

## **A-Z Forever Products Ingredient information**

This information has been collated from information provided to us from our home office in the States in response to distributor questions regarding ingredients, their uses and sources.

It is by no means an exhaustive list. Some information regarding ingredients is proprietary information and can not be given out.

All the information provided is correct to the best of our knowledge.

### **Alkyl Benzoate**

This is used as a skin lubricant, an emollient and humectants

### **Allantoin**

Allantoin is manufactured from urea and glyoxylic acid. This ingredient enhances the efficacy and desirability of cosmetic creams, sunscreen products, hair gels etc. It is also shown to promote normal cell renewal

### **Ascorbic Acid**

This is a water-soluble vitamin naturally found in many plant materials, especially citrus fruit. Ascorbic acid is also known as Vitamin C. It is essential for the formation of intercellular collagen as well as the maintenance of tooth structures, matrix of bones and capillary walls. It is also necessary for wound healing, facilitates the absorption of iron and is widely used to help prevent colds.

### **Acrylates**

Helps to hold moisture in the skin.

### **Ascorbyl Palmitate**

Vitamin C, Antioxidant. Heals and enhances elasticity. Also fights infection and formation of scar tissue.

### **Aloin**

Aloin is a member of substances called anthraquinones, which are found in the sap of Aloe Vera.

It is one of twelve anthraquinones but it is the most well known one. These substances on their own are powerful laxatives. Previously they were sold as a compound called bitter aloes and because of their strong smell and bitter taste they were used to paint on children's nails to stop them biting them.

Despite what is often written about them there is no real evidence to support the fact that they may be harmful in pregnancy (causing abortion) or that they are carcinogenic when ingested over a long period of time.

In our drinking gels there is only an extremely tiny amount (less than 50ppm) and it is not at all harmful and in fact some authorities believe that at this level aloin is beneficial.

### **Alpha Hydroxy Acids (AHAs)**

AHAs come from natural plant sources and are sometimes referred to as Fruit Acids. Glycolic Acid, a very small and highly penetrative molecule, is extracted from sugar cane. Citric Acid derives from apples. Together, these fruit acids are exfoliants that loosen dead cells from the skin's surface.

### **Beta Carotene**

An Antioxidant. This is derived from Dunalliella species of algae.

### **Bisabolol**

This is a skin conditioning agent, providing a smooth, soft and pliable appearance to the skin. It is also known for its anti-irritant and soothing properties.

Found in the Alpha E Factor Bisabolol is the essential oil responsible for the pharmacological effects of many healing herbs such as camomile. It is a natural antiinflammatory.

It has a light natural citrus aroma.

### **Bromelain**

This is an enzyme and digestive aid.

### **Benzoate's**

(Benzoic Acids) are found naturally in many fruits and berries and thought to be used by these fruits and berries as a preserving ingredient to prevent early spoilage and to ward off insects that might attack the fruit.

Benzoates are not very soluble in water or aloe solutions, so the food and cosmetic industry uses the sodium salt (sodium Benzoates) (for ref. see sodium benzoates).

Benzoates are widely used worldwide as safe food preservatives approved by the various health departments and food regulatory bodies.

They are used in foods in safe amounts to retard spoilage and to extend shelf life.

Most products (fruit and vegetable juices, aloe drinks and all types of manufactured foods) are only possible in the market place because of the use of Benzoates.

### **Bovine**

Any bovine-derived ingredients we use are certified to be BSE-free by a recognised authority for the area where the ingredients come from. All ingredients are also tested for quality and purity by our own in-house laboratory before use.

### **Cocoamidopropyl Betaine**

Derived from coconut and used in our products as surfactants or detergents which

act as foaming agents to remove residue.

### **Cocamide DEA**

As above.

### **Chlorophyllin Copper Complex**

This is derived from Chlorophyll (from plants) and copper and is used as a colorant in the Forever Bright Toothgel.

### **Copolymer**

This is used as a skin lubricant, emollient and humectant.

### **Cetyl Alcohol**

This is a fatty alcohol derived from coconut oil. It is an emulsifying agent used to stabilise the product.

### **Collagen**

Collagen comes from animal skins (by products of the meat processing industry). The collagen used in our products comes from cowhides from BSE-free animals and is in compliance with EEC Directive 76/768. Collagen supports the skin's foundations and in moisturisers it acts as a surface emollient.

### **Cyanocobalamin**

Source of Vitamin B12 in the Forever B12 Plus. It is man-made from natural sources.

### **Cinnamon Oil**

We use synthetic cinnamon oil.

### **Carrageenan**

This is a thickening agent.

### **Carbomer**

This is used as a thickener and stabiliser agent in creams, lotions and gels.

