



## Blood circulation

Good blood flow safeguards that blood and oxygen continuously circulate through the body, helping wounds heal faster and keep the brain sharper and the heart healthier. Poor blood circulation in contrast, restricts or impedes oxygen and nutrient-rich blood supply. Poor circulation is not regarded as a condition, but is linked to other health concerns such as being overweight, diabetes, heart conditions, and arterial issues.

## Boost your blood circulation

- Increase cardiovascular exercise such as running, biking, or walking.
- Quit smoking today – smoking inhibits healthy blood flow, destroys blood vessel walls, and causes plaque build-up in the veins.
- Supplement your omega-3 fatty acid intake with *OMEGA-3* capsules to improve not only blood flow, but a healthy heart.
- Also take *CIRCULATE-IT* capsules with *Ginkgo biloba* and gotu kola for improved circulation.

## Bloedsirkulasie

Gesonde bloedvloei verseker dat bloed en suurstof voortdurend deur die liggaam sirkuleer en help om wonde vinniger te genees, die brein skerper en die hart gesonder te hou. Swak bloedsirkulasie belemmer bloedvloei, wat beteken dat liggaamselle nie die nodige suurstof en voedingstowwe ontvang nie. Swak bloedsomloop word onder meer deur gesondheidskwessies soos oorgewig, diabetes, harttoestande en arteriële probleme veroorsaak.

## Verbeter jou bloedsirkulasie

- Doen meer kardiovaskulêre oefeninge soos hardloop, fietsry of stap.
- Hou vandag op rook – rook belemmer bloedvloei, vernietig bloedvatwande en veroorsaak dat plaak in die are opbou.
- Vul jou omega-3-vetsuur-inname aan met *OMEGA-3*-kapsules vir verbeterde bloedvloei en hartgesondheid.
- Neem ook *CIRCULATE-IT*-kapsules, wat *Ginkgo biloba* en gotu kola bevat, om jou bloedsomloop 'n ekstra hupstoot te gee.

## AFRIKAANS





**BEFORE**



**AFTER**

## ENGLISH

Sarie Kotzee (Aloe Ferox distributor since 2000): One of my clients developed eczema over her entire body. Her scalp was also severely affected, which inevitably led to hair loss. Thanks to many years of experience as an Aloe Ferox distributor and the weekly Aloe Ferox online courses, I confidently recommended that she use *SHAMPOO ANTI-DANDRUFF*, followed by *SUPER ALOE GEL* applying it directly to her scalp and then combing it through her hair. There was noticeable improvement within a few days, and after 4 months there is no trace of the hair loss.

## AFRIKAANS

Sarie Kotzee (Aloe Ferox-verspreider sedert 2000): Een van my kliënte het ekseem ontwikkel wat mettertyd oor haar hele lyf versprei het. Dit was veral erg op haar kopvel en het tot haarverlies gelei. Danksy my jarelange ervaring as Aloe Ferox-verspreider én die weeklikse Aloe Ferox-aanlynkursusse, kon ek met sekerheid aanbeveel dat sy *SHAMPOO ANTI-DANDRUFF* gebruik, en daarna *SUPER ALOE GEL* aan die kopvel smeer en deur die hare kam. Binne enkele dae was daar reeds 'n merkbare verbetering, en na 4 maande is daar geen teken meer van die haarverlies nie.



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Aloe Ferox®

# SPECIALS

## MAY 2022

HAPPY  
*Mother's*  
DAY



**COMBO  
SPECIAL**

**R99**

**SAVE R36**

BODY SCRUB 200 ml  
BODY BUTTER 150 ml  
*\*Ribbon not included*

**R93**

**SAVE R15**

CALCI-BOOST  
60 caps

**R189**

**SAVE R21**

Contour  
15 ml



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# SPECIALS

## JUNE 2022



HAPPY  
Father's  
DAY

**COMBO SPECIAL**  
**R109**  
**SAVE R39**

MOISTURE 4 HIM 150 ml  
AFTER SHAVE TONE 100 ml

\*Ribbon not included

**R109**  
**SAVE R15**

CIRCULATE-IT  
60 caps

**R110**  
**SAVE R20**

Tone  
100 ml



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