

2023/24 Forever  
Product Brochure



Plant to  
Product  
to You



FOREVER®



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CEO, Gregg Maughan**

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# 45 YEARS OF FOREVER®

## A letter from our CEO, Gregg Maughan

For more than 45 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 160 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.

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, we grow 40 million aloe vera plants, on average, each year 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.

Since 2200 BC, people have been using aloe vera for its soothing qualities, and it’s no wonder why. Aloe vera has powerful benefits that nourish the body inside and out, and pure inner-leaf aloe vera gel is at the heart of everything we do at Forever. That’s why we own our processes — 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 amounts 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.”



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, 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 160 countries around the world. 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, each 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 the knowledge that you are getting the very best product to help you look and feel your best.



## Sustainable Solutions

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

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

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With over 40 million aloe vera plants in our aloe fields, we have been able to cleanse the Earth of millions of tons of CO2.

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For eight 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.

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

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

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



View our Plant to Product to You video!

08





## 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 maintain optimal health, including supporting immunity, metabolism, energy, and an active lifestyle.

Forever continually evaluates the formulas used in our products to ensure they provide the very best ingredients based on emerging science. What's more, our nutritional drinks contain up to 99.7% pure stabilised aloe vera gel, which is at the heart of our company and many of our products.



## Drinks

Forever's stabilised 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've drank Forever Aloe Vera Gel daily since 1999 and would not go a day without it, as it has improved my well-being in so many ways. I call it my youth and life elixir. I absolutely love it."*

**Rosita Nasseri-Darrell, Germany**

**#715, #7153, 7163 & #71612**

### Forever Aloe Vera Gel™

No preservatives, no sugar – just 99.7% pure natural aloe vera goodness for you to enjoy!

#715 (1 Liter) / 0.115 CC

**GR: 33,67€ | CY: 31,29€**

#7153 (3 x 1 Liter) / 0.345 CC

**GR: 100,98€ | CY: 93,83€**

#7163 (3 x 330ml) / 0.114 CC

**GR: 33,67€ | CY: 31,29€**

#71612 (12 x 330ml) / 0.502 CC

**GR: 134,61€ | CY: 125,08€**



**#7658**

### Forever Aloe Mini Combo

330ml Forever Aloe Vera Gel™

330ml Forever Aloe Berry Nectar™

330ml Forever Aloe Peaches™

3 x 330ml / 0.114 CC

**GR: 33,67€ | CY: 31,29€**





**#734, #7343, #7353 & #73512**

**Forever Aloe Berry Nectar™**

The benefits of 90.7% pure aloe vera gel are delivered with the refreshing flavour of cranberries and apple.

#734 (1 Liter) / 0.115 CC

**GR: 33,67€ | CY: 31,29€**

#7343 (3 x 1 Liter) / 0.345 CC

**GR: 100,98€ | CY: 93,83€**

#7353 (3 x 330ml) / 0.114 CC

**GR: 33,67€ | CY: 31,29€**

#73512 (12 x 330ml) / 0.502 CC

**GR: 134,61€ | CY: 125,08€**



**#777, #7773, #7783 & #77812**

**Forever Aloe Peaches™**

Drink in the nutritional benefits of 84.3% pure aloe vera gel with the flavour of sun-ripened peaches.

#777 (1 Liter) / 0.115 CC

**GR: 33,67€ | CY: 31,29€**

#7773 (3 x 1 Liter) / 0.345 CC

**GR: 100,98€ | CY: 93,83€**

#7783 (3 x 330ml) / 0.114 CC

**GR: 33,67€ | CY: 31,29€**

#77812 (12 x 330ml) / 0.502 CC

**GR: 134,61€ | CY: 125,08€**



**#736 & #7363**

**Forever Aloe Mango™**

Experience the health benefits of 86% pure aloe vera gel with juicy sweetness of ripe mango purée.

#736 (1 Liter) / 0.115 CC

**GR: 33,67€ | CY: 31,29€**

#7363 (3 x 1 Liter) / 0.345 CC

**GR: 100,98€ | CY: 93,83€**

**#7333**

**Forever Aloe Combo Tripack**

1 Liter Forever Aloe Vera Gel™  
1 Liter Forever Aloe Berry Nectar™  
1 Liter Forever Aloe Peaches™

#7333 (3 x 1 Liter) / 0.115 CC

**GR: 100,98€ | CY: 93,83€**



## Fundamental Nutrition

#196

### Forever Freedom™

Chondroitin, glucosamine and MSM combine with a zesty orange flavour and 89% pure aloe vera gel.

