu Natal
Lesufi, Lwando • Kwa-Zulu Natal
Macatsha, Bongwiwe & Siyanda • Kwa-Zulu Natal
Mbhele, Sylvia • Kwa-Zulu Natal
Mchunu, Cecilia • Kwa-Zulu Natal

Mkhize, Abegail & Thabani • Kwa-Zulu Natal
Mntambo, Mavis • Kwa-Zulu Natal
Mtolo, Zanele • Kwa-Zulu Natal
Njakazi, Alberto • Kwa-Zulu Natal
Ntombela, Xolile & Zakhele • Kwa-Zulu Natal
Shezi, Normathemba • Kwa-Zulu Natal
Sibisi, Thandazile & Xolani, Sibisi • Kwa-Zulu Natal
Sibisi, Buyisiwe • Kwa-Zulu Natal
Sibiya, Lungile • Kwa-Zulu Natal
Sophazi, Nozipho & Bernedict • Kwa-Zulu Natal
Twala, Prisca • Kwa-Zulu Natal
Mananga, Zusiphe • Limpopo
Maremae, Mokobene • Limpopo
Mathebula, Dainah & Mzamani • Limpopo
Sebola, Tshamano • Limpopo
Manyiki, Sewela • Mpumalanga
Ndhlala, Samkelisiwe • Mpumalanga
Ndlovu, Annah • Mpumalanga
Matane, Omphile • North West
Motaung, Louiza & Mapholo • North West
Nontentwa, Mathapelo • North West
Semunza, Josephine • North West
Shale, Lerontso • North West
Tshoaeadi, Gadifele & Mngomezulu, Michael • North West
Mcdermott, Sue • Western Cape

MOZAMBIQUE

Geambe, Palmira & Chavo, Adriano
Machaieie, Inocencia
Macuacua, Abudo & Sitoi
Manhica, Hercilia
Moconto, Leonor & Mbocazi, Salomao
Nhavene, Cecilia & Nhane, Simao
Parruque, Filomena
Ponza, Elsa

NAMIBIA

Alweendo, Apollonia
Amulunga, Sesilia & Nangolo, Adam
Ananias, Justina
Ananias, Saima
Ashipala, Martha
Hamukwaya, Tuyeimo & Nathingo, Phillemon
Iita, Silas & Shiyomunhu, Auguste
Imene, Petrina
Indongo, Emilia & Etondo, Gerhard
Johannes, Vitoria & Epafra
Josua, Sara & Tiophelus
Kambamba, David
Kanyembo, Rosalia
Kashihakumwa, Rebecca
Kaulihangwa, Amalia
Lucas, Ndahambebele
Mbabi, Frieda
Mushiki, Victoria
Namgongo, Rusalia & Juuso
Ndengu, Alina
Neliwa, Emilia
Nghiwewelekwa, Soini & Fredrick
Ntinda, Helena
Sheya, Hilma & Shatiwe, Tomas
Shilumba, Severia & Linus, Paulus
Shindongo, Selma & Epafra
Ushona, Elizabeth

ZAMBIA

Musonda, Frank & Chungu, Deophister
Patel, Siraz & Shabnambabu

ZIMBABWE

Phiri, Tapiwa & Marondera, Zimbabwe

This is a group of TOP
ACHIEVERS and LEADERS
in the business in Southern
Africa.



BE PART OF THE ELITE

100 Club

This incentive is based on Personal and Non-Manager case credits and, for your efforts as Teambuilders, you will receive the following:-

Level 1



These Distributors will receive a **GOLD** "100 CLUB" PIN

100 PERSONAL AND NON-MANAGER CASE CREDITS FOR **3 CONSECUTIVE MONTHS**



**Dikeledi & Patrick
Mabasa
GAUTENG**



**Patience Selala &
Daniel Rasebotsa
GAUTENG**



**Grace & Brian
Kanyongo
GAUTENG**

Level 2

These Distributors will receive a **WEEKEND AWAY** at a selected resort

100 PERSONAL AND NON-MANAGER CASE CREDITS FOR **6 CONSECUTIVE MONTHS**

Level 3

These Distributors will receive a **WEEK AWAY** at a selected resort

100 PERSONAL AND NON-MANAGER CASE CREDITS FOR **12 CONSECUTIVE MONTHS**

Joining the "100 Club" should be the ambition of every Manager. It shows that you are in "building mode" and not "cruising mode". It also means that you will soon be achieving your dreams and goals.

Achieve your goals, live your dreams ...

Earned Incentive

Become an Incentive Earner ...

