



From the President

Welcome to 2010!

When welcoming the spirit of the New Year into our lives, it is the perfect opportunity for reflection, refreshment and renewal. As each of us resolve to make positive evolutions in our personal lives, it is also a time to regain focus and vision in our businesses. Take the time to review and clarify what you want to create in your ForeverGreen businesses in 2010. Last year brought us many opportunities for growth and development, and now its time to reestablish and redefine your passions, goals and intentions for this year in all aspects of your life. Remember, alignment and intention supersedes mechanism!

At the end of 2009 I completed a worldwide tour that took me to 13 places around the globe across Australia, Japan, Philippines and South America, where I got to share the ForeverGreen message with thousands of people. What an amazing experience! Truly eye opening, this tour provided me with the opportunity to recognize ForeverGreen's growth and potential, worldwide. People all over the planet are excited and passionate about ForeverGreen, its vision, its products, and its opportunity, and this truly has me pumped up for the coming year. I will be touring again soon, and am very excited to see many of you on my travels.

2010 has already proven to be a successful and abundant year for ForeverGreen, and we look forward to creating the rest of an amazing year with you. Keep up your hard work, and thank you again for your continued dedication, passion and resilience in this business. I look forward to seeing you at the ABC Farm Training Party this June and at the Celebration Convention this August. Together, I have no doubt that we can create endless possibilities for growth, momentum and positive impact, worldwide, starting now!

**With abundant love,
Ron Williams**

Now Available! The ABCs of FrequenSea

By Popular Demand

With the success of the ABCs of Azul, many of you have asked for the creation of the ABCs of Frequensea. ForeverGreen is excited to announce that now everyone can get the ABC products that best fit their needs.



See page two for more details.

ABC Sea Farm Training Party

Excitement for the ABC Farm Training Party is building as many of you continue to earn your Celebration Bucks. We have named the first few qualifiers and many more will be announced shortly. Keep up the good work! We are excited to see you at this exclusive party.



Photo taken on location on the beach at the sea farm, where Tom Harper made history with marine phytoplankton.

See page three for more details.

Member Spotlight

Fernando Gonzalez Rojas Cantabria, Spain

"My name is Fernando Gonzalez Rojas. I have a great wife and three wonderful children. I live in a small town of 1,500 people called Entrambasaguas, which is in the province of Cantabria, located in North Spain. I was introduced to the network marketing industry in 1990, and have had great success. I have created downlines of more than 30,000 people in 14 different countries. I joined ForeverGreen because of the vision that Ron Williams and his executive team have, and because of the way they view this industry.

I believe that having a training program is essential to developing or extending a successful business. The program is going to work for you and help you spread your business all over the world. I am confident that as a team we are in complete alignment with our actions and vision. I feel my success in this industry has

been, and will continue, to be surrounded by the best of the best.

We have created a dream team with the greatest people and the best networkers that you can find! Helping and teaching your people how to double their enrollments is the key to success in this business. I am confident that we will find everything that we want and need in ForeverGreen. We are committed to taking a stand and carrying this message to the world. Thank you."



IN THIS ISSUE

- ABCs of FrequenSea – 2
- Top 10 Reasons for AZUL – 2

- Celebration Promotion Update – 3
- American Heart Month – 4
- Employee Spotlight – 4

ABCs of Azul or FreqenSea

A is for A.I.M.

Now you can get ForeverGreen's new A.I.M. Transfer Factor, an incredible immune support product, exclusively brought to market by Dr. Bill Hennen. Transfer Factor A.I.M. is the very best of nature, enveloped in the latest from science! You can pair this amazing product with your choice of Azul or FreqenSea for the same great value.

Retail \$174.95 USD

Wholesale \$139.95 USD, 100 QV/CV

**SAVE MORE THAN
\$50.00 USD**



B is for BURN

Burn combines the best of the O3World product line, FORM and FIXX, to help you reach your weight management goals. This pack also comes with a FREE sample of the delicious and satisfying FILL Bar! Now with your choice of Azul or FreqenSea.

Retail \$174.95 USD

Wholesale \$139.95 USD, 100 QV/CV

**SAVE MORE THAN
\$60.00 USD**



C is for CARDIO

Either FreqenSea or Azul can now be added to Pulse-8 to make the C pack. Doctor formulated, Pulse-8 combines L-arginine with a very specific ratio of heart-healthy ingredients, inspired by Nobel Prize-winning research. Feel the healthy benefits instantly with this delicious blend!