1 Liter / 0.158 CC

GR: 46,36€ | CY: 43,07€

Contains  
Aloe Vera  
Pulp



#71633

### Aloe plus Argi+

Power up with Argi+™ and Aloe Mini. Put your fitness goals in overdrive with the advanced nutrition of Argi+™ and Forever Aloe Vera Gel™, the perfect pair to help you look better and feel better.

3 x 330ml & 3 stickpacks Argi+ / 0.139 CC

GR: 40,90€ | CY: 38,01€



#721

### FAB Forever Active Boost®

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.

269ml / 0.015 CC

GR: 4,28€ | CY: 3,98€



Great  
Together

Forever Bee Honey is the perfect accompaniment to Aloe Blossom Herbal Tea. This 100% natural honey is mountain-harvested and imparts a pure touch of sweetness to every cup.

Learn more about Forever Bee Honey on page 31.



#200

### Aloe Blossom Herbal Tea®

Delicious both hot and iced, or sweetened with Forever Bee Honey, this caffeine-free tea combines the soothing flavours of spicy ginger and cinnamon combined with chamomile and orange peel for a relaxing feeling.

25 individual bags / 0.063 CC

GR: 19,78€ | CY: 16,75€

## Daily Needs

Supporting your health starts with your daily routine.

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

#613

### Forever Marine Collagen™

Multi-award winning and scientifically advanced formula. Contains 3 grams of marine collagen combined with vitamins A and C. Vitamin C contributes to normal collagen formation and zinc and biotin help maintain skin, hair, bones and nails.

30 sachets (15ml) / 0.327 CC

GR: 102,28€ | CY: 86,61€

#622

### Forever Focus™

Using a clinically studied ingredient of Cognizin® plus herbs and vitamins, including zinc to support cognitive function and reduce fatigue.

120 capsules / 0.334 CC

GR: 104,47€ | CY: 88,46€





#068

**Forever Fields Of Greens™**

Our very greenest dietary supplement contains barley grass, alfalfa and wheatgrass in combination with honey and cayenne pepper.

80 tablets / 0.056 CC

**GR: 17,65€ | CY: 14,95€**

#624

**Forever iVision®**

This advanced eye supplement contains vitamin A and zinc to support healthy vision and Lutemax 2020, a clinically studied ingredient derived from marigold extract.

60 softgels / 0.140 CC

**GR: 43,79€ | CY: 37,08€**

#439

**Forever Daily™**

This powerful multivitamin delivers 100% of the referenced intake (RI) of essential vitamins and minerals including vitamins A, C, D and B12.

60 tablets / 0.080 CC

**GR: 25,06€ | CY: 21,22€**

#621

**Forever Supergreens™**

Each portable stick pack includes a blend of over 20 fruits, vegetables, superfoods and aloe to support various healthy body functions and systems.

30 packets (4.4g) / 0.154 CC

**GR: 48,17€ | CY: 40,79€**



Get Your  
Extra Daily  
Boost

#188

**Forever B12 Plus®**

Vitamin B12 and folic acid combine in an advanced time-release formula to help support metabolic processes, the normal function of the immune system, and B12 also assists in the production of red blood cells.

60 tablets / 0.072 CC

GR: 22,39€ | CY: 18,96€

#037

**Forever Nature-Min™**

Get optimal levels of 10 essential and trace minerals in magnesium which contributes to electrolyte balance and Zinc, copper, selenium and iron all support the normal function of the immune system.

180 tablets / 0.084 CC

GR: 26,41€ | CY: 22,37€

#072

**Forever Lycium Plus™**

This balanced blend of ancient botanicals includes lycium, also known as goji berry, and is a fruit that dates back centuries to ancient China, where it is known as the "yin tonic". Forever Lycium Plus utilises extract of the lycium fruit and licorice root.

100 tablets / 0.153 CC

GR: 47,70€ | CY: 40,39€

#464

**Forever Fiber™**

Convenient fibre stick packs makes it easy for you to add additional fibre to your daily intake.

30 packets / 0.090 CC

GR: 28,23€ | CY: 23,90€





Excellent Nutrition For The Family



#206

**Forever Calcium™**

A combination of calcium, vitamin D, zinc and magnesium supports bone health when combined with a healthy diet and regular physical activity.

90 tablets / 0.104 CC  
**GR: 32,47€ | CY: 27,50€**

#374

**Vitolize® For Men**

Formulated with ingredients like pumpkin seed, lycopene and minerals including zinc, which contributes to normal fertility and reproduction.

60 softgels / 0.120 CC  
**GR: 37,44€ | CY: 31,70€**

#375

**Vitolize® For Women**

A rich blend of botanicals including apple powder, passionflower, schisandra berry, cranberry powder and vitamins including B6 which contributes to the regulation of hormonal activity.