Join many of our Distributors who have benefited from our EARNED INCENTIVE BONUS! This INCENTIVE BONUS gives you the freedom and financial confidence to improve your lifestyle, for example purchasing a NEW HOME, a CAR or for EDUCATION.

SEPTEMBER 2014



Level 2 – R6 300 pm
Margaret Nong & Jack Nkhabelane
GAUTENG



LEVEL 2 – R6 300 pm
Anna & Bartolomeu Unchai
GAUTENG



LEVEL 1 – R4 200 pm
Nthabiseng & Peter Nkele
GAUTENG



LEVEL 1 – R4 200 pm
Aune Shikesho
NAMIBIA

Earn an additional R4 200 - R8 400 per month for 36 months (refer to Company Policy)
What do you want ? • a car • education • a house • you choose!

TOP 10 TEN

SEPTEMBER 2014

DISTRIBUTORS

'Total case credits for you and your entire team for the year to date'

SOUTH AFRICA

1	Phanga, Eric & Thelem	1
2	Biyela, Thabani & Nombuso	2
3	Mbatha, Gabisile & Bhekisisa	3
4	Du Preez, Sue & Peet	4
5	Mlangeni, Nombuso	5
6	Masondo, Siyabonga	6
7	Nomvete, Hilda	9
8	Dube, Thulani & Bongekile	8
9	Gininda, Thandi	7
10	Sibeko, Sipiwe & Mhloti	NE

NAMIBIA

1	Ndoroma, Anna & Karl	1
2	Shilunga, Kornelia & Orestus	2
3	Shikongo, Regina & Jason	3
4	Shindodi, Ulania & Melele, Joel	5
5	Kandjeke, Wilbard & Itamalo, Saride	4
6	Shimbulu, Rosalia & Shiimi, Linus	6
7	Shikesho, Aune	9
8	Tshivute, Blasius & Eunice	8
9	Kathingo, Rauha & Sebron	7
10	Nghipona, Rachel	NE

TEAM BUILDERS

'Your Personal and Non-Manager case credits for the month'

SOUTH AFRICA

1	Mbatha, Gabisile & Bhekisisa	1
2	Mabasa, Dikeledi & Patrick	3
3	Unchai, Ana & Bartolomeu	9
4	Selala, Patience & Rasebotsa, Daniel	4
5	Legong, Valencia & Isaac	NE
6	Berry, Nompandolo & Johannes	NE
7	Simelane, Gugulethu	NE
8	Ntshudisane, Hellen	NE
9	Ngwenya, Matsatsi	NE
10	Ncube, Performance	NE

NAMIBIA

1	Shikesho, Aune	1
2	Nghishongwa, Penehafo & Mathias	NE
3	Ndoroma, Anna & Karl	9
4	Hitoto, Ndelipewa	5
5	Nghipona, Rachel	NE
6	Mushona, Esther & Nghilinganye, Fredrick	4
7	Tshivute, Blasius & Eunice	3
8	lipinge, Renate	8
9	Rackel, lipinge	NE
10	Shikongo, Regina & Jason	7

RECRUITERS

Most New Distributors recruited

SOUTH AFRICA

1	Machaieie, Soares & Lurdes	7
2	Nkwabela, Pieter & Nkwabela, Grace	NE
3	Chiradza, Precious	NE
4	Mooki, Jacqueline G & Nkgotlane, Thuso	NE
5	Dumba, Juliana & Noel	NE
6	Maseko, Sibongile & Hlungwani, Steven	NE
7	Sebola, Tshamano	NE
8	Matlala, Samuel	NE
9	Gogosareanu, Sharon	NE
10	Ngwenya, Patricia & Mlinden	NE

NAMIBIA

1	Alweendo, Apollonia	NE
2	Mbabi, Frieda	NE
3	Ndoroma, Anna & Karl	NE
4	Shindodi, Ulania & Melele, Joel	3
5	Alweendo, Cecilia	NE
6	Shikongo, Regina & Jason	NE
7	Kambulu, Johanna	NE
8	Haitula, Beata & Naimbanga, Muaimbange	NE
9	Matiti, Caroline	NE
10	Alweendo, Agrippina	NE

NE = New Entry () = position held in previous month

TOP 10 TEN

SEPTEMBER 2014

DISTRIBUTORS

'Total case credits for you and your entire team for the year to date'

