

ISSUE 10

aloe life

Chasing Summits

A look inside Forever's partnership with the twin sisters who conquered the tallest mountains on Earth and are inspiring the next generation of women adventurers to chase their dreams.

Plus...

FUND YOUR SUMMER
BUCKET LIST

MAKE AN INCREDIBLE
ALOE MOCKTAIL

THE AMAZING BENEFITS
OF BEING OUTSIDE



FOREVER



The power of
pure aloe
vera

Forever Aloe Vera Gel

This drinking gel boasts 99.7% inner leaf aloe gel, lovingly extracted by hand so that you can experience the true power of nature. Aloe vera supports gastrointestinal health, digestion and immunity, and promotes health and wellbeing. This nutrient-rich and purifying drink now contains vitamin C which contributes to the normal function of the immune system and to a normal energy-yielding metabolism.

Forever Aloe Vera Gel® Mini | code 71612

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Please speak to a Forever Business Owner if you would like to place an order

Forever is a member of the Direct Selling Association (DSA)



A perfect time to get outside

We are drawn to being outdoors. Have you ever felt like spending time out in nature makes you feel better both mentally and physically? That's because it actually is making you healthier. Science backs up the fact that spending more time outside is a crucial ingredient when it comes to leading the healthiest, most fulfilling life possible.

In this issue of Aloe Life, we're celebrating the outdoors and all the ways it helps make our lives more whole. You'll meet Nungshi and Tashi Malik, twin sisters from India who made history when they climbed to the top of Mount Everest together. And that's just the beginning of their adventure. Find out what's next for this pair on **page 24!**

Of course, you don't have to embark on an epic adventure to take advantage of all the outdoors has to offer. On **page 9**, you'll find some of the key reasons why getting outside is so important for your health, along with a few ideas of how you can get out more. To make sure you're prepared we've created a helpful guide for creating the ultimate beach bag on **page 6**.

Maybe you have big plans in store in the coming months to take a trip or pursue a new passion like nature photography. Don't let your goals slip by because you're a little short on funds. On **page 14**, you'll learn all about how it's possible to make some extra income with the flexibility to work on your own time and at your own pace.

Of course, you can't always be outside (though sometimes, I wish you could!), but you can promote good health at home to make sure your body is always prepared for the next adventure. On **page 21**, you'll find a guide to aloe products that are perfect for everyday use to help you look and feel your best. We've also included a guide to which nutritional supplements you should be taking to bring balance to your diet and fill nutritional gaps on **page 30**.

I hope this issue will inspire you to get out and make the most of everything the great outdoors has to offer, while introducing you to some new ways to make your life at home happier and healthier.



Executive Director of Marketing
Forever Living Products

What's inside?



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The perfect touch



Coming soon

Forever's new **Aloe Body Lotion** combines pure inner leaf aloe with skin softening ingredients like argan oil to hydrate and soften while locking in moisture. Our lightweight formula absorbs quickly to leave skin feeling soft, smooth and renewed. The perfect finishing touch to your daily routine.

Aloe Body Lotion | code 647

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Create your ultimate beach bag

There's an art to packing the perfect beach bag. The key is having the right balance of items that will enhance the fun without weighing you down.

To create your ultimate beach bag, bring those things you can't live without, a few luxury items to make the most of your experience and nothing that's just going to take up space and get in the way!

BEACH BLANKET AND SUNSHADE

The days of lugging around a bulky umbrella for sun protection are over. Instead, opt for a lightweight, packable sunshade. A search on Amazon will reveal several options that pack down small, weight less and set up easily to provide to provide a canopy of sun protection. A lightweight beach blanket is perfect to spread out on and won't add bulk to your bag.

SUNGLASSES AND SUN HAT

Sunglasses and a good wide-brimmed hat will help keep the glare out of your eyes, and provide some shade for your head, neck and shoulders when you're up and walking around. You don't want to spend the day squinting when a great pair of shades and a nice hat will keep you feeling and looking great.

DRINKING WATER AND SNACKS

Staying hydrated is crucial when you're out in the sun. Be sure to pack plenty of water and sip on it throughout the day. Try freezing half a bottle the night before, and fill it up the rest of the way with water before you leave to keep it cool for longer. Mixed nuts or energy bars, like **Forever Fast Break**, make for great snacks that will keep you energised without taking up too much space.

WIPES

After a few hours of sweat, sand, sunscreen and saltwater, you'll be grateful to have some wet, biodegradable wipes on hand. These will help you feel clean and refreshed before you drive back into town or stop to grab a meal on the way home.

MOISTURISER

Spending time in the sun depletes your skin's moisture. You don't have to wait until you get home to restore hydration to your skin. Pack a tube of **Forever's Aloe Moisturizing Lotion** to bring back moisture and softness, and don't forget to bring Aloe Gelly, just in case you need to soothe your skin after a bit too much fun in the sun.

WATERPROOF SUNSCREEN

It's no secret that you need a good waterproof sunscreen to keep you from getting burned, but not just any old tube will do the trick. **Forever's Aloe Sunscreen** is made with natural zinc oxide and aloe vera to offer superior protection while keeping skin feeling soothed and moisturised. This SPF 30 formula protects against UVA and UVB rays and is water resistant for up to 80 minutes. **Aloe Sunscreen** is also made with reef safe ingredients so you can spend more time in the water without damaging the ocean's fragile ecosystem.

Aloe Sunscreen | code 617
Forever Fast Break | code 520
Aloe Moisturising Lotion | code 063
Aloe Gelly | code 061



Ready for adventure

Enjoy the best of the summer sun with Forever's Aloe Sunscreen. Our formula protects your skin with the power of aloe and natural zinc oxide to guard against harmful rays, while keeping your skin smooth and moisturised.