### **Cetyl Dimethicone**

This is a lubricant and humectant.

### **Citric Acid**

This is produced from sugar solutions and citrus fruits such as lemons, limes and oranges. It is widely used in the food industry and can be used as a pH adjuster and antioxidant. It can also retard metallic reactions. It is involved in the Krebs energy cycle, which occurs in all cells of the body. It has been used to dissolve urinary bladder calculi and acts as a mild astringent.

### **Chondroitin Sulphate**

A naturally occurring substance in cartilage that forms its matrix and so works in combination with Glucosamine to make this healthy and strong shock absorber. Chondroitin also helps maintain the viscosity of the synovial fluid in the joint so it works like thick oil in an engine preventing the moving parts from being ground down by each other.

### **Caprylic/Capric Triglyceride**

A light natural emollient derived from coconut oil, which moisturises without the heavy greasy feel of so many oils.

### **Dimethicone**

This is used as a lubricant and humectant for the skin.

### **Diazolidinyl Urea**

This is produced from carbon dioxide and ammonia and is used in minute quantities to inhibit potential product contamination.

This is a manufactured ingredient and is not derived from plants or natural source.

### **DEA-Lauryl Sulphate**

Used in the Aloe Shampoo it is a surfactant, which acts as a foaming agent to remove residue.

### **DMDM Hydantoin**

This is a preservative. Used in Aloe Bath Gelee.

### **Elastin**

Elastin comes from animal skins (by products of the meat processing industry). The Elastin used in our products comes from cowhides from BSE-free animals and is in compliance with EEC Directive 76/768.

Elastin supports the skin's foundations and in moisturisers it acts as a surface emollient.

### **Essential Fatty Acids**

Essential Fatty Acids are polyunsaturated and mono-unsaturated fatty acids which are termed essential because they are required for good health. The body can not

manufacture these so they must be obtained from the food we consume.

### **Emollients**

Ingredients that soften, soothe and moisturise.

### **FD&C Colours**

These are FDA certified colours that are approved for use in foods and cosmetics. These are safe for use and normally are used at less than 1% in a product. They should not cause any reaction on the skin.

### **Fructose**

Used as a sweetener and to enhance taste and flavour.

### **Gluten**

All of our aloe drinks are gluten-free. The only dietary supplement products that may contain gluten of any kind are Absorbent C, which may contain oat gluten, and Gin Chia, which may contain gluten from golden chia seeds.

### **Gelatine**

The outer shell of the softgel capsules contain gelatine. The Gelatine used is derived from beef by products.

Our manufacturer has looked at the vegetarian type of gelatine for our softgels but have found that at this time the beef gelatin is more suitable for our product.

### **Glyceryl Stearate**

This is an emulsifier derived from glycerine.

### **Glycerin**

Glycerin helps to retain the moisture from the product and keep it on the skin, as well as slowing down the process of moisture evaporation off the skin.

The glycerin used in our products is derived from coconut oil, the composition is changed in to Glycerin by adding an alkaline substance.

### **Guar Hydroxypropyltrimonium Chloride**

This is a thickener and stabiliser. It is from a vegetable source.

### **Glucosamine Sulphate**

A natural component of cartilage. It can be proved that oral Glucosamine definitely finds it's way to joint cartilage. It is safe and very powerful in that research has shown that 1500 mg of Glucosamine Sulphate (found in one 120 ml serving of Forever Freedom) is equivalent in pain killing terms to 1200 mg (the recommend daily amount) of Ibuprofen the popular NSAID (Non Steroidal Anti-inflammatory Drug).

## **Hydrogenated Polyisobutene**

This is an excellent emollient and moisturiser for the skin. It is hydrogenated (combined with hydrogen which is abundant in our atmosphere) in order to make it more easily spreadable and to keep it from turning rancid,

## **Hydrolyzed Elastin**

Acts as a moisturising agent derived from bovine ligaments. It penetrates into the skin to promote moisturisation and helps skin have more elasticity.

## **Hydroxycetyl Hydroxymethyl Dimonium Chloride**

A conditioning agent. The source is man made.

## **Hydrolysed Wheat Protein**

Again a conditioning agent. This is vegetable derived.

## **Hydrated Silica**

Silica mixed with water, this is used in the Forever Bright Toothgel to give it a mild abrasive action for tartar removal.

## **Humectants**

Ingredients which attract moisture from the air into the skin or enables the retention of moisture (Glycerine, Ureas and Sorbitol).

## **Isopropyl Myristate**

This is derived from natural vegetable oils and is widely used in cosmetics as a dispersing agent because of its excellent spreadability.

## **Imidazolidinyl Urea**

Produced from carbon dioxide and used in minute quantities to inhibit potential product contamination. Man made source not natural.