ZAMBIA

1	Damaseke, Mildred & Mlotha	1
2	Tembo, Tasila & Kantenga, Henry	2
3	Chinyama, Caroline & Ngombe, Masauso	4
4	Sichula, Philimon & Mugamya, Patricia	3
5	Sunkutu, Wezi	5
6	Serra, Elizabeth & John	6
7	Mwimanzi, Thomax & Helena	7
8	Sanderson, Eva & Murray	8
9	Muchemwa, Violet & Albert	9
10	Sobongo, Catherine & Sekwele, Marcus	10

ZIMBABWE

1	Gumbo, Tsungai & Paradzai	1
2	Rich, Elaine & Roland	2
3	Dube, Kudakwashe & Bekithemba	3
4	Matondo, Zivai & Tafara	4
5	Dari, Shorai & Junica	5
6	Gumbo, Sehlile	6
7	Machakaire, Sawman & Akullo, Mary	7
8	Nyakuvambwa, Barbara & Batsirai	8
9	Ndirangu, Dionisa & Kabare	9
10	Kaparadza, Ellen & Chenjerai	NE

TEAM BUILDERS

'Your Personal and Non-Manager case credits for the month'

ZAMBIA

1	Damaseke, Mildred & Mlotha	1
2	Sobongo, Catherine & Sekwele, Marcus	4
3	Mwanamuyumu, Kelvin & Kaputo, Mary	NE
4	Tembo, Tasila & Kantenga, Henry	2
5	Chelu, Bwalya & Mwiinga, Pherry	NE
6	Sanderson, Eva & Murray	5
7	Ngungu, Assarh & Tshili, Sitembinkosi	6
8	Sunkutu, Wezi	3
9	Serra, Elizabeth & John	NE
10	Chinyama, Caroline & Ngombe, Masauso	9

ZIMBABWE

1	Nyakuvambwa, Barbara & Batsirai	NE
2	Tapfumaneyi, Beatrice & Alexander	3
3	Gumbo, Tsungai & Paradzai	1
4	Matondo, Zivai & Tafara	NE
5	Gomes, Dolores & Mario	2
6	Ndirangu, Dionisa & Kabare	4
7	Machakaire, Sawman & Akullo, Mary	9
8	Rich, Elaine & Roland	10
9	Ponter, Daniella	6
10	Bopoto, Linda & Kizito	NE

RECRUITERS

Most New Distributors recruited

ZAMBIA

1	Muloshi, Bertha & Changala, Mulenga	NE
2	Damaseke, Mildred &, Mlotha	1
3	Mulenga, Peter & Mulenga, Doreen	NE
4	Banda, Joseph & Chimenge, Joyce	6
5	Chelu, Bwalya & Mwiinga, Pherry	NE
6	Ngungu, Assarh & Tshili, Sitembinkosi	NE
7	Chinunda, Mumbi & Mwandu, Laskey	NE
8	Chinyama, Caroline & Ngombe, Masauso	NE
9	Mwimanzi, Thomax & Helena	NE
10	Tembo, Tasila & Kantenga, Henry	NE

ZIMBABWE

1	Nhira, Isabel	NE
2	Foromosi, Shamiso & Muzvondiwa, Mativenga	NE
3	Chiwanza, Phillipah & Rwaenera, William	NE
4	Manjoro, Mayideyi & Nyakuvambwa, Samuel	NE
5	Krause, Kathleen & Hermanus	NE
6	Mackie, Rebecca	NE
7	Mangena, Sophie	NE
8	Zvomuya, Rutendo & Maposa, Edson	NE
9	Zimwara, Mascelline	NE
10	Chigonde, Maryanne & Canaan	NE

NE = New Entry () = position held in previous month

Congratulations to our Eagle Managers!



EAGLE
MANAGER
RETREAT
LAKE TAHOE
2014



ACHIEVER'S

CLUB SOUTHERN AFRICA

100 CASE CREDITS AND ABOVE

SOUTH AFRICA

1	Mbatha, Gabisile & Bhekisisa	(7)
2	Mabasa, Dikeledi & Patrick	(3)
3	Unchai, Ana & Bartolomeu	(2)
4	Selala, Patience & Rasebotsa, Daniel	(3)
5	Legong, Valencia & Legong, Isaac	(1)
6	Berry, Nompandolo & Johannes	(2)
7	Simelane, Gugulethu	(1)
8	Ntshudisane, Hellen	(1)
9	Ngwenya, Matsatsi	(3)
10	Ncube, Performance	(2)
11	Ntshudisane, Tshepo	(1)
12	Samuriwo, Zvemwaimboti & Ngoni	(1)
13	Tsotetsi, Dikeledi & Qheku James	(2)
14	Gumbi, Thandazile & Thamsanqa	(1)
15	Kgaladi, Nonhlanhla & Sydney	(2)
16	Kamaar, Mugammad & Cassim, Munieba	(2)
17	Kanyongo, Grace & Brian	(3)
18	Mamabolo, Stanley	(1)
19	Sibeko, Siphiwe & Mhloti	(5)
20	Phanga, Eric & Thelem	(1)
21	Jansen, Christoffal & Christine	(5)
22	Rasimeni, Amanda & Ramathe	(1)
23	Nkele, Nthabiseng & Peter	(1)

