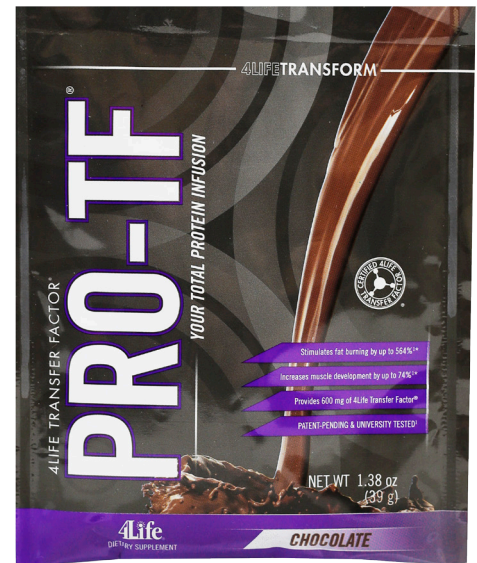


# PRO-TF® Chocolate packets

Portable packets of the most advanced and effective protein available\*

- Contains 14 single-serve packets per box
- Provides 21 grams of patent-pending, 4LifeTransform® Protein Formula in every packet
- Is the only protein supplement in the world to contain 600 milligrams of 4Life Transfer Factor® immune system support\*
- Supports increased sports performance and recovery\*
- Offers a delicious, versatile, and portable protein option



## What is PRO-TF?

PRO-TF is an exclusive protein blend developed by 4Life® to help you transform your body so you can enjoy a more youthful and vibrant life.\* As the flagship product of the 4LifeTransform® product line, PRO-TF is the only protein supplement that contains a full-serving of 4Life Transfer Factor®. With its rich milk-chocolate flavor, PRO-TF is a delicious and versatile way to get your daily protein, whatever your fitness goals.

Every packet of PRO-TF Chocolate provides 21 grams of the most advanced and effective protein for optimizing body composition and increasing lean muscle growth.\* PRO-TF has been independently and university-tested to support increased metabolism and calorie burning, healthy fat loss, feelings of fullness, and better recovery times. And, it bolsters the immune system response. \*<sup>1</sup>

For best results, combine one packet with 12 ounces or more of cold water and then shake or blend. Also, consider mixing one pack with a scoop of NutraStart® for an on-the-go meal and a total protein infusion!

Gram for gram, PRO-TF is superior to the gold standard whey protein on the market at: burning fat, protecting muscle, reducing hunger, and supporting body transformation.\*

## Primary Support:

Weight Management\*  
Muscle and Sports Performance\*  
Immune System\*

## Secondary Support:

Heart Health\*  
Muscle, Bone, & Joint\*

## Ordering Information

Item #27581-14 ct. Single Servings  
Item #27582-12 for the price of 11

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# PRO-TF® Chocolate packets

Portable packets of the most advanced and effective protein available\*

## Key features and benefits

- Features highly concentrated, ultra-absorbable, and easily digestible PRO-TF Protein Blend—with low molecular weight (high DH<sup>4</sup>) extensively hydrolyzed protein\*
- Received a better protein digestibility score (0.96) than the Gold Standard 100% Whey (0.90) and four other protein competitors in a recent independent analytical test
- Has only 70 calories per serving
- Contains zero grams of lactose and is gluten-free
- Provides over 4,900 milligrams of essential amino acids (EAAs) and over 2,350 milligrams of branched chain amino acids (BCAAs) in every serving
- Is tested for identity, purity, composition, and strength—every batch!\*
- Improves sports performance and recovery\*
- Offers a more comprehensive amino acid profile than whey protein concentrate alone, or soy, rice, pea, or casein proteins\*
- Contains optimal 2:1:1 BCAA ratio to increase protein synthesis, boost energy levels, burn fat, lessen fatigue during and after exercise, and increase strength\*

## Did you know?

Human beings cannot live without protein—it gives your body structure, burns fat, builds and protects muscle, and provides critical support to the immune system.<sup>3</sup> When you don't consume enough protein, your body steals it from your muscles. In addition, you can also lose muscle as you age, making protein vital for healthy aging support.

Including protein in each meal will help you feel fuller and maintain a healthy weight. Not all proteins are created equal. Your body can use animal protein better than plant-based protein.<sup>5</sup> PRO-TF protein was formulated and university-tested to be the best protein available for body transformation, fat-burning, muscle protection, and recovery.\*

**DIRECTIONS:** For best results, combine one (1) PRO-TF® packet with 12 ounces or more of cold water to taste and shake vigorously in a shaker cup. Consume one (1) or more packets per day to help you achieve your daily protein needs. On exercise days: Consume one (1) packet 15–30 minutes prior to exercise, and consume one (1) packet within 30 minutes after an exercise session.

## Supplement Facts

Serving Size: One (1) Packet (39 g)

	Amount Per Packet/	%DV/
Calories	145	
Calories from Fat	20	
Total Fat	2 g	4%*
Saturated Fat	1 g	5%*
Trans Fat	0 g	
Cholesterol	50 mg	15%
Total Carbohydrate	12 g	4%*
Dietary Fiber	2 g	8%
Sugars	2 g	
Protein	21 g	40%*
Calcium	100 mg	10%
Sodium	320 mg	15%
Iron	3 mg	15%

Patent-Pending 4LIFETRANSFORM® 26.8 g †

### Protein Formula

#### Low Molecular Weight PRO-TF® Protein Blend

#### 4Life® Hi-DH PRO Whey & Egg Hydrolysate

A proprietary ratio of low molecular weight peptides from high-DH whey protein hydrolysate and egg white protein hydrolysate.