Aloe Sunscreen | code 617

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Get out and feel great

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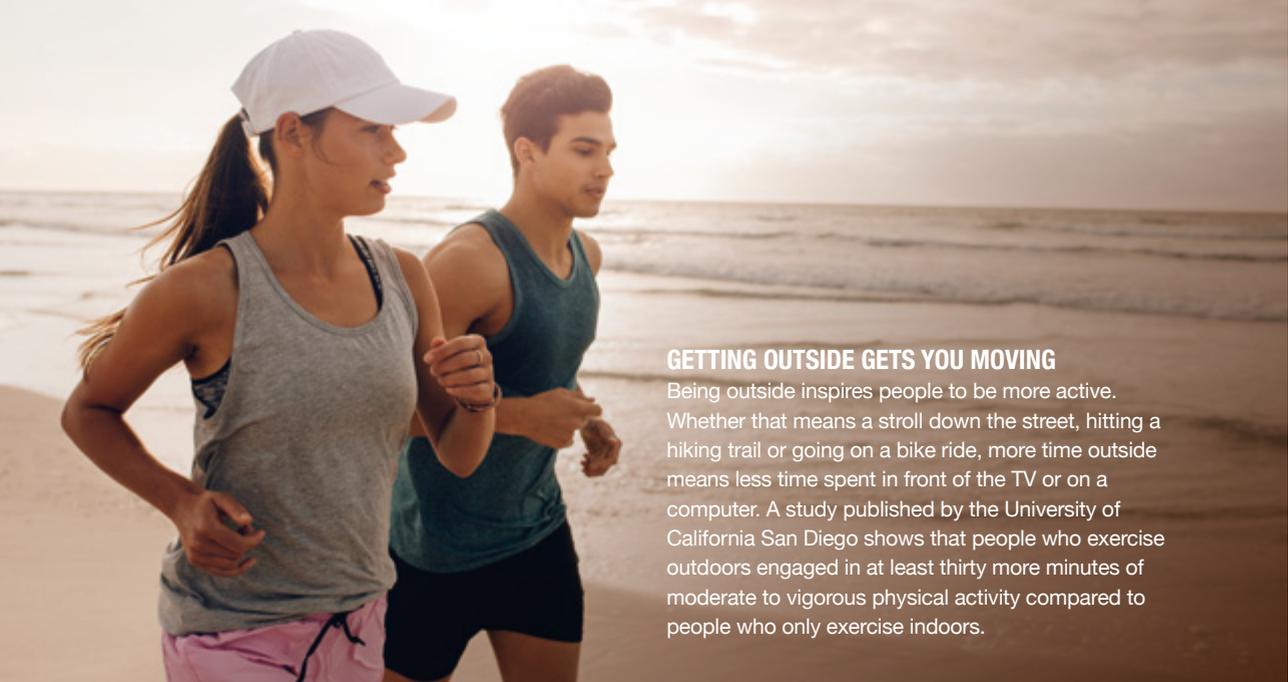
How spending time outside can improve your health and happiness.

People are drawn to the outdoors. During those long, sun-filled days of summer, we can't wait to get out and enjoy a day at the park, a hike in the woods or a trip to the beach.

But the joy that being outside brings into our lives offers more than just the fleeting happiness that comes with the scent of the flowers or the feeling of grass between your toes. Incorporating the outdoors into your life can improve your health in every way, both physically and emotionally – and there's a lot of science out there that shows just how far the benefits can go.

Spending time outdoors, particularly in green spaces, positively impacts stress, blood pressure, mood and overall mental health. A study published in the International Journal of Environmental Health Research shows that spending as little as twenty minutes a day in a park or green space can improve wellbeing.

Every day, scientists are discovering more about the impact nature has on our overall wellbeing, and while there's plenty of research still to be done, what we do know should inspire you to get outside.



GETTING OUTSIDE GETS YOU MOVING

Being outside inspires people to be more active. Whether that means a stroll down the street, hitting a hiking trail or going on a bike ride, more time outside means less time spent in front of the TV or on a computer. A study published by the University of California San Diego shows that people who exercise outdoors engaged in at least thirty more minutes of moderate to vigorous physical activity compared to people who only exercise indoors.

HAPPINESS IS A BIG BREATH OF FRESH AIR

Being outside is a big mood booster. There's the feeling of a nice breeze on your skin or the smell of nature all around. But researchers from Harvard believe that sunlight has a lot to do with the happiness that's created when we step outside. Light has been shown to improve mood with the most beneficial source being the natural light of the sun. And the sun is more than just a mood booster – it can actually help you heal physically. In one study, people recovering from surgery experienced less pain and stress – and took fewer medications – when they were exposed to natural light.

OUR BODIES ARE NOURISHED BY THE WORLD AROUND US

When sunlight hits your skin, it kickstarts a process that creates and activates vitamin D. This crucial nutrient has been shown to help promote good bone health, mood and cardiovascular function. But don't get too much of a good thing. While the sun has many benefits, overexposure can damage your skin, so be sure to wear sunscreen and spend plenty of time in the shade.



THE ADDITIONAL TIME YOU SPEND OUTSIDE CAN HELP BRING A SENSE OF BALANCE AND WELLBEING....”

A DAY SPENT OUTSIDE MAKES FOR A BETTER NIGHT'S SLEEP

Studies show that people who spend time outside, especially in natural green spaces, tend to get better sleep. Researchers with the University of Illinois believe the reason is that spending more time outdoors helps your body align to natural day and night-time, which boosts melatonin to improve feelings of sleepiness at night. Spending more time indoors exposes you to more artificial light, including blue light, which can throw off your sleep cycles and melatonin production.

YOUR MIND NEEDS NATURE TO STAY SHARP

Studies have shown that children with ADHD experience improved focus after spending time outdoors, and experts believe that outdoor activity might help adults improve their concentration as well. Outdoor physical activity has also been shown to help people relax and cheer up, so some time in the elements might be just what you need after a demanding day. Getting outside can even help reduce the symptoms of Seasonal Affective Disorder, a form of seasonal depression marked by anxiety, sadness and exhaustion. While most people are impacted in the winter, it can happen during any season. The good news is that the positive impact of being outside helps fight seasonal depression no matter what the weather is like.

How to bring more of the outdoors into your daily life

Experience the benefits nature can provide by finding little ways to incorporate the outdoors into your life. Here are a few ways you can get started right away.

CHANGE UP YOUR COMMUTING HABITS

Do you need to drive or take public transportation as much as you do? Are there any regular trips you make that could be done on foot instead, or on a bike? If you're lucky enough to work somewhere you can get to on a bike instead of a car, try pedaling to work a couple of days a week. You might just find that you love the way it makes you feel and start riding every day. There might be other errands you run throughout the week that can also be done without having to hop in your car or call an Uber.

TAKE YOUR EXERCISE OUTSIDE

When the weather's nice, you can always suspend that gym membership for a few months and get your exercise outdoors. You'll save some money and have plenty of great activities to choose from. There are the classics like running and hiking, but that's just the beginning.

You could take a stroll on your lunch break or take a weekend swim. No matter what you choose, the odds are pretty good that you'll be glad you decided to forego the crowded gym in favour of enjoying the world outside your door.

BOOST YOUR CREATIVE JUICES

Try taking your creative energies outdoors. Engaging in creative endeavors isn't just relaxing, it's great for your critical thinking skills, and the time you spend outdoors honing your craft will help reduce stress and increase your natural energy. Maybe you've thought about nature photography or have always wanted to learn to paint. No matter what you're your passion is, there's a way to incorporate nature and let the outdoors inspire you.

Even if you don't consider yourself a nature lover, find ways to incorporate the outdoors into your life. The evidence shows you'll be happier, healthier and more energised as a result.





DINE OUTSIDE

From weekend barbecues to picnics and even lunch on the patio of your favourite, restaurant, taking your meals outside every once in a while, can be a nice change of pace. Sharing a meal outdoors with people you care about is a great way to spend some time outside enjoying some of your favourite foods.



