



FOREVER *Freedom2Go*™

The Power of the Pouch

Like its name, **Forever Freedom2Go™** (Item #306) offers that and much more. Forever Freedom2Go has all the benefits of Forever Freedom but with a little twist. Take the powerful and undisputed antioxidant-rich pomegranate fruit, together with the same substances that help maintain proper joint function and mobility – then add it to our signature aloe vera gel in an easy-to-carry pouch, and you’ve got Forever Freedom2Go! No need to ever miss your daily dose of joint support supplements while you’re on the go... Forever Freedom2Go is there to support you and whatever your active lifestyle brings.

Joints require motion to stay healthy. Our busy bodies also need immune support to keep us going. Glucosamine sulfate and chondroitin sulfate are two naturally occurring elements that have been shown to help maintain healthy joint function and mobility. Methyl Sulfonyl Methane (MSM) is a primary source of bio-available sulfur that the body needs to maintain healthy connective tissues and joint function. Forever Living has taken these three powerful ingredients from Forever Freedom, along with our signature immune-enhancing aloe vera gel, and added a sweet, delicious, antioxidant-rich pomegranate juice to result in the power of the pouch!

Glucosamine is a sugar produced in the body and found in small amounts in limited food. Its gel-like material cushions joints and helps maintain cartilage. Glucosamine appears to protect and strengthen the cartilage around joints. A study published in the *Archives of Internal Medicine*, Oct. 2002, found that the pain and loss of functional mobility was

lessened with a daily dose of glucosamine sulfate, according to www.wholehealthmd.com. So don’t let another workout, walk or swim go by without your daily dose of Forever Freedom2Go. Be sure that you’re getting the support that your joints need!



Like glucosamine, chondroitin is a natural component of the cartilage that cushions joints. Chondroitin may also block the enzymes that can destroy cartilage tissue. Adding chondroitin sulfate to your already healthy regime helps to support and strengthen your joints for the long haul. Forever Freedom2Go also adds MSM to its list of joint-stabilizing ingredients. MSM is a bio-available form of sulfur that has been shown to support the body in maintaining healthy connective tissue and proper joint function. Small wonder this powerful product in an easy-to-carry pouch is called Forever Freedom2Go!

Forever Freedom2Go is a unique formulation of Forever Living’s signature aloe vera gel, pumped up with naturally occurring joint stabilizers along with the antioxidant powers of the pomegranate, giving you one of the safest and most superior liquid supplements on the market. Pomegranate juice has more antioxidants than red wine, green tea and blueberries. Throw in the added vitamin C and aloe vera gel, and your immune function and joint function will surely feel the power. What are you still reading this for? Get out and go...with Forever Freedom2Go and the power of the pouch!

1. [wholehealthmd](http://www.wholehealthmd.com); *Archives of Internal Medicine*, Oct. 2002

