

PRO-TF® Chocolate

University-tested, ultra-absorbable protein that supports lean muscle and stimulates fat burning markers by up to 564%*†

- Includes a critically essential protein source for your body plus 300 mg of 4Life Transfer Factor® in every serving*
- Stimulates fat burning markers from visible/surface fat by up to 203% for up to three hours*†
- Stimulates fat burning markers from “bad fat” stores by up to 564% for up to three hours*†
- Reduces hunger cravings by up to 62% for up to three hours*†
- Provides over 4,900 mg of essential amino acids (EAAs) and over 2,350 mg of branched chain amino acids (BCAAs) in every scoop*
- Offers a more comprehensive amino acid profile than whey protein alone, or soy, rice, pea, or casein proteins*
- Contains optimal 2:1:1 BCAA (branched chain amino acids) ratio to increase protein synthesis, boost energy levels, burn fat, lessen fatigue during and after exercise, and increase strength*
- Has 70 calories per serving, contains less than 1 g of lactose, and is gluten free



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. PRO-TF is the only protein supplement that contains 4Life Transfer Factor. With its rich chocolate flavor, PRO-TF is a delicious and versatile way to get your daily protein, whatever your fitness goals.*

Every scoop of PRO-TF provides 10 g of one of the most advanced and effective proteins 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, a feeling of fullness, and better recovery times. And, it bolsters the immune system response.*¹

Gram for gram, PRO-TF is one of the most effective proteins on the market at burning fat, protecting muscle, reducing hunger, and supporting body transformation.*

Primary Support:

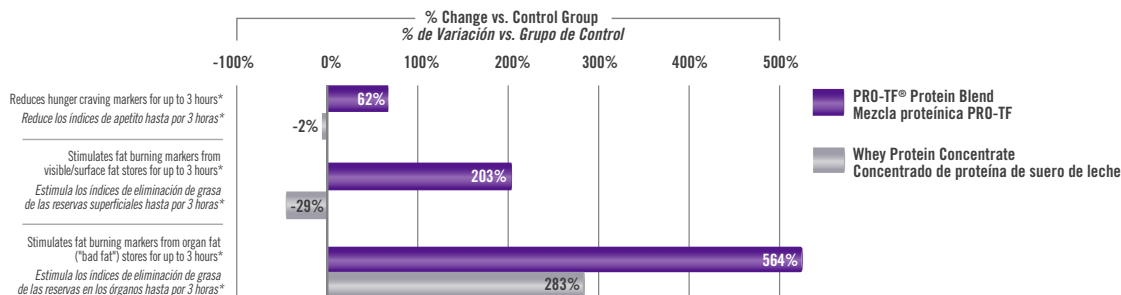
Weight Management*
Muscle & Sports Performance*
Immune System*

Secondary Support:

Heart Health*
Muscle, Bone, & Joint*

Ordering Information

Item #27577—46-serving canister



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.*

*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.

PRO-TF Chocolate

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)⁶

Moderate activity

(weight in lbs x 0.6–0.8)⁷

High activity

(weight in lbs x 0.7–0.9)⁸

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 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 4lifetransform.com to learn more.

Naturally Occurring Amino Acids in PRO-TF	Typical Amount Per Serving (one scoop)
	Milligrams
Alanine	504
Arginine	371
Aspartic Acid	1,140
Cysteine	239
Glutamic Acid	1,723
Glycine	212
Histidine [^]	212
Isoleucine ^{^†}	610
Leucine ^{^†}	1,140
Lysine [^]	954
Methionine [^]	239
Phenylalanine [^]	398
Proline	769
Serine	636
Threonine [^]	610
Tryptophan [^]	159
Tyrosine	345
Valine ^{^†}	610
[^]Essential Amino Acids	4,929
[†]Branched Chain Amino Acids	2,359

DIRECTIONS: Combine one (1) serving (1 scoop) with 6 oz or more of cold water or a liquid of your choice, and shake vigorously in a shaker cup. [§]Consume two (2) servings a day to enjoy 600 mg of 4Life Tri-Factor Formula. *For exercise performance:* Consume one (1) or more servings 15–30 minutes prior to exercising, and consume one (1) or more servings within 30 minutes after exercising. *To supplement your diet and achieve your daily protein needs:* Follow dietary protein intake below. Limit to two (2) scoops per day for children, six (6) scoops for adults, and twelve (12) scoops for athletes.

To determine daily protein intake in grams, multiply bodyweight in lbs by:
0.4–0.5 (children and sedentary adults)
0.6–0.9 (moderately to highly active adults)
1–1.33 (athletes and bodybuilders)

***Choose a goal body weight within 40 lbs of your current body weight. Recalculate your protein needs as you reach this goal.*

Supplement Facts

Serving Size: One (1) Scoop (19.5 g)
 Servings Per Container: 46

	Amount Per Serving	% Daily Value for children 4 years of age and older*
Calories	70	
Calories from Fat	10	
Total Fat	1 g	1%*
Saturated Fat	<1 g	2%*
Trans Fat	0 g	
Cholesterol	25 mg	8%
Total Carbohydrate	6 g	2%*
Total Sugars	<1 g	
Includes 0 g Added Sugars		0%*
Protein	10 g	20%*
Calcium	50 mg	4%
Sodium	160 mg	7%
Patent-Pending 4LifeTransform[®]	13.4 g	**

Protein Formula

Low Molecular Weight PRO-TF[®] Protein Blend

4Life[®] High-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).

*Suitable for most individuals sensitive to lactose.

Raise your Immune I.Q.[®]

- 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.
- 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.
- McDonald, J. (2013, May). The importance of protein. Chicago Defender Retrieved from <http://search.proquest.com/docview/1366362688?accountid=458>
- High DH proteins are absorbed faster, more easily digested, and more effectively utilized by the body than other forms of protein.
- 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
- Low activity: Gleeson, 2005; Paddon-Jones, et al., 2015; Phillips, et al., 2016; Walberg, et al., 1988.
- Moderate Activity: Gleeson, 2005; Paddon-Jones, et al., 2015; Phillips, et al., 2016; Walberg, et al., 1988.
- High Activity: Phillips and Van Loom, 2011.
- Helms, et al., 2014 and 2015.

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