SEPTEMBER 2014

This is a total of Personal and Non-Manager case credits that an individual has achieved for the month.

Can
you see
yourself
there?

NAMIBIA

1	Shikesho, Aune	(2)
2	Nghishongwa, Penehafo & Mathias	(1)
3	Ndoroma, Anna & Karl	(6)

ZAMBIA

1	Damaseke, Mildred & Mlotha	(8)
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The number in brackets indicates how many times these Distributors have appeared in the 100cc ACHIEVERS CLUB IN 2014



**Social media
dashboards**

Manage your media

Social media is completely changing the way businesses operate across the globe. For owners of small and medium-sized businesses in particular, it has opened up a whole new world of possibilities.

Those who might not previously have had access to such detailed insight of their target market can now communicate with, and analyse, the behaviour of the people they want their products or services bought by. We have taken you through some of the more popular social media platforms and how they can be used in your day-to-day business. This month, we will be asking Social Media Executive, Ronald Kafesu, how to manage your online presence using social media dashboards >>



For more information on subscribing to Hoot Suite or Sprout Social visit www.hootsuite.com/plans or www.sproutsocial.com/pricing

Thanks to our series of insightful articles on social media, you are now all becoming increasingly savvy about this important business tool. The next challenge is learning how to integrate all of your social media platforms, so that they work in synergy with one another. Juggling your Facebook, Twitter, LinkedIn, Instagram, Pinterest and any other social media accounts you may have can seem like a full-time job in itself – **and here's where dashboards come into play...**



Allowing you to simultaneously update numerous accounts from one application, dashboards are designed to take the headache out of social media management by ensuring that all of your accounts are singing from the same hymn sheet at any one time.

There are numerous options out there, but we have chosen to concentrate on the two most popular; **Hoot Suite** and **Sprout Social**.



Data analysis

Ever wondered what impact your tweets and posts have on your following, if anyone clicks on the link to your online shop, or if the content of your posts is engaging people? These questions can be answered by choosing a dashboard that has a **reports function**.

"Sprout Social is integrated with bitly.com [a website that allows you to shorten hyperlinks so that they are easier to post on social media platforms] and shortens links for you automatically. You can also track these links via reports to see who's clicking on them," explains Ronald.

Reports generated by dashboards usually include information about the number of mentions, likes, clicks, new followers, and other types of activity around your posts, presented in an easy-to-read format. They also provide detailed information on the demographic of your following – **this kind of data can be crucial in assessing the success of a social media campaign, helping you to decide what your next move should be.**



Encouraging collaboration

Social media dashboards allow you to give full access to multiple users at once. This is a handy function if you work closely with team members, and can prove useful if you're unable to attend an important event or training, but would like it to be covered on all social media platforms. You can even cater for the amount of access you allow for different team members if you wish – depending on their seniority, for example. You can also have internal conversations within the dashboard itself, allowing you to collaborate and discuss your social media strategy with your team from different locations.



The right fit

Choosing the right dashboard could simply boil down to personal preference, and what you find to be the most user-friendly. Ronald uses both Sprout Social and Hoot Suite, and says that both have their pros and cons. "On one hand, I prefer Sprout Social to Hoot Suite because of the simplicity of the dashboard and reports – it's pleasing to the eye! **But for listening to social media conversations I would say Hoot Suite is actually better, as the dashboard and interface is a lot cleaner and you can track hashtags more easily.** Hoot Suite separates hashtags into different streams for each individual social media platform, whereas on Sprout Social, it all comes under one feed and that can get confusing."

However, Sprout Social does have a function that Hoot Suite doesn't have; it can target posts for specific audiences. As Ronald explains, "For example, say you wanted to only send a post out to people in Birmingham between the ages of 21-26, Sprout Social gives you that option, **which can be really useful for posts that are only really relevant to specific audiences, or if you are trying to concentrate on one area of your business.** It also has a better search and discovery option with location filters that allow you to search for a hashtag or keywords within a certain area. For example, I could have used it at the Global Rally to see what people were talking about within a five-mile radius of The O2 Arena."