#### 4Life® Tri-Factor® Formula

(UltraFactor XF®, OvoFactor®, and NanoFactor®)

#### Undenatured Whey Protein Concentrate

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established

**OTHER INGREDIENTS:** Low-glycemic maltodextrin, cocoa powder, natural chocolate and vanilla cream flavors, medium chain triglyceride (MCT) oil powder, thickeners (xanthan gum, cellulose), salt, sucralose, and acesulfame-potassium (Ace-K).

**ALLERGENS:** Contains whey derived from milk, egg albumen from eggs, and less than 1% lecithin from soybeans (to improve mixability of protein).

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# PRO-TF® Chocolate packets

## How much protein do you need each day?

**First:** Determine your goal body weight in pounds.

**Second:** Determine your activity level.

### Low activity

(weight in lbs x 0.5 – 0.7)<sup>6</sup>

### Moderate activity

(weight in lbs x 0.6 – 0.8)<sup>7</sup>

### High activity

(weight in lbs x 0.7 – 0.9)<sup>8</sup>

### Competitive Athletes

(weight in lbs x 1 – 1.33)

Increase your protein intake to the upper end of each range if you are 15-25 years of age or over 45 years of age.

For help calculating and tracking your daily protein intake, download the free 4LifeTransform™ App.

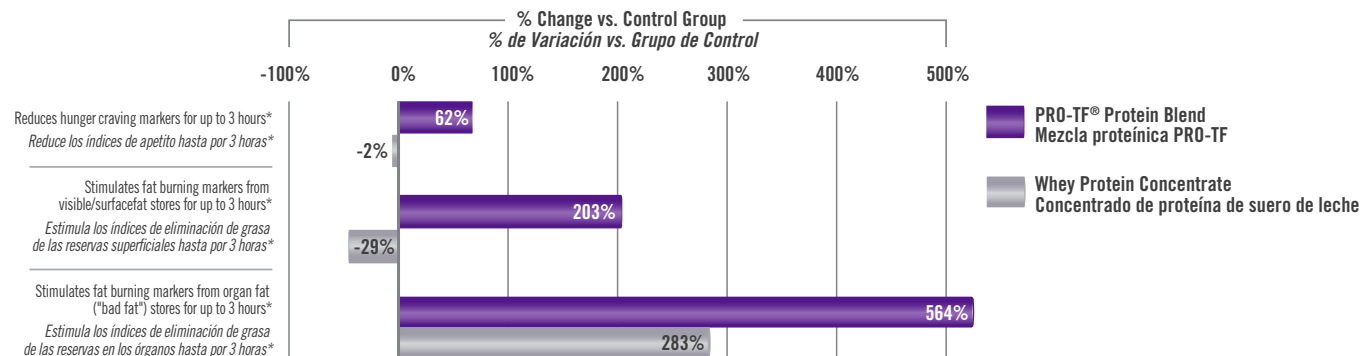
## Begin your body transformation in three easy steps:

**Step 1:** Calculate your daily protein needs to ensure you're getting enough protein.

**Step 2:** Start using PRO-TF Protein right away and continue use throughout the day to supplement your daily protein needs.

**Step 3:** Begin your transformation program. Download the 4LifeTransform™ App from the App Store or Google Play or visit [www.4lifetransform.com](http://www.4lifetransform.com) to learn more.

Naturally-Occurring Amino Acids in PRO-TF®	Typical Amount Per Serving (one packet)
Milligrams	
Alanine	1,055
Arginine	777
Aspartic Acid	2,387
Cysteine	500
Glutamic Acid	3,608
Glycine	444
Histidine <sup>^</sup>	444
Isoleucine <sup>^†</sup>	1,277
Leucine <sup>^†</sup>	2,387
Lysine <sup>^</sup>	1,998
Methionine <sup>^</sup>	500
Phenylalanine <sup>^</sup>	833
Proline	1,610
Serine	1,332
Threonine <sup>^</sup>	1,277
Tryptophan <sup>^</sup>	333
Tyrosine	722
Valine <sup>^†</sup>	1,277
<sup>^</sup> Essential Amino Acids	10,323
<sup>†</sup> Branched Chain Amino Acids	4,940



Protein can help protect healthy muscle in people of all ages, by increasing muscle growth and reducing muscle breakdown.\*

La proteína puede ayudar a proteger la masa muscular saludable en las personas de todas las edades, al incrementar el desarrollo de masa muscular y reducir su deterioro.\*

1. 4Life Research and Auburn University's Molecular and Applied Sciences Laboratory in the College of Education, School of Kinesiology, conducted pre-clinical research to demonstrate the safety and efficacy of PRO-TF®, a patent-pending product [Mobley CB et. al., J Int Soc Sports Nutr 2015, 12:14;]. To learn more, visit [4lifec.com](http://4lifec.com).

2. Results, as observed in the pre-clinical research study referenced above under fasting and controlled conditions, and as occurred directly within the samples. Actual results may vary.

3. McDonald, J. (2013, May). The importance of protein. Chicago Defender Retrieved from <http://search.proquest.com/docview/1366362688?accountid=458>

4. High DH proteins are absorbed faster, more easily digested, and more effectively utilized by the body than other forms of protein.

5. van Vliet, S., Burd, N. A., & van Loon, L. C. (2015). The Skeletal Muscle Anabolic Response to Plant- versus Animal-Based Protein Consumption. The Journal Of Nutrition, 145(9), 1981-1991. doi:10.3945/jn.114.204305

6. Low activity: Gleeson, 2005; Paddon-Jones, et al., 2015; Phillips, et al., 2016; Walberg, et al., 1988.

7. Moderate Activity: Gleeson, 2005; Paddon-Jones, et al., 2015; Phillips, et al., 2016; Walberg, et al., 1988.

8. High Activity: Phillips and Van Loom, 2011.

9. Helms, et al., 2014 and 2015.

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