## **Kaolin**

This is in the Alluring Eyes to help mask dark circles under the eyes.

## **Lanolin/Lanolin alcohol**

Lanolin is a natural soft wax which is produced by the refining of crude wool grease from sheep which are periodically shorn of their wool, a process that is not injurious to the animals and is even necessary in warmer weather. The wool goes through several processes such as refining, deodorization, decolouration and purification. Pesticides are not used on the sheep.

It is obtained without sacrificing the life of an animal and so may be considered a

nonanimal  
ingredient (suitable for vegetarians but not vegans)  
It is a highly effective in moisture retention and skin conditioning.

### **Lecithin**

The source of this ingredient is soybeans.

### **Methyl Gluceth 20**

This is an oxidising agent.

### **Myristyl Myristate**

This ingredient used in our Aloe Lips is an emollient ingredient that occurs naturally from vegetable sources.

### **Methyl Salicylate**

This is used in our Heat Lotion as a heating agent derived from salicylic acid.

### **MethylParaben**

Methylparaben is a U.S. FDA approved food preservative for use in foods, drugs and cosmetics to help the product maintain freshness and to prevent contamination by the user. It is a manufactured product. For more info see Parabens.

### **Methylsulphonylmethane (MSM)**

This naturally occurring organic sulphur compound is found in every cell in the body and is necessary for the manufacture of proteins. Alone, it is a sting analgesic and anti-inflammatory and has been used for many years in successfully treating injured horses.

### **Ozokerite**

This is a lubricant.

### **Potassium Sorbate**

The potassium salt of Sorbic Acid (found naturally in fresh berries of Mountain Ash) is a natural buffering and flavouring agent, which helps to preserve and protect the freshness of the Aloe.

### **Parabens**

The following Parabens information is from the Cosmetic Ingredient Review, a panel of scientists who test cosmetic products for the United States government. The Parabens are esters of p-hydroxy acid (PHBA) and are used as preservatives in cosmetic formulations. Data obtained from chronic administration studies indicate that Parabens do not accumulate in the body.

Acute chronic and subchronic toxicity studies in animals indicate that Parabens are particularly non-toxic by various routes of administration. Numerous in vitro mutagenicity studies indicate that the Parabens are nonmutagenic. Cocarcinogenesis studies on Propyl and Methylparaben were negative. Teratogenic studies on Methyl and Ethylparaben were also negative.

Parabens are practically non-irritating and non-sensitising in the human population with normal skin. Photo-contact sensitisation and phototoxicity tests on product formulations of Methyl and /or Butylparaben gave no evidence for significant photoreactivity.

It is concluded that Methylparaben, Ethylparaben, Propylparaben and Butylparaben are safe as cosmetic ingredients in the present practises of use.

Further useful information provided by Forever Living Products.

Methylparaben is most effective against moulds. Ethylparaben is valued highly as a food preservative. Propylparaben is most effective against yeast. They are manmade materials.

Parabens are non-toxic, non-irritating and non-sensitising to skin at the level of use in cosmetics (0.03%-0.30%)

We do need parabens in our products to help maintain a longer shelf life. Creams and cosmetics that do not contain Parabens can develop fungi and bacterial growths that may harm.

## **Propylene Glycol**

Lately, some false statements have been circulating on email regarding the damaging effects of Propylene Glycol from its application in personal care products. However, these damaging claims have not been substantiated truthfully with any scientific evidence.

Propylene Glycol is a common ingredient derived from petrolatum that has been used in high quality cosmetics for many years as a humectant and wetting agent. Propylene Glycol is safe and non-irritating and is approved by the FDA for use in food as well as cosmetics.

## **Petrolatum**

This comes from petroleum jelly or Vaseline. It is used in minute amounts and processed to a fine level of purity. It is used as part of the oil phase, because of its cosmetic oil properties.

## **Papain**

A natural papaya enzyme which has been shown to aid digestion. Also used as a flavour enhancer.

## **Polyacrylamide**

This is a stabiliser.

## **Retinyl Palmitate**

Vitamin A (antioxidant). Enhances elasticity and normalises dry skin. Moisturises and reduces scaliness. Natural antibiotic qualities, so helps fight acne and other common skin infections. Found in the Forever Alpha E Factor.

### **Sodium Benzoate**

Naturally occurring flavouring and preserving substance, derived from fruits such as blackberries and other mountain berries. It helps to stabilise and prevent bacterial growth during product usage. In the gel, it is used in quantities of less than 1% to prevent spoilage after the bottle has been opened.