Try before you buy

Most social media dashboard providers have various packages available, beginning with a basic free option. This usually allows you to integrate up to three social media platforms and includes a simple analytic reports function. A monthly subscription fee will allow you to create more complex reports and will give coverage for a greater number of social media profiles, depending on how much you are willing to pay. **If you think a more substantial package is for you, be sure to take advantage of the 30-day free trial before you invest.**

Skin deep

Are you using the best moisturiser for your skin type?

Moisturising is the cornerstone of healthy-looking skin, and the most important part of your daily skincare routine. Let's take a look at Forever's range of premium moisturisers and how they cater to the needs of each individual skin type.

The main reason for wearing a moisturiser is to protect the skin from the elements and to minimise moisture loss.

Forever's range of moisturising products are particularly beneficial because of the addition of patented, 100% stabilised, high quality Aloe Vera Gel. "Aloe vera is an adaptogen, so all of our products can be recommended for the majority of skin types, as the aloe adapts to what the individual skin requires at that time.



Dry, sensitive skin

If your skin is dry, sensitive and prone to irritation, then **051 | Forever's Aloe Propolis Creme** could be just the ticket. This deeply moisturising, rich, cream soothes and calms irritation and effectively restores moisture. A special blend of aloe vera, chamomile and natural bee propolis also helps maintain great skin tone and texture. Propolis is a natural substance produced by bees to disinfect and protect their hives, and is believed to be the reason for

the queen bee's size and longevity.

Ageing skin

The **282 | Sonya Skincare** range is perfect for ageing skin as it incorporates many active ingredients aimed at tackling the signs of ageing, including white tea, collagen, elastin, vitamin E and natural exfoliants to brighten and refresh the surface of the skin. "the **311 | Deep Moisturizing Cream** from the Sonya collection is perfect for mature skin as it contains pine bark extract, which is shown to help strengthen collagen. Pine bark can also reduce the loss of hyaluronic acid, needed to retain moisture. This is important because natural production of hyaluronic acid decreases over

the age of 55," says Louise. Remember to care for your skin overnight too; the **342 | Recovering Night Cream**, from the **337 | Aloe Fleur de Jouvence** range has anti-ageing ingredients that get to work against fine lines and wrinkles whilst you sleep. And don't forget the cardinal rule of skincare: protect your skin. Sun exposure is one of the primary causes of wrinkles, age spots and skin discolouration, so be sure to slap on our **Aloe Sunscreen or Aloe Sunscreen Spray**, which provide both UVA and UVB protection.



Fix up - look Sharp for Men

Here's how to get your skin in tip-top shape.

A pore effort

Invest in a good quality gentle face scrub, like **Forever Aloe Scrub**, to lift away dead skin cells which clog up pores and cause skin to look dull and tired. This scrub is gentle enough for everyday use.

Close shave

Although a wet shave gives the closest cut and the cleanest look, it can be pretty harsh to the delicate skin on the face. That's why using an aftershave balm is so important. It only takes a minute, but it will leave your skin feeling silky smooth and smelling great. Try **Gentleman's Pride**, an alcohol-free aftershave balm that helps to soothe and condition sensitive skin after shaving. It can also double-up as a moisturiser

to revitalise the skin and calm irritation caused by exposure to the sun.

Behind the mask

If you want to maintain clear, fresh skin, then a regular face mask treatment is a must. Deeply cleanse, replenish and balance texture with a product like the **Forever Marine Mask**. This contains natural sea minerals, aloe vera, honey and cucumber extract, and leaves the skin feeling refreshed and revitalised.

Great hair days

Take good care of your hair with a nourishing hydrating shampoo and conditioner like **Aloe-Jojoba Shampoo and Aloe-Jojoba Conditioning Rinse** from Forever. This gentle PH-balanced formula is suitable for all hair types and enriched with nourishing oils and vitamins to leave your hair feeling great.

Lighten up

As the skin ages, it can become discoloured and damaged by over-exposure to the sun. Specialised treatments for ageing skin aren't just for the ladies, and men are becoming increasingly interested in this area of skincare. Try **Forever Epiblanc**, an exclusive formula specifically designed to brighten the complexion and even skin tone, while helping to diminish the appearance of dark spots.



Featured Products

- 238 | Forever Aloe Scrub**
- 070 | Gentleman's Pride**
- 234 | Forever Marine Mask**
- 236 | Forever Epiblanc**



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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.

Contains soy.