120 tablets / 0.127 CC  
**GR: 39,65€ | CY: 33,57€**

#354

**Forever Kids®**

Specially formulated with the essential vitamins, minerals and other nutrients a growing body needs, this sugar-free, grape-flavoured chewable is safe for children age 3 and older.

120 tablets / 0.050 CC  
**GR: 15,68€ | CY: 13,28€**

## 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 support immune health function. However you prefer to take your supplements, Forever has a range of drinks, tablets and gummies to help support your immune system.

#048

### Forever Absorbent-C™

Get your daily value of vitamin C with this chewable that has a natural orange and honey flavour, blended with oat bran.

100 chewable tablets / 0.063 CC

GR: 19,78€ | CY: 16,75€

#566

### Forever Immune™ Gummy

Support the immune system with this blend of 10 vitamins and zinc, including vitamins B6, C and D, which contribute to the normal function of the immune system. All in a sweet, tropical flavoured gummy that's chewable, tastes great and is vegan friendly.

60 ζελεδάκια / 0.148 CC

GR: 46,25€ | CY: 39,17€



Forever Aloe Vera Gel is the ideal way to take these immune-supporting supplements, as it helps with nutrient absorption. Learn more about the benefits of this product on page 10.



### #355

#### Forever ImmuBlend™

A synergistic blend of botanicals and proven ingredients like vitamins D and C and zinc contribute to the healthy function of the immune system.

60 tablets / 0.099 CC

GR: 30,91€ | CY: 26,17€

### #610

#### Forever Active Pro-B™

Featuring a blend of six strains of friendly bacteria, selected and engineered for their ability to reach the intended destination of the large intestine, with over 8 billion CFU per dose, and zinc to contribute to the healthy function of the immune system.

30 κάψουλες / 0.147 CC

GR: 45,88€ | CY: 38,85€

### #065

#### Forever Garlic-Thyme™

Garlic and thyme are powerful ingredients with properties that are said to promote good health; in fact, these herbs can be traced back thousands of years for their dietary uses.

100 softgels / 0.084 CC

GR: 26,41€ | CY: 22,37€



Help support your immunity with these other products!



#### Forever Bee Propolis®

Page 30

#### Forever® Essential Oils Defense

Page 32

## 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.



#312

**Forever NutraQ10™**

Featuring a combination of CoQ10, B vitamins and minerals in a convenient and delicious stick pack. 30 packets / 0.111 CC

**GR: 34,84€ | CY: 29,50€**



#665

**Forever Sensatiable™**

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

64 chewable tablets / 0.105 CC

**GR: 32,81€ | CY: 27,78€**

#376

**Forever Arctic Sea™**

The exclusive blend with a never-fishy, always refreshing citrus flavour and aroma contains EPA and DHA omega-3 fatty acids to help with the maintenance of key body systems including the heart, normal blood pressure, brain function and vision.

120 softgels / 0.127 CC

**GR: 39,65€ | CY: 33,57€**

#215

**Forever Multi-Maca™**

Designed for both men and women, this blend combines legendary Peruvian maca with Q10, L-arginine and other powerful herbs.

60 tablets / 0.113 CC

**GR: 35,38€ | CY: 29,96€**

#264

**Forever Active HA®**

Combines low molecular weight HA, plus ginger oil and turmeric roots.

60 softgels / 0.128 CC

**GR: 40,04€ | CY: 33,90€**

#551

**Forever Move™**

These burnt-orange softgels are perfect for people who lead busy and active lifestyles, sport and fitness enthusiasts, maturing adults and those who work strenuous jobs.

90 softgels / 0.250 CC

**GR: 78,04€ | CY: 66,08€**



Support your active lifestyle with these other products!

**Forever Freedom® & FAB Forever Active Boost®**  
Page 12

*"ARGI+ always gives the energy I need for all-day activities. It helps me recover and stay in good shape."*

**Petru Medan, Romania**

#656

**Forever Plant Protein™**

With 17 grams of protein per serving and a delicious vanilla flavour, this plant-based, non-gritty protein powder supports muscle mass and healthy bones.

390g / 0.223 CC

**GR: 69,75€ | CY: 59,06€**

#473

**ARGI+™**

Add the powerful amino acid L-Arginine to your favourite drink with this delicious berry flavour stick pack that helps support athletic performance.

30 packets / 0.254 CC

**GR: 79,29€ | CY: 67,14€**



#564

**Aloe Cooling Lotion**

With calming menthol, eucalyptus and camphor plus methyl sulfonyl methane (MSM), this rich yet light formula provides a cooling sensation, revitalising hard-working muscles.

118ml / 0.060 CC

**GR: 18,77€ | CY: 18,01€**

#205

**Aloe MSM Gel**

Pure inner leaf aloe vera and methyl sulfonyl methane (MSM) combine with herbal extracts to provide soothing relief.