STREAM YOUR FAVOURITE MOVIES AND SHOWS OUTSIDE

There's no rule that says you have to binge inside on the sofa. Pull out your projector and screen your favourite movies or shows under the stars. Being outside will feel like a welcome change of pace from being cooped up indoors and you'll be breathing some fresh air.



PLAN A CAMPING TRIP

Is there a better way to give your mind and body the benefits of nature than immersing yourself in it? It's a rejuvenating feeling to take in the sights, smells and sounds of nature, while spending time with friends and loved ones around the glow of a campfire. It's a perfect time to encourage your family to put away the phones and tablets and enjoy some good conversation. Camping is a great way to detox from the commotion of everyday life and enjoy what the world has to offer.



DISCOVER THE TRAILS NEAR YOU

Look into some of the hidden trails and outdoor gems in your area. Odds are good you'll discover some new favourite trails to hike, run or mountain bike. Ask around at your local outdoor shop or do a little research online to find trails that you may not have known about in your area.



*Summer Fun
needs summer funds*

Earn a little extra to help fund your next adventure by recommending your favourite Forever products. You can join customers all over the world who turned their love of Forever products into a thriving business. Find out how to get started by reaching out to the person who gave you this magazine, or visit foreverliving.com.

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FOREVER

Fund your summer bucket list

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When good weather rolls around, the freedom of the outdoors calls and we look ahead to long days on the road, at the beach or exploring a new corner of our world.



Now is the perfect time to make good on your plans, but it's not always easy to make those summer dreams happen. How many of your summer bucket list items do you actually get to check off each year – and what is it that usually holds you back?

If you're like most people, the combination of time and money never quite aligns in just the right way, forcing you to leave too many of those summer plans unrealised. But it doesn't have to be that way. Whether you're looking to put away enough money for that extended road trip, splurge on a surfboard for those sunny days at the beach, or make your family's dreams come true with an all-expenses amusement park visit - there's a way to fund your summer plans.

Some people consider taking on a second job in the evening, but additional schedule obligations and lack of free time can not only lead to feeling exhausted, it can really cut into your family time. Sacrificing too much of the precious hours we have each day to spend unwinding with friends, family or simply relaxing can create more strain than the effort is worth.

That's what makes direct selling an appealing option when it comes to earning some extra money. The business model is designed to be flexible and there's never been a better time to get involved. Direct selling essentially involves marketing exclusive products that can't be found on store shelves, directly to customers. It's about building relationships and introducing others to your favourite products – with the flexibility to do it online, in person or both.

There are several iconic companies that have grown immensely over the past four decades using this business model, and Forever Living is one of them. The company has grown to do business in more than 160 countries, by offering a wide range of great products and a direct selling plan that offers the perfect combination of freedom and opportunity.

SO HOW DOES IT WORK?

Forever refers to its direct selling professionals as Forever Business Owners because they are in business for themselves. They decide what hours they work, what products they want to sell and set their own sales goals. For some, that might mean some extra cash for a night out. For others, their monthly business might pay for airfare and a hotel for that much-needed summer getaway or even more.

If you use and enjoy Forever's products, you're the perfect candidate to become a Forever Business Owner. It's part of human nature to share the things we love. Direct selling is fueled by the power of recommendation. Think about how many times you've seen a movie, bought a book or tried a new restaurant based on the recommendation of someone you trust. It's this word-of-mouth marketing that drives the industry, and today's technology allows people more freedom than ever. You can market products through face-to-face interactions, product demonstrations and even online through social media.

The person who shared Forever's products with you or gave you this magazine can help you sign up and get started building a business. You'll be introduced to the compensation plan and can start earning some extra income as soon as you are ready.

“

FOREVER REFERS TO ITS DIRECT SELLING PROFESSIONALS AS FOREVER BUSINESS OWNERS BECAUSE THEY ARE IN BUSINESS FOR THEMSELVES..”

WHY WORK WITH FOREVER?

If you're reading this, you already know about Forever's products and probably use them yourself. But did you know Forever Living Products has been a leader in the direct selling industry for 43 years? The company has grown into more than 160 countries by providing top quality aloe vera products, and an opportunity for people to earn extra income by recommending their favourite products.

As the world's largest provider of aloe vera products, Forever offers product lines ranging from its flagship **Aloe Vera Gels** to skincare and personal care products, nutritional supplements, weight management and more.

Forever combines the best of science and nature to offer products of the highest quality that are sold by Forever's global network of direct sellers.

The best part of building your own Forever business, is that you are in control and can choose how much time and effort you put in. Maybe a few hours a week will be enough to help fund your summer bucket list. Or perhaps you want to set bigger goals so you can fly first class or upgrade your hotel room. With Forever, you have the freedom to decide and work toward your goals on your own terms.

Hit the ground running

If the thought of going into business for yourself feels intimidating, it's because you've never experienced a business like Forever. It doesn't take a lot of time or money to get started, and the robust incentives and industry-leading bonus payments will keep you motivated and moving toward your goals.

There's a saying at Forever that you are in business for yourself, but never by yourself. That's why the person who helps you sign up as a Forever Business Owner will become your sponsor, helping to guide you along as you start working to earn some extra money to make the most of your summer and beyond. Here's how it usually works.

1 REACH OUT TO A FOREVER BUSINESS OWNER

Who do you buy your Forever products from? Reach out to that person and let them know you are interested in earning some income to help fund your summer bucket list. They'll set up a meeting to walk you through the process of signing up!

2 PLACE YOUR FIRST ORDER AS AN FBO!

Place your order for a **Start Your Journey Pack**. This includes everything you need to get your retail business off the ground and start selling the products.

3 START RECOMMENDING PRODUCTS

Once you're signed up and have your first order, you'll be ready to start recommending products and earning a profit from your sales.



IF THE THOUGHT OF GOING INTO BUSINESS FOR YOURSELF FEELS INTIMIDATING, IT'S BECAUSE YOU'VE NEVER EXPERIENCED A BUSINESS LIKE FOREVER."

Summer is just the start

Even after you've checked a few items off your summer bucket list with the help of Forever, you can keep your business going. There's always an opportunity to earn some extra income as a Forever Business Owner, or simply enjoy the discount you'll receive on some of your favourite products.

If you feel ready to go further with your business, there are other incentives that might just appeal to you – from bonuses, to increased profits and even travel to Forever events all over the world.

Forever Aloe Vera Gel | code 715

Start Your Journey Pack | code 526

Sonya Daily Skincare System | code 609

In their own words

What's it like starting your own business with Forever? We spoke with a few Forever Business Owners to learn more about what they enjoy about the business.



Oliver Lepki
Canada

I started with Forever as a customer because I love aloe vera products.

The business opportunity was perfect for me because it gave me a playground for personal growth and positivity. Plus, it was something I could do on the side, which I found much more enjoyable than my day job.