325 Chocolate | 324 Vanilla

Forever Lite Ultra™
with Aminotein™^{††}

Summer Smoothies

After Eight

1 scoop
Chocolate Forever
Lite Ultra
240ml skimmed/
soya milk
Fresh mint leaf
Crushed ice



Simply Strawberry

1 scoop Vanilla
Forever Lite Ultra
300ml skimmed/
soya milk
3-4 strawberries
Crushed ice

Taste of Freedom

1 scoop Vanilla Forever
Lite Ultra
120ml Forever Freedom
120ml orange juice
Crushed ice



Preparation

All smoothies are quick and easy, simply add all the ingredients together and blend until smooth.

Quick Protein Delights

- Add a scoop to your porridge for a creamier texture, and to keep you feeling full until lunch.
- Blend with yoghurt (flavoured or plain) and top with fresh blueberries for a delicious snack.
- Mix with cottage cheese for a low fat cheesecake-like dessert (great with raspberries.)



† † Aminotein™ and Aminogen™ are registered trademarks of Triarco Industries, Aminogen™ is protected by U.S. patent No. 5,387,422.

Consistent Action.



Being an Eagle Manager is all about setting goals, working hard and getting results.

Stay focused and you'll be able to join other high flyers in **Cancun, Mexico** at next year's Eagle Managers Retreat.



CANCUN
2015 EAGLE
MANAGERS
RETREAT

www.discoverforever.com



FOREVER

Qualify. How to qualify for EAGLE MANAGER INCENTIVE

A Eagle Manager status must be earned each year by meeting the following requirements during the calendar year after qualifying as a Recognised Manager.

- **Be Active and Leadership Bonus qualified** every month.
- **Accumulate** at least 720 Total Case Credits, including at least 100 case credits from new, personally-sponsored downlines.
- **Personally sponsor** and develop at least 2 new Supervisor lines.
- Support local and regional meetings.

B In addition to the requirements listed above, Senior Managers and above must also develop and maintain downline Eagle Managers, as outlined in the following schedule, in order to be considered an Eagle Manager. Each downline Eagle Manager must be in a separate sponsorship line and can be from any generation.

• **Senior Manager:**
1 Downline Eagle Manager

• **Soaring Manager:**
3 Downline Eagle Managers

• **Sapphire Manager:**
6 Downline Eagle Managers

• **Diamond Sapphire Manager:**
10 Downline Eagle Managers

Diamond Manager:
15 Downline Eagle Managers

Double Diamond Manager:
25 Downline Eagle Managers

Triple Diamond Manager:
35 Downline Eagle Managers

Centurion Diamond Manager:
45 Downline Eagle Managers

Please contact the Operations Department at Head Office 021 761 6001 for any queries you may have



Forever



Holiday Essentials

- 199 | Aloe Sunscreen
- 319 | Aloe Sunscreen Spray
- 061 | Aloe Vera Gelly
- 318 | Forever Hand Sanitizer with Aloe and Honey
- 321 | Fab Forever Active Boost
- 440 | FAB X Forever Active Boost

Direct selling: a more considered approach to Christmas

This research seems to suggest that people are investing more time and money in their Christmas shopping, opting for quality over quantity, and appreciating the value of expert advice when making a purchase. As direct sellers, you are able to give personal, one-to-one customer service that large high street chains simply can't compete with. And with Forever's premium range of products offering useful and beneficial gift solutions, the Christmas spending season should not be overlooked as an opportunity to boost the retail side of your business.

First Aid Essentials

- 061 | Aloe Vera Gelly
- 051 | Aloe Propolis Creme
- 040 | Aloe First
- 064 | Aloe Heat Lotion
- 022 | Aloe Lips with Jojoba



Men's Grooming

- 070 | Gentleman's Pride
- 209 | 25TH Edition Cologne - Spray for Men
- 067 | Aloe Ever-Shield
- 284 | Avocado Face & Body Soap



Gift Guide

Household Essentials

- 061 | Aloe Vera Gelly
- 028 | Forever Bright™ Toothgel
- 038 | Aloe Hand & Face Soap
- 318 | Forever Hand Sanitizer with Aloe & Honey
- 307 | Forever Aloe MPD™ 2X ULTRA



Indulgent Delights

- 285 | Forever Aroma Spa Collection

Ladies Essentials

- 208 | 25TH Edition™ Perfume - Spray for woman
- 069 | R3 Factor Skin Defense Creme
- 063 | Aloe Moisturizing Lotion
- 238 | Forever Aloe Scrub
- 234 | Forever Marine Mask



