

F.I.T.TM C9 F15 V5
Look Better. Feel Better.

Foundation.
Inspiration.
Transformation.

**ADVANCED NUTRITION
MADE SIMPLE**

Vital⁵



FOREVER

ADVANCED NUTRITION MADE SIMPLE

AS OUR LIVES BECOME BUSIER AND CONVENIENT CHOICES LIKE FAST FOODS OFTEN SEEM TO BE THE EASIEST SOLUTIONS, OUR BODIES CAN MISS OUT ON IMPORTANT VITAMINS AND MINERALS NEEDED TO MAINTAIN HEALTH AND WELLNESS.

Vital⁵ offers supplemented support for body and mind. Combining five amazing Forever products that work together in synergy, these cleverly formulated products deliver high quality nutrients to supplement your nourishment and to help you **look better and feel better.**



Remember, supplements should never be taken as a replacement to a healthy, balanced diet. Please consult your doctor for more in-depth information before beginning any exercise programme or using any dietary supplement. Please note that the *Vital⁵* programme should not be followed during pregnancy or when breastfeeding and is not suitable for children.



**Forever Aloe
Vera Gel**
2X 1 litre bottles

**Forever Active
Probiotic**
30 beadlets

**Forever
Arctic Sea**
120 softgels

**What your
Vital5 pack
includes:**

ARGI+
30 sachets

Forever Daily
60 tablets



SYNERGY.

THE PRODUCTS IN VITAL⁵ WERE SPECIALLY FORMULATED TO WORK TOGETHER SYNERGISTICALLY. THIS MEANS YOU RECEIVE EVEN MORE POWERFUL RESULTS WHEN ALL FIVE PRODUCTS ARE TAKEN TOGETHER, THAN WHEN EACH PRODUCT IS TAKEN ON ITS OWN.



Forever Aloe Vera Gel

Our aloe vera is cultivated on fertile soils in a climate that enjoys over 2,000 hours of sunshine a year, and it's even been certified by the International Aloe Science Council for its purity. This new drinking gel is as close to the real thing as you can get, boasting 99.7% inner leaf aloe gel, lovingly extracted by hand so that you can experience the true power of nature. Aloe is great for skin, the immune system and it's an ideal digestive aid, and now this purifying gel also contains vitamin C. Vitamin C contributes to the normal function of the immune system and to a normal energy-yielding metabolism.



Forever Active Probiotic

Featuring an impressive one billion CFU* of probiotics, this super blend of six probiotic strains can optimise beneficial gut flora. *Forever Active Probiotic* is delivered by patented encapsulation technology to ensure valuable bacteria is released in the important part of your intestinal tract. These easy-to-swallow beadlets are perfect when travelling or on the go. N.B. Contains soy.

*CFU = colony forming units (how probiotics are measured)



Forever Arctic Sea

The human body cannot naturally make omega-3 fatty acids which are commonly found in fish, but *Forever Arctic Sea* is high in the omega-3-fatty acids EPA, which contributes to the normal function of the heart, and DHA, which contributes to the maintenance of normal brain function. These good fats are expertly extracted from calamari and three fish oils. It's also high in oleic monounsaturated fatty acid sourced from olive oil, and natural antioxidant vitamin E to help protect cells from oxidative stress. N.B. Contains fish (salmon, anchovy and cod).



ARG1+

This delicious and nutritious berry-flavoured sports drink contains five grams of L-Arginine per serving plus vitamins, including vitamin C – which contributes to the reduction of tiredness and fatigue – and vitamin D – which contributes to the maintenance of normal muscle function.



Forever Daily

Designed to deliver 100% of the recommended daily allowance (RDA) of essential vitamins and bio-available minerals and nutrients, *Forever Daily* combines vitamins A, C, D and B12, iron, calcium and zinc. This expertly selected vitamin and mineral complex has a colourful distinction since the superior blend also includes a wholesome array of fruits and vegetables, including kale, beetroot and plant pigment carotenoids. Take with *Forever Aloe Vera Gel* for best results.

YOUR SUPPLEMENT SCHEDULE.

FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE VITAL⁵ PROGRAMME. EACH VITAL⁵ PACK CONTAINS ENOUGH PRODUCT FOR ONE MONTH.