As I learned more about the business, I started spending more time and earning more. I love helping others reach their goals through Forever, like travelling the world. One piece of advice I would give to anyone is to create a plan that fits your life and situation. Start by selling the products you love to use.



Marta Omachel
USA

I'm originally from Poland, but lived in Chicago for 17 years before moving to my dream home in Florida. I learned about Forever in 2007 when I began using Sonya skincare products. I had a full time job at the time, but wanted to earn a little extra money and meet new people, so I signed up as a Forever Business Owner.

I had so much fun meeting new people and recommending Forever products, and had my sponsor to guide me through the process. It was great to be able to earn extra money on my own time. After a few years, I was even able to leave my day job and focus exclusively on my Forever business!



Louise Wennberg
Sweden

Growing up in Sweden, I always dreamed of sailing, even if everyone around me was obsessed with skiing. I grew up with a pair of skis on my feet, but always looked forward to the summer most, when my family would go sailing in the Stockholm archipelago.

In 2007, I had the opportunity to sail from Sweden to Scotland on a 65-footer. That incredible trip awoke a dream inside me to one day sale around the world. It turns out I would meet my partner Jorgen, who also shared that dream. Being part of Forever allowed us to sail all over the world and keep an income stream open that didn't require us to be grounded in one place. It was the perfect business for us!

Sip of the season

Nothing elevates a mocktail like the unique and refreshing flavour of **Forever Aloe Vera Gel**. These recipes are perfect for enjoying by the poolside or out by the barbeque.

Watermelon Aloe Margarita

Refreshingly sweet watermelon with the tang of lime and aloe vera gel make for a perfect summer sipper you'll want to come back to again and again.

Ingredients

- 8 cups cubed watermelon
- 1/2 cup **Forever Bee Honey**
- 1/4 cup lime juice
- 1/4 cup **Forever Aloe Vera Gel**
- Sea salt (for the rim of glass)

Directions

Put all the ingredients except the salt into a blender and blend for 30 seconds or until the mixture is smooth and frothy on top. Pour over ice into a salt-rimmed glass and garnish with a wedge of lime. This will make six servings.



Forever Bee Honey | code 207
Forever Aloe Vera Gel | code 715
Forever Aloe Berry Nectar | code 734

Aloe Berry Bee's Knees

This fizzy and refreshing mocktail is ready in just a few shakes. It's an easy to make crowd pleaser that features the natural flavour of **Forever Aloe Berry Nectar**.

For each drink you'll need:

Ingredients

- 1 cup **Forever Aloe Berry Nectar**
- 1 tsp lemon juice
- 1 tsp **Forever Bee Honey**
- 3 raspberries
- Soda water (to top off)
- Ice

Directions

Shake the **Aloe Berry Nectar**, lemon juice and honey in a cocktail shaker filled with ice for at least 30 seconds. Pour into a glass with two raspberries and top off with soda water. Garnish with a third raspberry by piercing it with a cocktail skewer and laying it across the top of the glass.





A powerful pairing

Nourish your hair with Forever's **Aloe Jojoba Shampoo** and **Aloe Jojoba Conditioner**. Made with pure inner leaf aloe vera and jojoba oil, this powerful pairing is perfect for everyday use to get soft, manageable hair with a stunning shine.

Aloe Jojoba Shampoo | code 640 Aloe Jojoba Conditioner | code 641

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Forever is a member of the **Direct Selling Association (DSA)**



Aloe at home

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A guide to the best everyday **aloe-powered products**

When do you reach for your aloe? It's no secret that the plant's inner leaf gel has been revered for generations for its ability to soothe skin. There are still people who keep a plant growing on their kitchen counter to slice off a leaf and relieve a minor burn. While aloe is still a wonderful at-home remedy, the uses and benefits extend much further.

Aloe is becoming a key ingredient in the types of products we use every day. The more we learn about the benefits of pure aloe vera, the more we incorporate it into our lives. In fact, there are plenty of aloe powered products you can bring into your home right now to help you look and feel your best.

A refreshing start to the day

From promoting soft, healthy and manageable hair to cleansing every inch of your skin from head-to-toe, let the power of aloe elevate your daily routine and leave you feeling fresh and ready for the day.

ALOE AND JOJOBA COMBINE TO GIVE YOUR HAIR THE BEST OF NATURE

Aloe Jojoba Shampoo is made with a combination of pure aloe vera and naturally derived cleansers for a shampoo that cleans deeply, while leaving hair feeling soft and manageable. The refreshing fragrance of a tropical fruit medley with hints of sweet cream make for a unique and captivating aroma. Get the most out of your shampoo by following it up with **Aloe Jojoba Conditioner**. The lightweight formula locks in moisture and softens and smooths hair without weighing it down. The result is soft, manageable hair that looks and feels great in a way that only aloe can provide.

TREAT YOUR BODY RIGHT WITH ALOE BODY WASH

Forever's **Aloe Body Wash** is the newest addition to the personal care lineup designed to cleanse away dirt and oil without stripping your skin of crucial moisture, leaving you with a soft, healthy and hydrated glow. Naturally-derived cleansers and skin conditioning ingredients like aloe, argan oil and jojoba esters make this a powerful and gentle cleanser for the whole family. The vibrant green color comes from naturally-derived chlorophyll and complements the rich fragrance of herbs, wood and amber.



HYDRATE AND SOFTEN SKIN WITH ALOE BODY LOTION

Forever's new **Aloe Body Lotion** is perfect for everyday moisture that benefits normal to dry skin. The lightweight formula features a high concentration of aloe and absorbs quickly to hydrate and soften skin. Ingredients like jojoba oil, macadamia seed oil and others help nourish skin, lock in moisture and leave behind a silky feel.

Advanced skincare for any age or skin type

If you don't associate aloe vera with top tier skincare, you should. When aloe vera is combined with ingredients that combine the best of nature and science, the result is a wide array of skincare products and systems for any skin type.

TACKLE COMBINATION SKIN WITH ALOE AND POWERFUL BOTANICALS

Forever's **Sonya Daily Skincare System** provides four gel-based products that deliver aloe, moisture and botanicals deep into your skin to cleanse, illuminate, refine and moisturise. This advanced system was formulated to restore balance to combination skin, which can fluctuate depending on the season and environmental factors. With a **Refreshing Gel Cleanser, Illuminating Gel, Refining Gel Mask and Soothing Gel Moisturizer**, the **Sonya Daily Skincare System** proves that aloe is the backbone of today's most advanced skincare routines.

COMPLETE ANTI-AGEING FROM THE INSIDE OUT

Give your skin advanced, aloe powered anti-ageing with **Infinite by Forever Advanced Skincare System**. The four products in this system work together harmoniously to reduce the appearance of fine lines and wrinkles, improve smoothness and promote radiant, younger-looking skin that feels great all day long. With a **Hydrating Cleanser, Firming Serum, Restoring Crème and Firming Complex**, **Infinite by Forever** fights the signs of ageing and delivers key nutrients to promote skin health.



