

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



THERE IS USUALLY an upsurge of interest in sporting activities during and following televised sports events, and the Summer Olympic Games will probably be no different. But keeping fit is something we should all be doing all the time. Since my daughter persuaded me to buy a cross-trainer, my health has definitely improved, massively supported by my use of a range of Forever's products, many of them shown in the picture below. One of my favourites is the ARG1+, something I would never now be without for the way it has changed my health for the better. • Something I haven't yet tried is the newly-released Forever ImmuBlend™, it was only available from 19 June. It sounds impressive and I can't wait to try some for myself!

A SUMMER FOR SPORT



With the 2012 Olympic Games, Wimbledon, the European Soccer Championship, and International Cricket matches showing us athletes at their peak of performance, it would be easy to sit back and decide that being fit is for them, and not for us.

But whether we are competing in the weekend shopping run, battling the elements to pitch a caravan, or taking part ourselves in a sporting event, our bodies will only ever function well if we both supply the right nutrients and maintain our joints and muscles.

Forever has an impressive range of products designed to help us do just that. All are produced to the highest standard to give you the very best chance in the biggest sporting event of all – LIFE!

Recently, a BBC television series looking at the human body showed how we are actually designed to be running machines. Our skeleton, skin, lungs, muscle and ligament structure gives us a unique advantage in the animal kingdom; we can supposedly out-run any animal on the planet, given enough time.

Forever can give everyone a real sporting chance.



So how can Forever help keep our 'running machines' working well?

Good Nutrition

If our food still contained all the nutrition we need, there would be no point in supplements. But more and more evidence points to nutrient deficiency. **Aloe Vera Gel** provides over 75 different natural nutrients, providing a rich supplement. **Forever Bee Pollen** is a great, easily absorbed multi-vitamin and multi-mineral supplement. **Forever Active Probiotic** promotes a healthy digestive system. **Forever Active HA** is one of the most powerful nutritional joint and skin moisturising supplements. L'Arginine has

just so many health benefits it is no wonder it is generating so much excitement, and **ARG1+** provides all the power of L'Arginine with added vitamins and anti-oxidant properties.

Forever Lite Ultra is a delicious meal-replacement shake that is ideal for sports people. **FAB** (Forever Active Boost) is a quick refreshing way to stay alert and energised all day, and **Cheddar Natural Spring Water** contains one of the highest mineral contents of all UK waters, essential to refresh you after exercise.

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NEW ON THE SCENE – FOREVER IMMUBLEND

Forever ImmuBlend™ is designed to support our immune system function by addressing all aspects of the immune system from its first line of defence to its last. Each ingredient in this proprietary blend is specifically chosen for

the crucial role it plays in supporting your body's immune system function. It helps the body's biological defence system to operate at peak performance so you can carry on your daily routine without any cares.

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

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



Maitake and shiitake mushrooms