AVAILABLE NOW



2015 Forever Diary

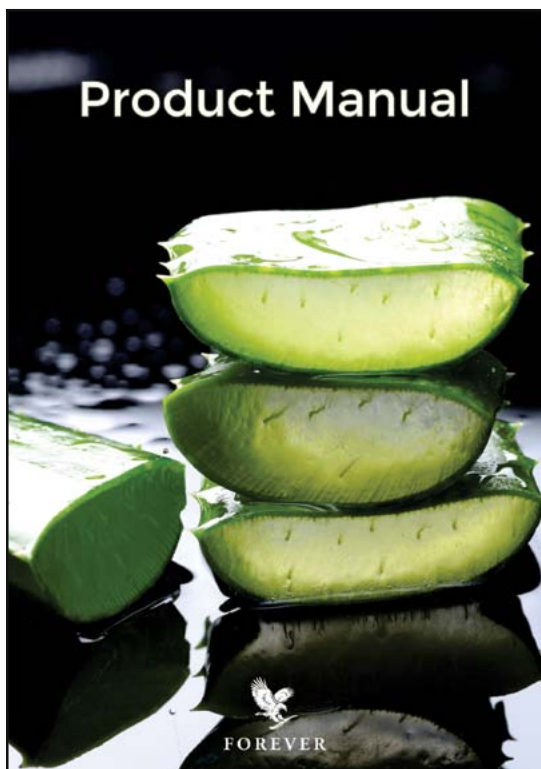
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ONLY 2450
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Code: 1207

#1207 FOREVER 2015 DIARY	R 150.10	N\$ 150.09
	ZMW 86.90	\$ 15.67



# 1133 FOREVER PRODUCT MANUAL	R 49.97	N\$ 49.75
	ZMW 31.44	\$ 5.71



South Africa - Version 2.5
Namibia - Version 2.1
Zambia - Version 2.1
Zimbabwe - Version 2.2

CODE	NO COST STATIONERY
1212	Stationery Price List (SA)
1228	Stationery Price List (Namibia)
1229	Stationery Price List (Zimbabwe)
1230	Stationery Price List (Zambia)

Forever Price Lists - Now available

Make sure you have the latest Price Lists!

South Africa - Version 2.6 (Customer Price List Only)
NEW - South Africa New Distributor & Distributor Price List
(Combined) - Version 3.1 (Code 1203)



Namibia - Version 2.4

Zambia - Version 2.3

Zimbabwe - Version 2.2

CODE	STATIONERY	PRICE
1203	Price List - Distributor (SA)	R 1.32
1213	Price List - Distributor (Namibia)	N\$ 1.32
1216	Price List - Distributor (Zimbabwe)	\$ 0.14
1219	Price List - Distributor (Zambia)	ZMW 0.82
1204	Price List - Customer (SA)	R 1.32
1215	Price List - Customer (Namibia)	N\$ 1.32
1218	Price List - Customer (Zimbabwe)	\$ 0.14
1221	Price List - Customer (Zambia)	ZMW 0.82
1209	Price List - New Distributor (SA)	R 1.32
1214	Price List - New Distributor (Namibia)	N\$ 1.32
1217	Price List - New Distributor (Zimbabwe)	\$ 0.14
1220	Price List - New Distributor (Zambia)	ZMW 0.82

SOUTHERN AFRICA SUCCESS DAY DATES

Please confirm venues and dates with relevant Product Centres

	CAPE TOWN	* JOHANNESBURG	PRETORIA	NELSPRUIT	DURBAN	ZIMBABWE	ZAMBIA	NAMIBIA
NOVEMBER	22	15	N/A	22	22	15	22	22
DECEMBER	TBC	20	20	20	TBC	13	20	20

* Sales of Johannesburg Success Day tickets only available at the Longmeadow Product Centre. TICKETS WILL NOT BE SOLD AT THE VENUE

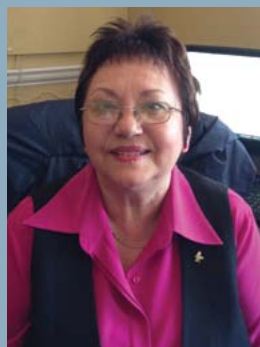


TRAINING DATES

Please confirm venues and dates with relevant Product Centres

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CAPE TOWN		7:00 pm				
JOHANNESBURG	10:30 am	10:30 am	10:30 am	10:30 am	10:30 am	
	EXCEPT LAST WEEK OF THE MONTH					
			7:00 pm			
DURBAN			10:00 am - 12 noon			
			6:00 pm - 7:00 pm			
NAMIBIA						2 pm
NELSPRUIT	BY APPOINTMENT DURING THE DAY					
LESOTHO			5:30 pm - 6:30 pm			
MOZAMBIQUE	Office Manager from Nelspruit travels to Maputo once a month to hold meetings - please confirm with Nelspruit Product Centre					
ZAMBIA				11 am - 12:30 pm	2:00 pm - 3:30 pm	
ZIMBABWE	10 am - 12 noon		10 am - 12 noon	10 am - 12 noon		