Reliable go-to products that will quickly become your favourites

From your kitchen to the bathroom sink and even the laundry room, there are plenty of aloe-powered products that you'll turn to over and over again.

Aloe Liquid Soap: You can keep it next to the sink or in the shower. Forever's **Aloe Liquid Soap** is a versatile cleanser for the whole family infused with aloe, argan oil and vitamin E to not only cleanse skin, but leave it feeling smooth and soft from head-to-toe.

Aloe First spray: This is a perfect addition to your first aid kit or medicine cabinet. **Aloe First** comes in a convenient spray bottle that's ready to provide instant relief. This spray combines pure aloe vera with bee propolis and a powerful blend of soothing plant extracts for a cooling sensation you'll feel right away.

Aloe Ever-Shield: If your deodorant contains ingredients that irritate your skin, consider making the switch to **Aloe Ever-Shield** to protect against underarm odour without antiperspirants or aluminium salts. It's great for all skin types, including sensitive skin and won't stain your clothes.

Forever Bright Toothgel: This effective and gentle toothgel features natural peppermint and spearmint flavour to leave your mouth feeling fresh. Aloe and natural ingredients work together to provide an invigorating sensation that leaves your teeth looking and feeling great.

Take a look around your home. Where could you add more to your daily routine by adding the power of aloe? Forever's pure aloe vera gel is naturally soothing and harvested fresh from our own aloe fields to make sure only the best inner leaf aloe vera gel is used in our products. As a global leader in aloe vera products, Forever Living has spent more than 43 years producing and innovating how aloe vera is used to help make your home a happier and healthier place.

“**FOREVER'S PURE ALOE VERA GEL IS NATURALLY SOOTHING AND HARVESTED FRESH FROM OUR OWN ALOE FIELDS...**”



Forever Aloe MPD 2X Ultra: It feels like there's a cleaning product for everything these days, and it's never easy to know which ones are safe and healthy to use. That's why Forever developed **Forever Aloe MPD 2X Ultra**, a multi-purpose cleaner that's as versatile as it is safe for everyday use. **Forever Aloe MPD 2X Ultra** can be used as a multi-purpose cleaner for floors and countertops, tile, bathrooms, carpet and even laundry. Unlike many detergents, the surfactants used in Forever's aloe-infused cleaner are biodegradable and environmentally friendly. Every bottle is super concentrated so adding just a small amount to water provides a powerful cleaning solution that's gentle on skin, but ready to tackle the toughest messes.

Aloe Jojoba Shampoo | code 640
Aloe Jojoba Conditioner | code 641
Aloe Body Wash | code 646
Aloe Body Lotion | code 647
Sonya Daily Skincare System | code 609
Aloe Liquid Soap | code 633

Forever Aloe MPD 2X Ultra | code 307
infinite by Forever Advanced Skincare | code 553
Aloe First Spray | code 040
Aloe Ever-Shield | code 067
Forever Bright Toothgel | code 028

“Our biggest mountains are in our minds”



••••

Forever's newest brand ambassadors are making history and paving the way for a new generation of female leaders.

For some people, the path to achieving their dreams is like finding a new way up the jagged face of a mountain. From the ground, it looks impossible. But it only takes one person to dig their spikes into the ice and walk the razor's edge of a treacherous ridgeline to show the world that there's more than one path to the top. Well, sometimes it takes two.

Twin sisters Tashi and Nungshi Malik dreamed of climbing actual mountains from childhood. They knew that one day they would climb Everest, and were just 21 years old when they became the first female twins to reach the 29,032-foot summit of the highest mountain on Earth. As women from India, their path to the top was harder than most. Not because of anything the mountain would throw their way, but because of outdated notions about what women could achieve or where they belong.

“

LIFE SHRINKS OR EXPANDS IN PROPORTION TO ONE'S COURAGE,” NUNGSHI SAYS. “THE COURAGE TO CROSS THE BARRIERS IN OUR MINDS, TO CROSS THE MOUNTAINS IN OUR HEARTS.”

Growing up, Nungshi and Tashi weren't shy about their ambitions, but had to face elements of their society that were adamant that the mountains were no place for women. Sometimes, the pushbacks came from the people they were closest to.

“I think the real challenge came from within the home and family,” Tashi remembers. “A lot of our relatives were very concerned, including our mother. When you have two daughters wanting to pursue a sport that is obviously risky, people will try to discourage you.”

The sisters were told they wouldn't be able to carry the weight of their gear up the mountain, and would end up losing limbs to frostbite. Even if people didn't come right out and say it, there was an undertone to all those conversations – girls don't belong on Everest.



But as Tashi likes to say, mountains don't discriminate based on gender. The only force that could keep them from achieving their goal was the mountain itself.

Without an outpouring of support from their friends and family, Nungshi and Tashi had to take charge of their own training and somehow find a way to raise enough money to make their dream expedition possible. That's no small feat for two young women searching for support in a sport that for too long had been considered a man's game – but they made it happen.

On 19th May 2013, Nungshi and Tashi stood on top of Mount Everest. That moment would change everything.

"In a country like ours, men doubt you and challenge you constantly," Nungshi says.

“SO WHEN A GIRL ACHIEVES SOMETHING, THE WHOLE NATION CELEBRATES. WOMEN FEEL UPLIFTED AND TAKE INTEREST IN OUR STORIES.”



Nungshi and Tashi Malik

Standing atop Everest was just the beginning for Nungshi and Tashi. As soon as they returned home, the sisters began planning their next expedition, then the next. Each summit was another step into history, and within three short years they became the youngest people, and the only siblings, to complete the Adventurer's Grand Slam – climbing the highest mountain on every continent.

FINDING A HIGHER CALLING

Their adventures brought a lot of attention to Nungshi and Tashi, who became well known throughout India. They thought back to those nights on the mountain where they learned to fall asleep as gale force winds whipped the sides of their tent into a frenzy, shaking the walls for hours. Every day brought a new test of courage and resilience, introducing another thousand reasons to quit. But they didn't.

The mountain strengthened their resolve to be a force for good back home, and inspired Nungshi and Tashi to use their platform to inspire girls in India to chase their own dreams without compromise. They didn't want to climb mountains for fame or glory, but to blaze more trails for other women. Nungshi and Tashi found a higher calling on the mountaintops – mentorship.



MEET FOREVER'S NEWEST BRAND AMBASSADORS

Forever is excited to welcome Nungshi and Tashi to our global family. Their values to promote healthy bodies and minds, while breaking barriers and inspiring others to chase their dreams represents everything Forever stands for.

Forever is proud to work with Nungshi and Tashi as they continue to make history and inspire the next generation of leaders. We know these incredible women will continue to reach new heights and set even more world records, and can't wait to support them on their journey. Just take a look at some of the things they've accomplished so far!



