

Jack Wallace - Professional Rugby Player

I am a Professional rugby player for London Wasps and I have been using the Forever products religiously for around a year now and have been involved in the business for little over 3 months.

Before using Forever's products, I used to use a variety of supplements that gave me bad skin, made me feel bloated and feeling not very good in general. This was not obviously the path that I wanted to go down in terms of my health and wellbeing.

Introducing the **Forever freedom**, which has cleared joint pain, relieved stiffness in the joint, and of course has brought all the benefits included with the amazing aloe vera gel, noticeably my change in skin complexion, and a really cleansing and healthy feeling in my stomach after food. I take 60ml in the morning, 60ml at lunch and 60ml in the evening.

Also, the **ARGI+**, is a revolutionary supplement, I take a scoop 30mins pre workout and a scoop before bed, this will give me a pre workout boost along with a FAB (I could go for hours in the gym on that combination) however I will take it before bed, as it will help recovery rates overnight when the body is releasing muscle building hormones as it creates a process called vaso-dilation where veins expand, ensuring quicker nutrient delivery etc.

The **Artic sea tablets**, act as an anti-inflammatory and they also help me keep lean during all periods of the year. Omega 3 fish oils are one of the greatest supplements on the market and with the right percentage of EPA and DHA they are very effective.

The **multi maca** acts as a great natural testosterone booster which is crucial for me in my sport to help promote muscle growth and recover from exercise etc.

These products could be and should be very big in the sports market and are perfect for regular gym goers right through to top end athletes.

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