Morning

1X Forever Daily tablet

1X ARGi+ sachet

60ml Forever Aloe Vera Gel
with a minimum of **240ml** of water



2 Forever Arctic Sea softgels
take with food

1X Forever Active Probiotic beadlet

Noon

2 Forever Arctic Sea softgels
take with food

Evening

2 Forever Arctic Sea softgels
take with food

1X Forever Daily tablet



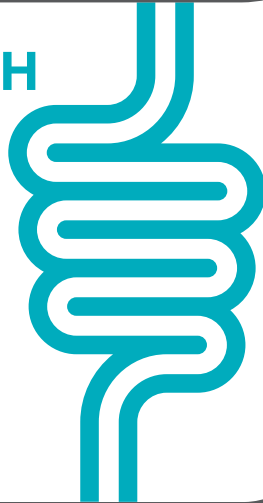
TARGETED SUPPORT FOR FIVE KEY ELEMENTS OF HEALTH.

MAINTAINING A GOOD DIET AND LIFESTYLE IS VITAL TO GOOD HEALTH. YOU WILL FEEL IT IN YOUR GUT, BUT IN ORDER TO BE FIGHTING FIT, YOUR HEART AND MIND HAS TO BE IN IT...

DIGESTIVE HEALTH

Maintaining good digestive health is vital to function.

Vital⁵ was designed to support metabolism, digestive enzymes and gut flora. *Forever Active Probiotic* provides one billion units of beneficial bacteria to boost gut flora. *Forever Daily* contains pantothenic acid to contribute to healthy digestive enzyme performance, zinc to aid carbohydrate metabolism, vitamin B6 to aid normal protein metabolism and chromium to contribute to the maintenance of normal blood glucose levels.



CARDIOVASCULAR HEALTH

Maintaining a healthy heart is vital for health.

Forever Arctic Sea is high in omega-3 fatty acids and contains EPA and DHA to contribute to the normal function of the heart*. Healthy blood-building nutrients in *Argi+* includes B6, B12 and folic acid to aid healthy blood cell formation.

*benefits obtained from a daily intake of 250mg of EPA and DHA





IMMUNE FUNCTION

Contribute and support your immune system.

Forever Daily and *Argi+* contain vitamin B12 and folic acid which contribute and support immune system function.



MENTAL AND NERVOUS SYSTEM SUPPORT

Healthy body, healthy mind.

Modern lifestyles mean diet and exercise goals can be tough, but *Vital[®]* has been designed as supplemented support exactly for that reason. *Forever Daily* contains selected B vitamins including B1, B2, B3, B6 and B12 to assist with normal psychological and nervous system function, pantothenic acid to contribute to normal mental performance, and potassium to help maintain normal cognitive function.



SUSTAIN YOUR HAIR, SKIN AND NAILS

What is beauty if not the appearance of good health?

Forever Daily contains vitamin C to help with normal collagen formation in the skin, zinc to help maintain healthy hair, skin and nails, and copper to aid healthy skin and hair pigmentation.



BUILD A STRONGER HIGHWAY.

THE ROAD TO A HEALTHIER LIFESTYLE STARTS WHEN YOU MAKE NUTRIENT-ENRICHING CHOICES...

Don't forget to hydrate

It is essential to keep yourself hydrated, particularly when exercising. Men should drink approximately 3 litres a day and women should aim for 2-2 1/2 litres a day.

Add colour to your palate

Eating whole foods and a variety of fruits and vegetables can provide your body with needed vitamins and minerals to help you feel fuller longer and boost energy.

Spring into action

Studies show that those who are active for at least 30 minutes a day, 4-5 times a week, are healthier, happier and more productive. Active doesn't necessarily mean spending all your time at the gym – take the stairs at work or enjoy a bike ride with your family – just get moving!

Get some rest

Without proper sleep, the body doesn't function at its full capacity making you feel stressed, sluggish and unproductive. Getting 7-8 hours of sleep a night can help reset your body and mind and prepare you for your day.

Ensuring the highest quality.

We own numerous patents for the stabilisation of aloe vera, which assures you of the highest quality aloe vera-based health and beauty products. Our aloe vera products were the first to receive the International Aloe Science Council Seal of Approval for consistency and purity. Many of the products also feature the Kosher, Halal and Islamic Seals of Approval. Forever does not test its products on animals.

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Forever Business Owner:

Code: 01308/B

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