At 21 years old, they became the world's first female twins to summit Mount Everest.



They were the first siblings and youngest people to ever complete the Adventurer's Grand Slam, scaling the highest peaks on every continent and skiing to the North and South poles.



The sisters won India's highest adventure award, the Tenzing Norgay Adventure Award.



They were also awarded the Leif Erikson Young Explorers Award by the president of Iceland.



They started India's first outdoor leadership academy, the NungshiTashi Foundation.



Last year, Nungshi and Tashi led team Khukuri Warriors in Amazon's World's Toughest Race, hosted by Bear Grylls.

“WE LEARNED SO MUCH THROUGH TRAINING AND CLIMBING, ABOUT BEING SO MINDFUL OF THE THINGS AROUND YOU AND YOUR FOOTPRINT ON THE PLANET. BEING OUTSIDE HELPS YOU UNDERSTAND YOUR VISION FOR LIFE AND SO MANY OF THOSE QUESTIONS WE ASK OURSELVES BECOME CLEAR.”

Nungshi and Tashi say their mission with the foundation isn't just about mentoring girls, but creating the next generation of women leaders who will inspire and mentor others. "Having mentors in India is a big challenge," Nungshi says.

"When you ask someone who their mentor is they usually come up with a male figure. It's very rare to come across people who name other women." Thanks to the foundation, that trend is already beginning to fade. And Nungshi and Tashi aren't just watching it happen from the sidelines. They take a very hands-on approach, offering constant guidance and working with people to help them unleash their potential.

"It's really about creating a culture where people find a safe space to discuss things they wouldn't usually talk about," Tashi says. "A lot of people don't have that at home so we've been able to fill that gap for a lot of people in India."

The foundation isn't only having an impact on the girls who enroll in the programme. More and more parents are buying into a different ideology, one that recognises how important it is to let girls explore their own futures and chase their own ambitions.

NEVER SLOWING DOWN

Even as much of the world ground to a halt over the past year, Nungshi and Tashi have remained busy planning their next set of adventures. And while there are still plenty of adventures ahead, Nungshi and Tashi are working on a book that will chronicle the epic list of adventures that has led the sisters to reach a growing list of dreams and inspire young women from India and all over the world.



*It takes
two to
mango*

Enjoy the delicious combination of aloe vera gel and perfectly ripened mango.

What's better than the juicy flavour of a perfectly ripe mango? How about combining this delicious fruit with pure aloe vera from Forever's own aloe fields! All-new Forever Aloe Mango adds a tropical twist to our line of delicious aloe vera drinks. Put the best of nature in your glass every day to support your healthy lifestyle and feel your best.

Forever Aloe Mango features all the benefits of our flagship Forever Aloe Vera Gel with 86% pure aloe vera and the delicious flavour from natural, tropical mango puree. It's perfect to enjoy straight from the glass, added to a smoothie or in a delicious tropical mocktail.



THE AMAZING MANGO

Why mango? For our newest aloe vera gel drink, we wanted to find the perfect balance of succulent flavour and nutritional value to create something unique, and delicious. The answer was the most popular fruit on the planet. Mangoes are sold all over the world and prized for their unique, refreshing flavour. Because they grow in tropical climates, mangoes can be harvested all year long and enjoyed fresh anytime.

But Forever didn't create a mango aloe drink for the flavour alone. Mangoes are full of nutrients and contain important vitamins like vitamin C. The fruit used in Forever Aloe Mango is harvested at peak ripeness to ensure the rich flavour and nutrient content has reached just the right levels.

Aloe vera gel is the perfect companion with compounds that help your body make the most of the nutrients found in mango. Our hand-harvested inner leaf gel supports healthy digestion and immune health.

Like Forever's other varieties of aloe vera gel, Forever Aloe Mango is aseptically processed to maximise nutrient content and freshness without using any added preservatives. The Tetra Pack packaging keeps the drink tasting fresh for longer and is made completely of recyclable material.

Forever Aloe Vera Gel | code 715
Forever Aloe Peaches | code 777
Forever Aloe Berry Nectar | code 734
Forever Aloe Mango | code 736



HAVE YOU TRIED OUR OTHER FLAVOURS?

Whether you're looking to experience aloe vera gel at its purest or enjoy a flavourful kick from apples and berries, there's a gel that makes a perfect addition to your daily routine. No matter which one you choose, you'll get all the benefits of aloe vera with nutrients to keep you looking and feeling your best.

FOREVER ALOE VERA GEL

With 99.7% pure inner leaf aloe vera gel, our flagship drink is the perfect way to experience aloe just as nature intended. This was the first product in the world to receive certification by the International Aloe Science Council for quality. Aloe is great for skin, the immune system and it's an ideal digestive aid. This purifying gel also contains vitamin C which contributes to the normal function of the immune system and to a normal energy-yielding metabolism.

FOREVER ALOE BERRY NECTAR

Enjoy pure aloe infused with delicious cranberry and apple. Aloe is great for skin, the immune system and it's an ideal digestive aid, while added fruit gives this drink a sweet and tangy flavour. Added antioxidant vitamin C also contributes to the protection of cells from oxidative stress. These amazing ingredients, plus 90.7% pure inner leaf aloe vera gel, makes Forever Aloe Berry Nectar a powerful choice.

FOREVER ALOE PEACHES

The sweet taste of sun-ripened peaches combined with aloe makes a perfect daily drinker. Forever Aloe Peaches is a smooth and fresh drink that's enhanced 84.3% pure aloe vera gel with natural peach purée. Like all our aloe gels, this refreshing and fruity alternative is a brilliant digestive aid that's high in vitamin C to help support immune function and skin health.

Top 5 reasons you might benefit from food supplements



In a perfect world, you would always get enough sleep, stay hydrated and eat nothing but healthy, balanced meals with all the nutrients you need. But most of us don't live in that world, and even if we did, there are always a few reasons to consider dietary supplements, no matter how healthy of a lifestyle you lead.

1 HEALTHY DIGESTION

No two bodies are alike, and no one absorbs nutrients exactly the same way. This is particularly true as people age and their body's ability to break down and absorb nutrients from food declines. Eating the right foods and taking the right supplements can help to promote healthy digestion and ensure that you are fueling your body with the right levels of vitamins and minerals. **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.

Did you know that aloe vera contains 99.7% supports gastrointestinal health, digestion and immunity, and promotes health and wellbeing.



2 EATING ON THE GO

Not every meal can be a balanced one. If you find yourself eating on the go or cooking quick and easy meals when there's a lot going on in your life, it's likely you'll have some nutritional gaps to fill. Taking supplements can help ensure you are getting the nutrients your body needs. In fact, research shows that as many as 90 percent of people don't get their recommended daily amount of nutrients from food alone. **Forever Supergreens** is a delicious drink mix that provides an ideal blend of nutrients from more than twenty fruits and vegetables. Just mix one stick packet with 240ml of water or your favourite drink.