Important Contact Information



Margaret Ross

Operations
Manager

"If you are ever unsure of the Company's Rules and Regulations or Policies, please refer to the Company Policy Booklet which is available at any of our product centres. or online at www.foreverliving.com"

Enquiry	Contact Information
I have not received my NDP or bonus payment	Pamela, Naeim, Wilhemina, Jenny or Margaret
I need or have lost my password	Pamela, Naeim, Wilhemina, Jenny or Margaret
I want to place an order via TELESales (excludes Gauteng, Durban, Mpumalanga, Namibia and other neighbouring countries)	TEL: 080-FOREVER (080-3673837).
I want to place/track an order (for courier from Longmeadow Product Centre)	TEL: +27 11 579 7440 / FAX: +27 11 608 4000 Alpha • Email: alpha@forever.co.za
I want to track a WEB order	TEL: +27 21 797 6329 / FAX: +27 21 797 6029 Bronwyn/Wilfred • Email: capetown@forever.co.za
I want to place an order for Eastern Cape	TEL: +27 21 797 6329 / FAX: +27 21 797 6029 Bronwyn/Wilfred • Email: capetown@forever.co.za
I want to place an order for Mozambique	TEL: +27 13 752 2024 / FAX: +27 13 752 5824 Guy or Don • Email: nelspruit@forever.co.za
I want to place/track an order for Lesotho	TEL: +27 21 797 6329 / FAX: +27 21 797 6029 Bronwyn/Wilfred • Email: capetown@forever.co.za TEL: +27 11 579 7440 / FAX: +27 11 608 4000 Courier : Courierorders@forever.co.za Orders for collection: Jhb – Ayanda@forever.co.za
I want to place an order for collection at my local product centre	Your local product centre (Contact No. on Page 31 of the Monthly Magazine)
Bonus Recap enquiries	Pamela, Naeim, Wilhemina, Jenny or Margaret
Company Policy enquiries	Naeim, Jenny or Margaret
Marketing Plan enquiries	Naeim, Jenny or Margaret
Chairman's Bonus enquiries	Naeim, Wilhemina, Pamela, Jenny or Margaret
Global Rally enquiries	Naeim, Wilhemina, Pamela, Jenny or Margaret
Product/Literature/back order enquiries	Your local product centre (Contact No. on Page 31 of the Monthly Magazine) or stockcontrol@forever.co.za
Business Cards/Stickers/ Car Magnets and X-Banner enquiries	Your local product centre (Contact No. on Page 31 of the Monthly Magazine)
Submit or change bank details, address, contact details	Pamela, Naeim, Wilhemina
Changes to distributorship (add spouse etc)	Pamela, Naeim, Wilhemina, Jenny or Margaret
International Sponsoring enquiries	Pamela, Naeim, Wilhemina, Jenny or Margaret
Sponsoring into South Africa or neighbouring countries	Pamela, Naeim, Wilhemina, Jenny or Margaret
Re-sponsoring enquiries	Pamela, Naeim, Wilhemina, Jenny or Margaret
Product Information	Naeim, Jenny or Margaret
Advertising approval	Wendy or Margaret
Company Events	
Manager's Convention, Global Rally, Eagle Managers Retreat	Wendy or Margaret

YOUR HEALTH AND WEALTH MONTHLY MAGAZINE

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Forever Living Products South Africa

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Treat your Body with Forever



209 | 25TH Edition™ Cologne

Spray for Men

25TH Edition™ for Men is a fluid, aromatic fougère fragrance with a sensuous masculine blend of fruity, herbaceous and woody notes that are forever fresh and long lasting.



208 | 25TH Edition™ Perfume

Spray for Women

25TH Edition™ for Women is a fresh, white floral bouquet that blends sheer petals with warm, musky woods to create a soft and deep feminine character.

Please contact the Distributor below for more information:-

Please place your
Forever Business Card here

For more in-depth information please consult the **PRODUCT MANUAL** available from your product centre

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