Item# 8401190020

Retail \$174.95 USD

Wholesale \$139.95 USD, 100 QV/CV

**SAVE MORE THAN
\$55.00 USD**



Top 10 Reasons For Azul

- 1. Azul is Smart.** Azul weighs less than their EMPTY bottles. Save money on shipping! Consider the environmental impact these heavily weighted, hazardous, water-filled glass bottles create.
- 2. Azul is Real.** Azul touts an ORAC value of 14,800 per 100 grams... and is NEVER PASTEURIZED! Are others publishing their product ORAC values before it has been pasteurized? Could this be why others are no longer publishing their ORAC values?
- 3. Azul is Value.** One box of Azul makes approximately 200 ounces, which is DOUBLE the quantity of other products, for less money! With Azul, you PAY LESS and GET MORE, with SUPERIOR QUALITY.
- 4. Azul is Pure.** Azul contains no preservatives like the common Sodium Benzoate and Potassium Sorbate. These chemical preservatives are certainly not for the living, but great at preserving the dead!
- 5. Azul is Convenient.** With 40 single-serving packets, there is NO WASTE, NO LEAKING, NO BROKEN GLASS, NO SPOILAGE. Plus, your product IS your marketing... is your product! The perfect storm!
- 6. Azul is Delicious.** With no potentially harmful ingredients or flavorings, Azul is healthy and TASTES DELICIOUS with full flavor from 24 natural ingredients and super fruits including maqui berry, acai berry and coconut. Experience the difference for yourself!
- 7. Azul is Quality.** Azul ingredients are air dried at room temperature to preserve their integrity. They are then blended and run through a proprietary procedure known as pop granulation, for your health and pleasure!
- 8. Azul is Unique.** Azul features stomach-healthy probiotics that are microencapsulated, just for Azul!
- 9. Azul is Exclusive.** Azul features marine phytoplankton, exclusively, making it the FIRST, BEST, and FINAL say in health and wellness.
 - **FIRST:** It is the first food on Earth, with a sea farm that is the first of its kind, and ForeverGreen is the first to market it exclusively.
 - **BEST:** It is the base of the plant kingdom, in and out of the ocean. NASA has declared that marine phytoplankton a major source of the Earth's oxygen. Whales, the largest mammals on the planet, live on marine phytoplankton 100, even 200 years!
 - **FINAL:** Marine phytoplankton has 400 times the energy of any known plant, and a nutritional analysis second-to-none!
- 10. Azul is Money.** Azul brings you health; but Azul also brings you wealth! Azul is the perfect opportunity for health and financial freedom. Why not? Get yours now!

CELEBRATION! TWENTY TEN

Let's get ready to party!

Many of you are well on your way to earning your invitation to the ABC Farm Training Party. We are excited to see how close many of you are to reaching that first goal as a part of the Celebration Promotion as we all work together in building up for the Twenty Ten Celebration Convention!

As a refresher, here is how it works. Until August 9, 2010 you can earn "Celebration Bucks" just by doing the same behaviors it takes to grow your ForeverGreen business, such as enrolling new Members, becoming Winning Team Qualified, purchasing business packs, rank advancing, and more!

The Celebration Bucks you earn will be redeemable for a number of incentives up through the Twenty Ten Celebration

ABC FARM! SEA FARM

Join us for the once-in-a-lifetime ABC Farm Training Party!

The first 30 Members to earn 1,000 Celebration Bucks (no later than May 3, 2009) will be invited to the exclusive, "ABC Farm" Training Party at the legendary Sea Farm! The retreat will feature special leadership trainings with Ron Williams, exciting outings around beautiful Vancouver Island, exclusive dinners and entertainment, and a special up close and personal afternoon with Tom Harper and Tiffany Haarsma at the sea farm where Tom made his life-changing discovery. Once qualifying Members arrive on the island, they and a guest will be treated by ForeverGreen for the entire ABC Farm experience.

To help you arrive on the island, qualifying Members who earn 1500 Celebration Bucks will receive a \$250.00 USD travel bonus, and those who have earned 2000 Celebration Bucks will receive a \$500.00 USD travel bonus*.

*Travel bonuses must be used for ABC Farm event and are non-transferable. Celebration Bucks used to redeem travel bonuses cannot be used to redeem travel bonuses for the Twenty Ten Celebration Convention.

Convention in August 2010, including auction items and drawings at the event, event tickets, and travel and hotel vouchers for the event*. In addition, the first 30 people to earn 1000 Celebration Bucks (no later than May 3, 2010) will be invited to the exclusive, once-in-a-lifetime special "ABC Farm" Training Party at the legendary Sea Farm!

Every action you take as a "Leader in Action" will be rewarded through this amazing promotion in 2010... So get started on earning your Celebration Bucks now!

Stay tuned for more details regarding the Twenty Ten Celebration Convention. For the complete details of the Celebration Promotion and how to earn and track your Celebration Bucks log in to your Web Office.



*Some restrictions apply.

First 1000 Celebration Buck Earner

Alan & Jenny Kramer – Ecuador

"Hi we are Alan and Jenny, a wonderful Chile Ecuadorian couple that currently resides in Guayaquil, Ecuador. We worked more than ten years in traditional business and later opened our own business before discovering the multilevel business model five years ago. Originally, our interest in this industry was purely about health, however as we continued to promote great products, the business opportunity became more apparent.