Even with all the access we have to nutritious food, deficiencies in vitamins A, D and B12 are still very common all over the world. If you're not getting enough of these crucial nutrients from your food, it could be time to start taking a good multivitamin like **Forever Daily**. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

3 YOU AREN'T REPLENISHING YOUR MINERALS

According to the World Health Organization, most people don't get the same levels of minerals as a result of modern water production. Excessive filtering and other methods used to treat drinking water also strips essential minerals needed to maintain overall health and bone strength. The easiest way to ensure you are getting enough minerals is to take a daily supplement with calcium, magnesium and other important minerals.

Calcium and magnesium are two of the most common mineral deficiencies among adults. They play a key role in muscle health, bone strength and heart health. **Forever Nature-Min** is a unique blend of seabed minerals, and is high in calcium, magnesium, iron, manganese and zinc, which all contribute to the maintenance of normal bones.



4 YOU GET A LOT OF EXERCISE

If you play sports or exercise frequently, it's likely you need to keep your body supplied with more nutrients than you might think. When you exercise, your body uses higher levels of energy and nutrients. It's crucial to replenish essential nutrients after an intense workout to promote recovery and keep your body ready for the next round.



5 WE'RE NOT GETTING AS MUCH AS WE THINK FROM OUR PRODUCE

Most of the produce you see in the grocery store wasn't grown in your own back garden. In fact, much of it had to travel hundreds if not thousands of miles before it even hit the shelves. According to research by the Center for Environmental Farming Systems, vitamins in certain types of produce can be depleted from being stored and shipped over long distances. Plus, cooking certain produce can reduce the nutrient content even further. This is a great reason to try to buy your produce local and keep a good multivitamin handy to make sure you are getting your daily nutrients!

Forever Active Pro-B | code 610
 Forever Supergreens | code 621
 Forever Lite Ultra vanilla | code 470
 Forever ARG1+ | code 473

Forever Aloe Vera Gel | code 715
 Forever Nature-Min | code 037
 Forever Daily | code 439

How stress could be affecting your daily life in unexpected ways

Everyone experiences stress. For most adults, it's driven by the pressures of work, family, school and daily responsibilities. Whether you experience prolonged periods of stress or short-term stress from a specific event – it can impact your life in ways you might not even realise.

“**TAKE SOME TIME EVERY DAY TO FOCUS ON YOURSELF SO THE OUTSIDE PRESSURES DON'T TAKE CONTROL.**”

STRESS CAN BE HELPFUL, BUT ONLY IN SMALL BURSTS

Stress isn't always a bad thing. Experts say when it comes in small doses, it gives you that boost and sense of urgency needed to buckle down and take care of business. That's because stress is a natural reaction that triggers the fight or flight response in humans. Back when life was a lot more dangerous, stress would make the pulse quicken and muscles tense up when danger was near. Nowadays, a similar reaction takes place when people have a lot of work to do or pressing issues that require immediate attention. It acts as a motivator in small amounts, but regular, prolonged stress can be extremely harmful for mental and physical health.

How to fix it: *Don't let stress take over. If that feeling of being sharp and productive starts to feel more like being overwhelmed or having too much to do, take a step back. Take breaks when you need them and make time for yourself to unwind.*

STRESS IS MAKING YOU MENTALLY SLUGGISH

While a little bit of stress can be just the motivator you need to take charge and get things done, consistent stress will wear you down and do the exact opposite. It can reduce your ability to concentrate and make important decisions. Stress can even make you more forgetful. The more stress you add, the more your mental performance will suffer.

How to fix it: *Help get your concentration back on track by engaging in some breathing exercises, which can help slow your heart rate and let you feel more at ease. Diet can also play a role in helping to combat stress. For instance, Swiss chard contains nearly 40 percent of your daily magnesium*.*

*Magnesium and vitamin B12 contribution to normal neurological and psychological function.

STRESS MIGHT BE TAKING A TOLL ON YOUR COMPLEXION

Sometimes stress is written on your face. Research has shown that prolonged stress increases levels of a hormone called cortisol, which leads to acne. Stress has also been linked to plenty of other skin conditions, including dryness, fine lines and wrinkles.

How to fix it: *To reduce stress, consider taking a yoga class that combines exercise with mindfulness and breath awareness. Yoga has been shown to relieve stress by improving mood and lowering anxiety. In addition to reducing stress, consider making some changes to your skincare routine to add a boost of hydration.*

THAT MIGHT BE STRESS YOU'RE FEELING IN YOUR MUSCLES AND YOUR GUT

Many people feel the emotional symptoms of stress as worry, restlessness or irritability. But stress could also manifest itself in the form of headaches, muscle tension or digestive issues. If you've been feeling tense or sluggish, reducing stress in your life could help.

How to fix it: *Help relieve the tension in your muscles by getting more exercise. Studies show that exercise lowers stress hormones and helps release endorphins to help improve mood.*

STRESS COULD BE LEADING TO FATIGUE AND A LOSS OF SLEEP

Even short-term persistent stress can make it harder to fall asleep and increase the feeling of fatigue during the day. It's not a great cycle to be in. If work is causing you to lose sleep and increasing your fatigue, that could have an impact on your productivity.

How to fix it: *Get away from screens an hour or more before bed and try reading a book to help your body prepare for sleep. Putting a few drops of lavender essential oils in a diffuser can help you unwind by promoting a feeling of peace and calm. No matter how you decide to reduce stress in your life, remember that it starts with good self-care. Take some time every day to focus on yourself so the outside pressures don't take control. It may take time to find what works best for you, but the effort is worth it when it comes to improving your overall wellbeing.*



Relax
 With the power of pure
 essential oils

Forever Essential Oils use the best of nature to soothe your senses with pure, powerful ingredients. Unwind, energise and refresh with **Forever Essential Oils**.

Essential Oil Peppermint | code 508

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FOREVER

Please speak to a Forever Business Owner if you would like to place an order

Forever is a member of the Direct Selling Association (DSA)



Ahead of the curve

How vertical integration keeps Forever on the forefront of quality and technology.

When Forever Living Products was founded in 1978, Founder and CEO Rex Maughan wanted to bring the highest quality aloe vera products to the market and change the way people see and use aloe in their daily lives.

He knew he could source aloe vera from outside growers to manufacture products, but that would make it hard to maintain the quality and consistency needed to ensure customers were getting pure, inner leaf aloe vera. That's one of the reasons Rex made the decision to purchase the land and grow all the aloe vera Forever would use in its products. Doing this ensured that every leaf would be hand-harvested and hand filleted, to extract only pure, inner leaf aloe vera gel at the peak of ripeness.

That decision set Forever on the course toward vertical integration. Soon, Forever would own its manufacturing facilities, research and development, quality control laboratories and even the distribution channels used to get products to customers all over the world.

