

Support Healthy Aging with **PRO-TF®**

The negative impact of aging **can begin as early as your 40s!*** In fact, individuals may lose up to 8% of muscle mass per decade after their 40th birthday.¹

PRO-TF can help! Minimize the impact of aging *tomorrow* by taking pro-active measures *today* to build a greater reservoir of vital muscle mass.*



HEALTHY MUSCLE MASS

Loss of healthy muscle mass, strength, and function are a natural part of the aging process. The loss occurs at different rates for each person, and the reasons can vary. Some include:

- Genetics
- Decreased physical activity^{3,5}
- Nutritional deficiencies^{3,4,5}

PRESERVING MUSCLE MASS

- Supplement your daily protein intake with PRO-TF®.
- Consume 20–30 grams of high-quality protein at each meal.^{4,5}
- Maintain an active lifestyle with cardio and strength exercises.^{4,5}
- Consume an additional 40 grams of high-quality protein (such as PRO-TF®) following resistance exercise.⁵

IN INDEPENDENT PRE-CLINICAL UNIVERSITY TESTS, LOW MOLECULAR WEIGHT PRO-TF PROTEIN BLEND HAS BEEN SHOWN TO INCREASE MUSCLE DEVELOPMENT BY UP TO 74%.^{16*}

HEALTH RISKS

It's important to preserve healthy muscle-mass as much as possible. Poor muscle health can lead to:

- Progressive disabilities and other physical challenges¹
- Higher mortality rate²
- Reduced personal independence³
- Consequent increase in healthcare costs³

FOUR TIPS FOR HEALTHY AGING

1. Download the 4LifeTransform™ App or visit www.4lifetransform.com.
2. Determine your goal weight and daily protein intake.
3. Supplement with PRO-TF® and consume 20–30 grams of protein every two to five hours.^{4,5}
4. Add a daily exercise component.

**USE, SHARE, AND EARN
WITH PRO-TF®—NOW
AVAILABLE IN CHOCOLATE
AND VANILLA CREAM!**

RESOURCES

1. Paddon-Jones D, Leidy H. Dietary protein and muscle in older persons. *Curr Opin Clin Nutr Metab Care*. 2014; 17: 5-11.
2. McLean RR, et al. Criteria for clinically relevant weakness and low lean mass and their longitudinal association with incident mobility impairment and mortality: the foundation for the National Institutes of Health (FNIH) sarcopenia project. *J Gerontol A Biol Sci Med Sci*. 2014; 69: 576-583.
3. Marcell TJ. Sarcopenia: causes, consequences and preventions. *J Gerontol A Biol Sci Med Sci*. 2003; 58(10): M911-6.
4. Houston DK, Nicklas BJ, Ding J, et al. Dietary protein intake is associated with lean mass change in older, community-dwelling adults: the health, aging, and body composition (Health ABC) study. *Am J Clin Nutr*. 2008; 87: 150-155.
5. Breen L and Phillips SM. Skeletal muscle protein metabolism in the elderly: interventions to counteract the 'anabolic resistance' of ageing. *Nutr Metab (Lond)*. 2011; 8: 68.
6. 4Life Research® and Auburn University's Molecular and Applied Sciences Laboratory in the College of Education, School of Kinesiology, conducted research to demonstrate the safety and efficacy of PRO-TF®. Mobley CB, et al. Effects of protein type and composition on postprandial markers of skeletal muscle anabolism, adipose tissue lipolysis, and hypothalamic gene expression. *J Int Soc Sports Nutr*. 2015; 12: 14. .

***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**