### **Sorbitol**

This is an excellent conditioning agent, which aids in the absorption of vitamins and minerals. It is naturally occurring in several fruits and has slight sweetening properties, which can help improve taste. There are two forms of sorbitol used: sorbitol crystals, which are in solid form and contain no water and aqueous sorbitol, which is in liquid form and is derived from specially processed corn (maize). It is acceptable to people with coeliac disease (gluten sensitive). Sorbitol is added to the gels as part of the stabilisation process.

### **Stearic Acid**

This is one of nature's most common fats, used as a lubricant. It is animal derived.

### **Sodium Stearate**

This is an emulsifier used to hold a product together.

### **Salicylic Acid**

Aloe Vera contains small amounts of straight salicylic acid, which is metabolised in the body to Salicylate. This is the substance that provides part of aloe's anti-inflammatory and analgesic (painkilling) effect. It is therefore not exactly the same as aspirin but related to it, so there may theoretically be a cross allergy but it's very unlikely.

### **Sodium Laureth Sulphate and Sodium Lauryl Sulphate**

Both of these common ingredients are similar in composition and are both derived from coconut oil. They are used as cleansing and foam producing agents in some of our products such as the Forever Bright Toothgel and Aloe Liquid Soap. Both compounds are cosmetic detergents, which exert an emulsifying action thereby removing oil and dirt from hair and skin. They are widely used in personal care products and in baby and other non-irritating shampoos.

### **Saccharine**

Saccharin has been used to sweeten foods and beverages for many years. The

ingredient is also used in cosmetic products, vitamins and pharmaceuticals.

Saccharin is approved in more than 100 countries around the world and has been reviewed and determined safe by the Joint Expert Committee on Food Additives (JECFA) of the world health organisation and the scientific Committee for Food and European Union. JECFA noted that the earlier data which earlier raised questions about saccharin are not considered relevant to humans.

We use Saccharine in our Toothgel as an artificial sweetener. It plays an important role in the formulation.

### **Sodium Hyaluronate**

This is one of the most effective moisturising agents due to its extremely high hydrophilic (water seeking) properties. It has a great affinity to skin and therefore remains on the skin surface forming an elastic, non- occlusive film. It helps to improve suppleness and elasticity and minimises the signs of wrinkles, dark circles and puffiness of the skin.

### **Soy Lecithin**

A source of protein.

### **Sodium PCA**

This is a humectant used to moisturise the skin.

### **Squalene**

A natural component of fish oil, it acts as a fine emollient, providing nourishing and conditioning benefits without a greasy film. It also helps minimise the appearance of fine lines and dryness of the skin. This can be found in our Alluring Eyes.

### **Triethanolamine**

This ingredient is an emulsifier and pH adjuster.

Triethanolamine has been researched by the Cosmetics Ingredient Review (CIR) panel a group of scientists who test cosmetic products for the United States Government. The CIR has found Triethanolamine to be safe as a cosmetic ingredient.

### **Triclosan**

Triclosan is a preservative. It is considered safe for use and is approved by the FDA for use in manufacturing of cosmetic products such as toothpaste, deodorants, detergents, cosmetics, lotions, hand soaps etc.

This is in regard to recent publicity implying that the ingredient Triclosan might be dangerous to human health or to the environment. The US Food and Drug Administration, the UK Scientific Forum on Home Hygiene, and the EU European Commission Scientific Steering Committee have all investigated Triclosan thoroughly and concluded that it is safe for use and is not suspected to induce or transmit

resistance in bacteria.

Extensive environmental testing has also been done on Triclosan and has shown that it is broken down by biological and photolytic processes so that it has negligible impact on the environment.

As with other globally- approved personal care ingredients, the use of Triclosan is comprehensively regulated on an international basis (e.g., EU Cosmetic Directive, EU Biocide Directive, US Environment Protection Agency regulations).

Triclosan is considered safe for use and is approved by the FDA for use in manufacturing of cosmetic products such as toothpaste, deodorants, detergents, cosmetics, lotions and hand soaps, etc.

### **Tocopherol (Vitamin E)**

An essential vitamin, it is well known for its health-related properties. It is a natural antioxidant, derived from wheat germ oil, rice kernel and other vegetable oils.

### **Talc**

Talc is derived from the natural mineral magnesium silicate and is approved for use by the Food and Drug administration (FDA) in the United States. Talc imparts stability, texture, water resistance and skin adhesion to cosmetics and it is a main ingredient in products such as bath powders, face powders, eye shadows etc.

### **Titanium Dioxide**

This ingredient occurs naturally in minerals. The non-toxic and inert nature of this ingredient leads to its use as a colorant and opacifier in the food and cosmetics industries.

### **Whey**

Whey is a source of protein derived from milk.

### **Xanthan Gum**

This is derived from plants such as kelp, and is in many every day products in the supermarket. It is used to stabilise products.

### **Zinc Oxide**

This is mined from the earth.