118ml / 0.079 CC

**GR: 24,75€ | CY: 23,75€**



## Supplement Your Workouts

Use these products to support your body before exercising:



**ARGI+™**

Provides five grams of L-arginine per serving



**Forever Active HA®**

Contains low molecular weight hyaluronic acid combined with ginger and turmeric



**Forever Multi-Maca®**

Supports stamina

Use these protect to support your body's recovery after exercising:



**Forever Move™**

Contains natural eggshell membrane and curcumin developed to support active lifestyles



**Forever Lite Ultra™**

Contain protein which contributes to maintenance and growth of muscle mass



**Forever Plant Protein™**

Contain protein which contributes to maintenance and growth of muscle mass



**Aloe MSM Gel & Aloe Cooling Lotion**

Provides a soothing feeling after exercise

# 24

## F.I.T. Programs

Forever's four F.I.T. programmes — DX4™, C9™, F15™ and Vital 5™ — are each designed to help you achieve your goals, whether that's doing a reset each quarter to keep your body balanced (DX4), support with reaching your weight management goals (C9), help gaining strength and stamina during regular exercise (F15), or supporting overall good health (Vital 5).

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





#659

### DX4™ Body Balancing System

A four-day system, DX4 balances physical health with mindfulness, using seven nutritional products and supplements designed to work together. DX4 can be completed quarterly and is an ideal precursor to C9.

0.560 CC

GR: 175,16€ | CY: 148,32€

*"My favorite Forever product is DX4. It's very effective and complete, and it makes you feel really good. It cleanses, harmonizes and reprograms."*

**Enikő Lehoczky, Hungary**

## Everything your body needs to reset

The nutritional products and supplements include:



**Forever Aloe Vera Gel®**  
Supports nutrient absorption



**Forever Plant Protein®**  
Supports satiety, muscle mass and healthy bones



**Forever Sensatiable®**  
Keeps you feeling full



**Forever LemonBlast®**  
Supports the digestive tract



**Forever Multi Fizz™**  
Offers daily vitamins and aids in hydration



**Forever DuoPure®**  
Helps in the filtration of the body



**Forever Therm Plus®**  
Supports a healthy metabolism and energy levels



## F.I.T. Programs

*"C9 gives me energy and a feeling of lightness. I think there is no better way to cleanse the body and feed it with vitamins."*

**Gordana Zecevic, Serbia**



### C9™ Nutritional Change System

This nine-day system combines five nutritional products and supplements with light movement and reduced-calorie recipes. C9 can be completed after DX4 as an ideal transition after a body reset.

● ● Vanilla & Chocolate

- #475 C9 Forever Aloe Vera Gel - Forever Lite Ultra Vanilla / 0.495 CC
- #476 C9 Forever Aloe Vera Gel - Forever Lite Ultra Chocolate / 0.495 CC
- #625 C9 Forever Aloe Berry Nectar - Forever Lite Ultra Vanilla / 0.495 CC
- #626 C9 Forever Aloe Berry Nectar - Forever Lite Ultra Chocolate / 0.495 CC
- #629 C9 Forever Aloe Peaches - Forever Lite Ultra Vanilla / 0.495 CC
- #630 C9 Forever Aloe Peaches - Forever Lite Ultra Chocolate / 0.495 CC

**GR: 153,58€ | CY: 130,05€**



### Vital5™ Advanced Nutrition Made Simple

Support an ongoing healthy lifestyle with this set of five essential products that help bridge nutritional gaps. Vital 5 can be done on an ongoing basis (except during DX4 and C9).

- #456 Vital5 Forever Aloe Vera Gel / 1.000 CC
- #457 Vital5 Forever Aloe Berry Nectar / 1.000 CC
- #458 Vital5 Forever Aloe Peaches / 1.000 CC

**GR: 320,32€ | CY: 271,24€**

### F15™ Nutritional Weight Management Program

Build a healthy fitness foundation through this 15-day programme that balances nutrition and nutritional products and supplements with exercise for multiple fitness levels. F15 can be completed after C9 to help you stay on course in achieving your weight management and fitness goals.

- ● Vanilla & Chocolate

- #528 F15 Beginner 1 & 2 Forever Lite Ultra Vanilla / 0.612 CC
- #529 F15 Beginner 1 & 2 Forever Lite Ultra Chocolate / 0.612 CC
- #532 F15 Intermediate 1 & 2 Forever Lite Ultra Vanilla / 0.612 CC
- #533 F15 Intermediate 1 & 2 Forever Lite Ultra Chocolate / 0.612 CC
- #536 F15 Advanced 1 & 2 Forever Lite Ultra Vanilla / 0.612 CC
- #537 F15 Advanced 1 & 2 Forever Lite Ultra Chocolate / 0.612 CC

**GR: 193,46€ | CY: 163,82€**

# 28

## Weight Management

Forever's powerful weight management products are formulated with scientifically advanced, high-quality ingredients to help you achieve the results you're looking for. Use them to supplement your healthy lifestyle at home and on the go.



