

FOREVER  
NATURE'S

18™

*Fruit & Vegetable Supplement*



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## What you eat and what you drink really are vital parts of what you are and what you will become.

Are you getting your recommended five servings a day of fruits and vegetables? The National Cancer Institute's nutritional guidelines state that every man, woman and child should consume a minimum of five servings of fruits and vegetables a day. Fruits and vegetables contain powerful health promoting and immune-enhancing antioxidants and other phytochemicals, and are an important source of many nutrients our bodies need daily.

Forever Living knows that our good intentions of eating a balanced diet are not always met. We now know that Heart Disease, High Blood Pressure, Diabetes and many other major and minor ailments and diseases are often at least in part linked to poor nutrition.

**Sterling**

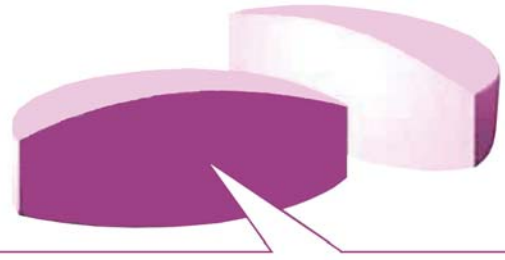
W/S Item – £22.79  
 Retail Item - £32.55

**Euro**

W/S Item - €33.98  
 Retail Item - €48.60

**Case Credits**

Per Item – 0.190  
 (30 packs of 4 tablets)  
 Per Case of 4 – 1.140




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***grapes, apples, blueberries, elderberries, cranberries, bananas, raspberries, cabbage, carrots, cauliflower, celery, green beans, kiwis, limes, parsley, prunes, red bell peppers and zucchinis***

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The health benefits of fruits and vegetables are plentiful, and consuming the recommended requirement only makes good health sense. The World Health Organisation recommends between five and nine portions of fruit and vegetables daily excluding potatoes (Total weight of five portions = 400gms (14 ozs) of fruit and veg). Research shows us our children get between one and three portions.

“Malnutrition in children leads to poor brain function and behavioural problems”

**- Bernard Gesch, Director of Natural Justice**

Forever Living wants to make sure you and your family meet these minimum requirements, which is why they've created Forever Nature's 18. Forever Nature's 18 comes in a chewable tablet form, and just four tablets will give you the antioxidant equivalent of eating five servings of fruits and vegetables a day. Remember when you were a kid and you thought, hmm, wouldn't it be great if they just made a pill that would take the place of those brussel sprouts? Well, Forever Living has now created that pill. Not only is it packed with a daily requirement of all your fruits and vegetables, it's backed by plenty of scientific evidence that connects certain fruits and vegetables with supporting and promoting health.

Forever Nature's 18 has included within its proprietary blend the fruits and vegetables that are the heavyweights so to speak, when it comes to supporting your health. Grape, Apple, Blueberry, Elderberry, Cranberry, Raspberry and Grape Seed Extract all support the immune system with their antioxidant phytochemicals. The resveratrol found in grapes has been shown to be an immune preventive powerhouse as well as supporting overall cardiovascular health, and eye and nerve health.

Apples have been shown to have a larger quantity of phosphates than almost any other vegetable or fruit. Blueberries contain more age-proofing antioxidants than practically any other fruit and vegetable. The Elderberry contains more Vitamin C than most herbs. And the Cranberry is king when it comes to kidney and urinary tract support!

Rutin, which is found in Orange, Grapefruit, Lemons and Limes, has been shown to support healthy joint function and circulation, and Bananas are known for their potassium content and ability to support healthy blood pressure levels. Carrots, Cabbage, Cauliflower, Celery and Green Beans are all noted for their phytochemicals that promote good health through the elimination of free radicals in the body. And Kiwi, Prunes, Red Bell Pepper, Zucchini and Parsley all provide Vitamin C as well as help to promote good digestion and eye health.

As you can see, Forever Nature's 18 is a pleasant-tasting, chewable dietary supplement that delivers your daily requirement of antioxidants from fruits and vegetables. A daily serving of Forever Nature's 18 is your way of supporting your body with the fruits and vegetables it needs to maintain your health. You won't want to leave home without it and your family won't either. Forever Nature's 18 is Forever Living's way of assuring you that no matter what your day throws at you, the antioxidant benefits of five servings of fruits and vegetables is conveniently at your disposal. The fact is that food is not only vital fuel but also vital medicine and every time you choose a meal, a snack, a food, a drink, you are making a decision that effects your body in either a positive or negative way. To your health!