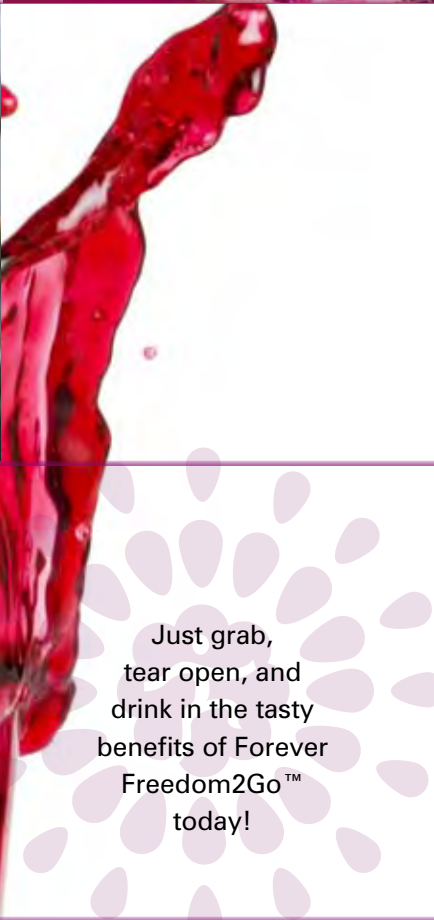
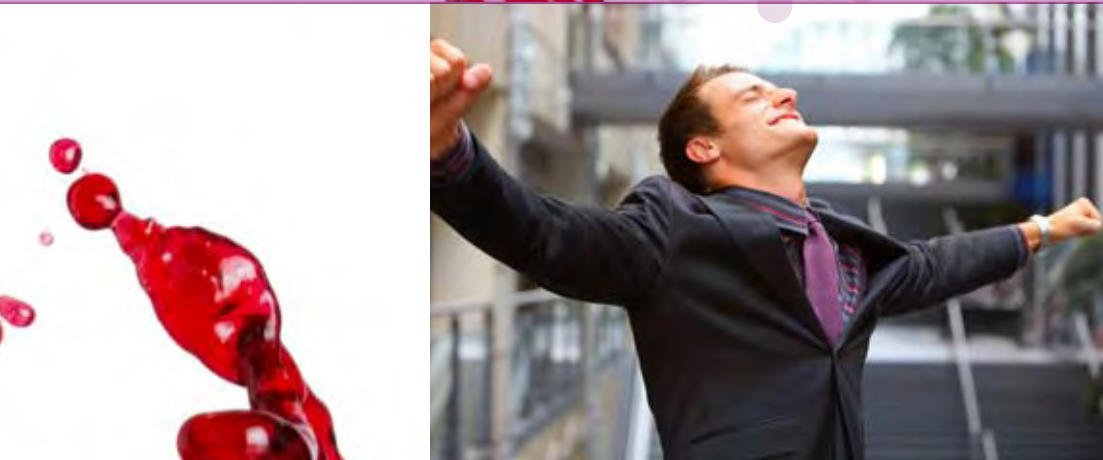
The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.



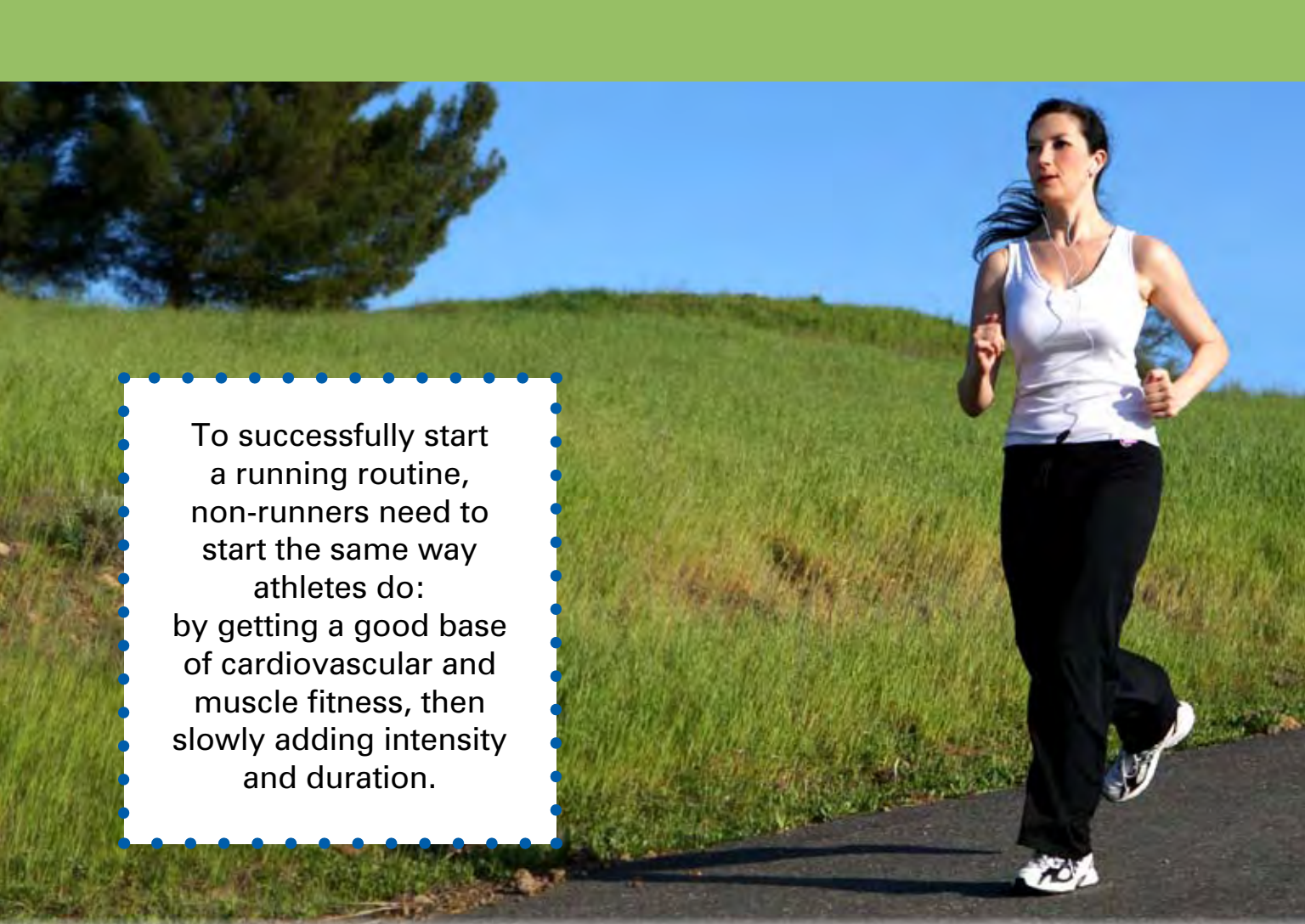
Enjoy all the benefits of Forever Freedom® combined with the exotic flavor of Pomegranate, in a convenient, easy-to-carry pouch.