*"Forever Lite Ultra Chocolate is my lifesaver when I need chocolate. It tastes creamy and chocolately, and I drink it with a clear conscience because I know how valuable it is for my body. Since I started drinking it, my chocolate cravings have lessened a lot."*

**Melanie Everdiking-Hinz, Germany**

## #463

### Forever Therm™

This carefully created formula contains a special combination of vitamins, including B6 and B12, which contribute to normal energy yielding metabolism.

60 tablets / 0.139 CC

**GR: 43,52€ | CY: 36,85€**

## #470 & #471

### Forever Lite Ultra™

This great source of vitamins and minerals includes 18 amino acids and 24 grams of protein per serving to help grow and maintain muscle mass. In a choice of delicious chocolate or vanilla flavours.

● ● Vanilla & Chocolate

#470 Forever Lite Ultra Vanilla  
375g / 0.100 CC

**GR: 31,38€ | CY: 26,57€**

#471 Forever Lite Ultra Chocolate  
390g / 0.100 CC

**GR: 28,59€ | CY: 26,57€**

## #289

### Forever Lean™

Forever Lean #289

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.

120 capsules / 0.137 CC

**GR: 43,75€ | CY: 37,05€**

## #520

### Forever Fast Break™

Classic peanut butter and chocolate-covered energy bar that contains 11 grams of protein per serving and a blend of vitamins and minerals.

56g / 0.018 CC

**GR: 5,02€ | CY: 4,67€**

## #071

### Forever Garcinia Plus™

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

70 softgels / 0.153 CC

**GR: 47,70€ | CY: 40,39€**



# 30

## Bee Products

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.





#036

### Forever Royal Jelly™

Made of the same substance that feeds the queen bee, royal jelly is an extremely nutritious and biochemically complex honeybee secretion.

60 tablets / 0.134 CC

GR: 41,86€ | CY: 35,44€

#027

### Forever Bee Propolis™

Propolis is the protective substance gathered and used by bees to disinfect and protect their hives from pathogens. We have been producing propolis supplements for decades and we're one of the oldest manufacturers on the market.

60 chewable tablets / 0.121 CC

GR: 37,75€ | CY: 31,97€

#026

### Forever Bee Pollen™

Get the power of bee pollen, we've packed all that nutritious goodness into an easy to take tablet by mixing it with delicious honey!

100 tablets / 0.063 CC

GR: 19,78€ | CY: 16,75€

#207

### Forever Bee Honey™

Enjoy the sweet, rich and smooth flavour of 100% natural mountain-harvested honey.

500g / 0.070 CC

GR: 20,04€ | CY: 18,62€

#051

### Aloe Propolis Creme

This combination of pure aloe vera gel, bee propolis and antioxidant vitamins nourishes, soothes and rejuvenates your skin's tone and texture.

113g / 0.079 CC

GR: 24,75€ | CY: 23,75€

# 32

## Essential Oils

Working with scientists, farmers and botanists, Forever has sourced nature's most powerful botanicals to create a harmonious collection of essential oils.

Each essential oil is extracted from carefully selected plant parts, including blossoms, fruits, seeds, leaves, bark and roots. These extractions primarily use steam distillation and cold-pressing to create the highest quality essential oils. These pure botanical essences promote calmness and relaxation.







## #508

### **Forever™ Essential Oils Peppermint**

Perfect for topical use or aromatherapy, this essential oil provides a calming, refreshing peppermint fragrance with leaves harvested from the foothills of the Himalayas in India that have a higher menthol content.

15ml / 0.062 CC

**GR: 19,26€ | CY: 18,48€**

## #507

### **Forever™ Essential Oils Lemon**

Awaken your senses with the distinct fresh scent of citrus and experience the best of what nature has to offer, providing potent essential oils that refresh, energise, invigorate and revitalise.

15ml / 0.044 CC

**GR: 13,74€ | CY: 13,19€**

## #510

### **Forever™ Essential Oils Defense**

Blend of clove, orange, cinnamon, rosemary, frankincense, eucalyptus and juniper to awaken your senses.

15ml / 0.080 CC

**GR: 24,93€ | CY: 23,92€**

## #506

### **Forever™ Essential Oils Lavender**

Pure *Lavandula angustifolia* oil promotes feelings of calm and relaxation when used topically or for aromatherapy.