Being vertically integrated essentially means a company controls and owns its own supply chain and manufacturing. This business model has allowed Forever to maintain the highest quality control standards, from the moment a plant is put in the ground until the final product reaches customers.

HERE'S A CLOSER LOOK AT HOW IT WORKS AT FOREVER

Forever owns aloe fields in Texas and the Dominican Republic. This is where more than 50 million aloe plants are grown and cultivated. Every plant is nurtured until the aloe is at the peak of leaf thickness and nutrient content. Then the ripe outer leaves are carefully harvested by hand, letting the inner leaves continue to grow.

The leaves are then inspected, hand-filleted and the inner leaf gel is freshness wrapped for shipment to Forever's manufacturing facility, Aloe Vera of America in Dallas, Texas. This is where aloe is combined with other natural and scientifically advanced ingredients to create many of Forever's products.

Forever's dietary supplements are produced at Forever Nutraceutical in Tempe, Arizona. This state-of-the-art facility uses pharmaceutical-grade manufacturing equipment and technology. With millions continually invested in new equipment, and an ISO certification typically reserved for third party labs, Forever Nutraceutical stays on the cutting-edge of the supplement industry.



Once Forever's products are manufactured, they are ready to be distributed all over the world. Forever Direct, located in the Netherlands, is the distribution hub for many of the 160 countries where Forever does business.

Vertical integration allows Forever to provide customers with the best value by carefully monitoring every aspect of production, and making sure products make it to more than 160 countries as efficiently as possible.



WHY AREN'T MORE COMPANIES VERTICALLY INTEGRATED?

Vertical integration is expensive. It requires companies to invest a great deal in personnel, manufacturing facilities and distribution networks, while keeping everything running as efficiently as possible. Companies can save a lot of money by outsourcing some or most of their supply chain, but that also means sacrificing quality control and having less influence over the final product.

Forever decided early on that making the sacrifices needed to be a vertically integrated company would be the key to growth and stability. The investment might be higher at first but building a company on the right foundation was the key to earning trust and fostering long term relationships with customers worldwide.

Those investments aren't limited to the most advanced scientific equipment and sustainable manufacturing. It's about investing in the right people as well. From the team who nurture and hand harvest every aloe vera plant, to the bright scientific minds who help create and manufacture skincare products, dietary supplements and so much more, Forever is proud to have a global team of passionate and skilled professionals.

“**COMPANIES CAN SAVE A LOT OF MONEY BY OUTSOURCING SOME OR MOST OF THEIR SUPPLY CHAIN...**”

KEEPING VERTICAL INTEGRATION FLEXIBLE FOR THE MODERN MARKET

While vertical integration is the heart of Forever's business model, working in a global, ever connected economy still requires key partnerships in certain areas. That's why Forever takes a flexible approach by working with key partners when specialised manufacturing or packaging is needed.

For instance, when Forever began using aseptic processing to create aloe vera gel drinks with higher nutrient content and no added preservatives, the company partnered with Tetra Pack to ensure the packaging would preserve freshness, look great and be made of 100 percent recyclable materials. The gel inside is still Forever's pure inner leaf aloe and processed using our innovative, proprietary approach but packaged by a trusted partner which allows us to access this powerful packaging technology and share it with the world.



The advantages of vertical integration allow Forever to control its supply chain and avoid disruptions, while being able to streamline processes and adapt quickly. Production can be ramped up or slowed down to meet customers demand on a moment's notice. This level of control helps Forever control costs and provide the best possible value to customers.

By remaining flexible, Forever can always bring on partners and work with manufacturers to remain on the forefront of packaging and technology while keeping the core of manufacturing and distribution in-house. This is how the company puts customers first, by making sure every product that goes out meets the highest standards of excellence.

Aloe Bio-Cellulose Mask | code 616

Vertical integration and sustainability

Being vertically integrated allows Forever to continuously improve sustainability at every level, from the aloe fields to manufacturing facilities and distribution centers. Here are just a few of the ways the company has made a positive impact on the environment.



The use of solar powered pumps and drip watering systems have enabled Forever to reduce water usage by 90 percent.



Water is reclaimed for use in the fields while the rinds of the aloe leaves are tilled back into the soil to fertilise the crops.



Forever's 50 million plants help cleanse the earth of hundreds of millions of tons of CO2 every year.



Forever's flagship aloe vera gel drinks are packaged using 100% recyclable Tetra Pack containers. This packaging is always shipped flat, allowing more to be transported at one time, greatly reducing Forever's carbon footprint.



The best of the hive



New look
same powerful
formulas from
nature

Bees play a crucial role in bringing balance to our ecosystems. Give your body the best that nature has to offer with Forever's sustainably sourced, hive-friendly bee products.

Forever Bee Pollen | code 026
Forever Bee Propolis | code 027
Forever Royal Jelly | code 036

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Heard around the world

Get involved in the conversation!

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Our Forever family stretches all over the world. Here are a few of the great things our customers and Forever Business Owners are up to in some of the 160 countries we serve. We hope you'll share some of your great moments too. Don't forget to use [#LookBetterFeelBetter](#) or [#ForeverProud!](#)



akwasifrimpong86
First time doing a full skeleton season in Europe. Not a lot of days off can cause fatigue which is why, I trust my Forever Aloe Heat Lotion.
[#foreverlivingaloevera](#)
[#foreverlivingcompany](#) [#foreverliving](#)
[#lookbetterfeelbetter](#)



fljoanne
Have you tried Forever Aloe Blossom Herbal Tea with Forever Honey?? I changed my morning drink from coffee to this Tea and loving it so much!!!
[#thealoeveracompany](#) [#allnatural](#)
[#aloeherbaltea](#) [#foreverbeehoney](#)



koketsotoboro
Great day at the office. @awieforum E-Commerce Capacity Development Programme class in the morning. Thank you to the Coaches for an informative session. Thankful for all the amazing people I have met through our Forever business.
[#mindfulness](#) [#gratitudeattitude](#)



alove_love_by_kasia
I never liked face tonics ... but I love this one Aloe Activator an ideal addition to any skin care regime.
[#facetonic](#) [#liquidmoisturizer](#)
[#healthyskin](#) [#glowingskincare](#)



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healthyfit.kenya
Hit the reset button. Who's looking to feel better? Us, too! 2021 is the year to be committed. Get your C9 Pack and reset your mind, body and habits!
[#C9](#) [#C9challenge](#) [#fit](#) [#fitness](#) [#aloehealth](#)

Take charge of your day



Forever Focus combines traditional herbs, vitamins and minerals with clinically studied Cognizin: to help you stay sharp, stay focused and take charge of your day.

Forever Focus | code 622

*Vitamins B6 and B12 contribute to normal psychological function, pantothenic acid contributes to normal mental performance, and zinc contributes to normal cognitive function.

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