Forever Freedom2Go™ offers the great health benefits of our patented, stabilized aloe vera gel, plus Glucosamine, Chondroitin and MSM, and the sweet taste of antioxidant-rich Pomegranate juice.



Just grab, tear open, and drink in the tasty benefits of Forever Freedom2Go™ today!



To successfully start a running routine, non-runners need to start the same way athletes do: by getting a good base of cardiovascular and muscle fitness, then slowly adding intensity and duration.

Say you plan to run/walk for two miles, or for 30 minutes. On your first outing, make most of it walking, but add a few segments of running at a pace you can maintain for several minutes. Over the weeks as you progress in your training, slowly decrease the amount of walking and increase the amount of running. Timeframe will vary based on your initial cardiovascular and strength level, but in a span of 3-6 weeks you will get to a point where you are running the entire two miles.

Once you establish a base, you can begin to add distance and intensity. It is best to add distance and intensity slowly and one at a time. An example would be to add a half mile to your distance one week, then the following week, increase your speed so that you are finishing the distance a few minutes faster.

Another secret to success that runners have is recovery. Running takes its toll on the body, but rest and proper nutrition can help the body build strength. Elite runners know that after a workout it's important to re-fuel with a combination of carbohydrates and protein. One great way to refuel is with **Forever Freedom2Go™**. Not only will you enjoy the flavor of pomegranate juice, you will also love the joint health provided by Glucosamine, Chondroitin and



MSM. Forever Freedom2Go is easy to carry with you when you head out on your run, and it offers a tasty treat after you have accomplished your goal.

Some non-runners find it hard to start a running routine because they see those runners on the street with all the fancy gear—wicking t-shirts, short running shorts, water bottle contraptions, fancy shoes, GPS heart rate watches and iPods. But part of the beauty of running is that to participate you really need only a pair of running shoes. With other activities like biking or swimming or step aerobics, you can't complete the activity without extra equipment. Runners can exercise more easily than other athletes can. New runners might feel self-conscious their first few times around the block. But once you get into the flow of running, you are certain to feel improved self-esteem and fitness, to the point where you will want to run everywhere. Keep at it, and you'll see improved muscle tone, weight loss, and more restful sleep.

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