15ml / 0.083 CC

**GR: 26,06€ | CY: 25,01€**

# 34

## Skin Care

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

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





FOREVER  
ALOE  
SCRUB™  
With Microspheres  
of Aloe  
99g  
FOREVER™

balancing  
toner  
130 ml  
©2016  
FOREVER™

deep  
moisturizing cream  
71g  
FOREVER™

infinite  
by FOREVER™

aloe bio-cellulose  
mask  
Contains One Mask  
25 g  
FOREVER™

protecting  
day lotion  
SPF 20  
80 ml  
FOREVER™

Sonya™

## Facial Care

Forever makes building a facial skincare routine easy with three lines of products that address a variety of skin types and concerns. Most of these products include Forever's proprietary stabilised aloe vera gel, which soothes and supports skin. Start with the basics — cleanse, tone, target and moisturise — and customise your routine from there, plus learn which facial care set is best for you on page 41.

### #553

#### 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.

0.700 CC

GR: 218,51€ | CY: 209,70€



### #554

#### infinite by Forever™ hydrating cleanser

Gently cleanse dirt, oil and makeup from the skin with botanicals and vitamin-rich ingredients that combine into a milky, hydrating formula without sulfates.

118ml / 0.105 CC

GR: 32,79€ | CY: 31,46€

### #558

#### infinite by Forever™ restoring crème

Containing over 15 skin conditioning ingredients, this quick-absorbing restoring crème contains anti-ageing ingredients to support the tone and texture of youthful looking skin.

42g / 0.232 CC

GR: 72,45€ | CY: 69,53€

### #556

#### infinite by Forever™ firming complex

Support signs of ageing from the inside out with this beauty nutritional that contains French melon, marine collagen, vitamin C to help with healthy collagen formation and Biotin to maintain healthy hair and skin.

60 tablets / 0.207 CC

GR: 64,63€ | CY: 54,73€

### #555

#### infinite by Forever™ firming serum

Increase the appearance of skin's firmness with this formula that reduces the appearance of fine lines and wrinkles while supporting skin's tone.

30ml / 0.208 CC

GR: 64,96€ | CY: 62,34€

#609

**Sonya® Daily Skincare System**

This daily system contains four products to meet all your facial skin care needs, each including the power of aloe and select botanicals.

This daily skincare system includes one of each product: Sonya refreshing gel cleanser, Sonya refining gel mask, Sonya soothing gel moisturizer and Sonya illuminating gel.

0,341 CC

**GR: 106,66€ | CY: 102,36€**

*"I love Sonya refreshing gel cleanser because since I started using this product, the skin on my face has become really healthy looking, clean and soft. Having clean skin makes me more confident in myself and also makes me smile more."*

**Popa Irina Elena, France**



#605

**Sonya™ refreshing gel cleanser**

Thoroughly clean your skin without that tight feeling with this soft, rich lathering gel, ideal for cleansing and nourishing combination skin.

118ml / 0.094 CC

**GR: 29,40€ | CY: 28,22€**

#607

**Sonya™ refining gel mask**

Support your skin's appearance while you sleep with botanical, moisturising ingredients that brightens the appearance of skin without leaving it feeling greasy.

59ml / 0.094 CC

**GR: 29,40€ | CY: 28,22€**

#608

**Sonya™ soothing gel moisturizer**

With over 10 natural plant extracts and oils, collagen and amino acids, this gel moisturiser leaves skin feeling refreshed and moisturised.

59ml / 0.103 CC

**GR: 32,22€ | CY: 30,92€**

#606

**Sonya™ illuminating gel**

A combination of Asian botanicals, licorice root and algae smooths and softens the complexion, helping your skin glow.

28.3g / 0.089 CC

**GR: 27,84€ | CY: 26,72€**

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.



#559

**Smoothing Exfoliator**

Physical exfoliants of jojoba beads and bamboo powder, plus bromelain and papain, replenish the skin and reveal a brighter-looking, smoother tone and texture.

60ml / 0.073 CC

GR: 22,78€ | CY: 21,86€

#616

**Aloe Bio-Cellulose Mask**

The bio-cellulose fibres used to make this mask fit every contour of your face while the aloe vera and green tea-enriched serum rejuvenates, soothes and moisturises skin.

5 individual masks x 25g / 0.210 CC

GR: 65,69€ | CY: 63,04€

#645

**Protecting Day Lotion**

Keep your skin protected from environmental aggressors by shielding and nourishing your skin with a blend of skin-conditioning ingredients and SPF 20 natural mineral zinc oxide to help prevent the premature signs of ageing.