We learned early that there are two important ingredients in creating a successful business in this industry: time and perseverance. In time, we were astonished that by focusing on these principles we were able to turn this business into our main source of income. We have been most highly impacted by Dr. Hennen's Transfer Factor product, and have been closely following the evolution of his formula. We were elated when Dr. Hennen and ForeverGreen created the A.I.M. Transfer Factor formula with marine phytoplankton.

It has been a gift to us to be a part of ForeverGreen. We are impressed with the philosophy of this company, and are grateful for all the support and communication offered from the administrative team.

We have been touched by the contagious generosity of ForeverGreen, and are very grateful for all the support and confidence that our team (the Dream Team Networkers) has given us. Working as a team has allowed us to achieve the goals that we may have never achieved by ourselves. We have won this trip to Tom Harper's sea farm by doing what we love to do: sharing health with everyone we meet."



How close are you?

Visit to the "My Account" page of your Web Office to find out. Many of you are very close to earning your own invitation!

February is American Heart Month

With Cardiovascular diseases, including stroke, being the number-one killer in America, Congress has proclaimed February as "American Heart Month". This was done in an effort to promote awareness and to ask all of us to look at our heart health. This is a great time to experience the benefits of Pulse-8. Pulse-8 was expertly developed and formulated to address heart health. Recently ForeverGreen has added marine phytoplankton to the formula for even more potential effects, with an enhanced flavor profile!

Item# 8401350000
Retail \$79.50 USD
Wholesale \$63.50 USD
50 QV/CV



Employee Spotlight

Travis Robins – Warehouse Manager

In the six years that Travis has been in with ForeverGreen he has taken opportunities to learn and grow. He has become a logistical and operations expert and an excellent manager. Travis leads one of the hardest working teams in the company. When asked what he likes most about working at ForeverGreen, he said enthusiastically. "The people I work with." He added, "I love working with and learning from Daylen, he is more like an older brother than a supervisor."

Travis enjoys applying his strong work ethic and makes sure that he does with everything he does. He said, "Even the small things we do in the warehouse can have a huge impact on our Members." Travis' strong work ethic and character come from his upbringing. His family is very important to him. When not at work Travis enjoys spending time with his family and being outdoors namely, golfing, fishing, hunting and boating. As Travis continues to work hard and grow, he is optimistic about his future, and ForeverGreen Management continues to see big things on the horizon for him.



EVERYDAY HEART HEALTHY TIPS

Exercise is a key part of heart health. With our busy lifestyles, many of us don't get enough exercise. Try some of these simple tips to keep your heart healthy.

- ♥ Take the stairs instead of an elevator or escalator at school or the mall.
- ♥ Park your car at the far end of the parking lot. The short walk to and from the store or school helps your heart.
- ♥ If you ride a bus or subway, get off a stop before your destination. Walk the rest of the way.
- ♥ If you can, spend a few minutes of your lunch break taking a stroll. As a bonus it should help you stay awake after lunch.
- ♥ Think of housework as an extra chance to exercise. Vacuuming briskly can be a real workout.
- ♥ If you have a family, schedule an after-dinner walk. Make it quality time.

*These tips taken from the Franklin Institute website:
<http://www.fi.edu/learn/heart/healthy/tips.html>

Conference Calls

MONDAY: ROTATING ABCS OF AZUL TRAINING CALLS
7:00PM MST TEL: 1.712.432.0443 PIN: 9324001#

EACH MONTH First Monday: Azul
Second Monday: A.I.M. Transfer Factor
Third Monday: Burn
Fourth Monday: Cardio
Fifth Monday: ABCs of Azul Overview

TUESDAY: TRUESSENCE OPPORTUNITY CALL
7:00PM MST TEL: 1.712.432.0443 PIN: 9324002#

THURSDAY: EXCLUSIVE WINNER'S CIRCLE CALL
10:00AM MST By Invitation Only.
Become Winning Team Qualified to Participate!

THURSDAY: BUSINESS OPPORTUNITY CALL
7:00PM MST TEL: 1.712.432.0443 PIN: 9324004#

*After your initial introduction on each call, please always remember to mute yourself by pressing *6. Your cooperation will support ForeverGreen in creating functional, streamlined and time-efficient calls.*

Contact Info

ForeverGreen
Headquarters:
972 North 1430 West
Orem, Utah 84057 USA
Tel: 801.655.5500
Fax: 801.655.5505

Customer Support:
Tel: 801.655.5500
(8AM – 7PM MST) MON-FRI
support@forevergreen.org

Order Entry:
Tel: 801.655.1000
Fax: 801.655.5510
(8AM – 7PM MST) MON-FRI

Feedback@forevergreen.org

Share your thoughts, ideas, experiences and feedback with us by emailing feedback@forevergreen.org. Some of our best ideas come from you, our Members! Keep them coming!