60ml / 0.146 CC

GR: 45,62€ | CY: 43,78€

#618

**Hydrating Serum**

Quickly plump the appearance of your skin with this fast-absorbing serum that boosts hydration with aloe vera and four types of hyaluronic acid.

50ml / 0.140 CC

GR: 43,79€ | CY: 42,03€



#069

**R3 Factor®**

Retain, restore and renew your skin with this unique formula combining alpha hydroxy acids, vitamins A and E, and collagen to gently exfoliate and revitalise skin.

56.7g / 0.138 CC

**GR: 43,20€ | CY: 41,46€**



#187

**Forever Alpha-E Factor®**

Vitamins A, E and C deliver powerful antioxidants like retinyl palmitate, this light skin-replenisher contains rich ingredients to balance the skin, reduce dryness and create radiance.

30ml / 0.088 CC

**GR: 27,66€ | CY: 26,55€**



#341

**Mask Powder**

Designed to be combined with Aloe Activator, this powerful mask of chamomile, kaolin and allantoin cleans, smooths and tightens skin.

29g / 0.070 CC

**GR: 21,99€ | CY: 21,11€**



#560

**Balancing Toner**

Using toner between cleansing and moisturising helps ensure the skin is fully cleansed. This blend of hyaluronic acid and botanicals soothes and hydrates while minimising the appearance of pores.

130ml / 0.087 CC

**GR: 27,19€ | CY: 26,10€**

#561

**Awakening Eye Cream**

This combination of peptides, botanicals and collagen helps to diminish the appearance of dark circles and puffiness, so that your eyes appear rested, alert and rejuvenated.

21g / 0.073 CC

**GR: 22,78€ | CY: 21,86€**

#612

**Aloe Activator**

With over 98% aloe vera gel, this unique liquid delivers moisture to the skin with a combination of allantoin and vitamins A, C and E.

130ml / 0.064 CC

**GR: 16,62€ | CY: 15,95€**

#651

**Deep Moisturizing Cream**

Quench your skin's thirst with this ultra-rich formula that blends ceramides, which deliver moisture deep within the surface layers of the skin.

71g / 0.133 CC

**GR: 41,55€ | CY: 39,88€**

# 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 / Treat	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				●		
#559 Smoothing Exfoliator	●	●				
#616 Aloe Bio-Cellulose Mask				●		
#645 Protecting Day Lotion					●	●
#618 Hydrating Serum				●	●	
#560 Balancing Toner			●			
#561 Awakening Eye Cream				●		
#612 Aloe Activator			●	●		
#311 Sonya Aloe Deep Moisturizing Cream					●	
#069 R3 Factor®		●			●	
#187 Forever Alpha-E Factor®				●	●	
#341 Mask Powder dissolved in Aloe Activator (#612)			●	●		
#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.



### #063

#### Aloe Moisturizing Lotion

Condition and moisturise the hands and body with this thick lotion that combines pure aloe, apricot kernel oil, jojoba and vitamin E.

118ml / 0.064 CC

GR: 20,18€ | CY: 19,36€

### #641

#### Aloe-Jojoba Conditioner

Keep hair soft, shiny and manageable with this light, pH-balanced conditioner formula fortified with vitamin B5 and jojoba oil. Aloe vera helps soften and bring out your hair's natural shine.

296ml / 0.093 CC

GR: 29,09€ | CY: 27,92€

### #647

#### Aloe Body Lotion

Pure aloe, vitamin E and jojoba combine in a lightweight formula that softens skin and leaves it feeling smooth, hydrated and healthy looking.

236ml / 0.091 CC

GR: 28,46€ | CY: 27,32€

### #617

#### Aloe Sunscreen

This SPF 30 sunscreen protects the skin from UVA and UVB rays for up to 80 minutes without feeling greasy or leaving residue behind.

118ml / 0.083 CC

GR: 25,96€ | CY: 24,91€

### #022

#### Forever Aloe Lips™

The soothing power of aloe combines with jojoba to moisten and soften lips while three types of wax provide long-lasting coverage.

4.25g / 0.016 CC

GR: 4,89€ | CY: 4,69€



#646

**Aloe Body Wash**

Get clean, hydrated skin with the creamy foam of this gentle, pH-balanced cleanser featuring aloe and vitamins A, C and E with an inviting amber and woods fragrance.

236ml / 0.090 CC  
**GR: 28,15€ | CY: 27,02€**

#061

**Aloe Vera Gelly**

Perfect for any skin type, this pure inner leaf aloe vera gel conditions, soothes and moisturises.

118ml / 0.064 CC  
**GR: 20,18€ | CY: 19,36€**

#640

**Aloe-Jojoba Shampoo**

Ideal for everyday use on all hair types, this shampoo is sulphate free and combines aloe vera gel, vitamin A and jojoba to soothe, moisturise and cleanse the scalp and hair.

296ml / 0.087 CC  
**GR: 27,21€ | CY: 26,12€**

#238

**Forever Aloe Scrub™**

Gently scrub away dead skin cells and debris with jojoba microspheres found in this natural exfoliator that leaves skin smooth without drying or damaging effects.

99g / 0.071 CC  
**GR: 22,15€ | CY: 21,26€**

#284

**Aloe Avocado Face & Body Soap**

Gentle enough for face, body and all skin types, rich avocado and soothing aloe vera moisturise and soften skin, leaving behind a fresh citrus scent.

142g / 0.019 CC  
**GR: 6,07€ | CY: 6,81€**

# 44

## 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.





#040

**Aloe First™**

Made with aloe vera gel, bee propolis and 11 plant extracts, this pH-balanced spray is great for both skin and hair, providing a soothing mist for all skin types and a barrier between hair and the elements.

473ml / 0.085 CC

**GR: 26,49€ | CY: 25,42€**

#067

**Aloe Ever-Shield™**

Protect against underarm odour all day with this deodorant that's made without antiperspirant aluminium salts, instead using the soothing power of aloe for a smooth glide onto the skin.

92.1g / 0.032 CC

**GR: 10,09€ | CY: 9,68€**

#070

**Gentleman's Pride™**

An aloe-powered, alcohol-free aftershave moisturises sensitive post-shave skin, providing a cooling, fresh feel and a sophisticated masculine scent.

118ml / 0.064 CC

**GR: 20,18€ | CY: 19,36€**

#318

**Forever Hand Sanitizer®**

This formula is rich in aloe vera to keep hands soft and smooth after sanitising, killing 99.9% of germs and leaving behind a light lemon-lavender scent.

59ml / 0.014 CC

**GR: 3,78€ | CY: 4,24€**

#028

**Forever Bright™ Toothgel**

Keep teeth, gums and breath fresh and clean with this fluoride-free and natural peppermint-spearmint flavoured formula safe for kids and adults.

130g / 0.031 CC

**GR: 9,77€ | CY: 9,38€**

#633

**Aloe Liquid Soap**

Naturally derived cleansers wash dirt and debris from the whole body, nourishing skin with pure aloe vera and a blend of jojoba and argan oils for a fresh, renewed feel.

473ml / 0.075 CC

**GR: 20,69€ | CY: 23,23€**

# The Power of Forever is the Power of Love

Envelop your senses with the power and love of the Samoan people. Honoring Forever's Founder, Rex Maughan, both the Malosi and Alofa fine fragrances pay tribute to his deep connection with Samoa, their people, and the legacy he left there through his service and love of the islands. As Samoan words, Malosi means power and Alofa means love — words woven into the fabric of Forever by Rex, who often said "The power of Forever is the power of love."

Both bottles are thoughtfully designed, featuring the cultural, traditional artwork that represent the meanings for Malosi and Alofa. The essences within feature distinctive, sophisticated scents crafted with a carefully selected combination of botanicals. Malosi, a fragrance for him, is an intriguing woody scent with spices. A fragrance for her, Alofa is an alluring floral scent with a hint of citrus.

#643

**Forever Alofa™ Fine Fragrance**

30ml / 0.134 CC

**GR: 41,87€ | CY: 40,19€**

#644

**Forever Malosi™ Fine Fragrance**

30ml / 0.134 CC

**GR: 41,87€ | CY: 40,19€**



€453,05

€434,78

You Pay 1.526CC  
You Win 2.000CC

€446,83

€378,36

You Pay 1.511CC  
You Win 2.000CC



#634B & 634C

**Start Your Personal Use Pack**

#634B SYPU - Forever Lite Ultra Chocolate / 2.000 CC  
#634C SYPU - Forever Lite Ultra Vanilla / 2.000 CC

GR: 453,05€ | CY: 434,78€

#634A

**Start Your Journey Pack**

2.000 CC

GR: 446,83 € | CY: 378,36€

# Jump-start Your Forever Journey

Interested in earning extra income\* by sharing Forever's products? One box can set you up for success as a Forever Business Owner!

The Start Your Journey Pack 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.

This pack qualifies you to opt into the Forever business while getting a taste of Forever, plus it's the simplest way to becoming an Assistant Supervisor and receive a 30% discount on every Forever purchase.



Scan the QR and find out our packages!

## To get started:



Visit [www.foreverliving.gr](http://www.foreverliving.gr)



Select a Start Your Journey Combo Pak



Sign up as a Forever Business Owner

[foreverliving.gr](http://foreverliving.gr)



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Forever Business Owner:

FOREVER LIVING PRODUCTS\*

