

# PRO-TF® Chocolate

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

- Provides 20 grams of patent-pending, Low Molecular Weight PRO-TF Protein Blend in every two-scoop serving—one of the most advanced and effective protein available to burn fat, build muscle, and transform your body\*
- Is the only protein supplement in the world to contain this critically essential protein source for your body plus 600 milligrams of 4Life Transfer Factor® in every two-scoop serving!\*
- Increases muscle growth by 74%<sup>1</sup> and stimulates fat burning markers by up to 564%<sup>2\*</sup>
- Is university-tested

## 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 scoop of PRO-TF provides 10 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, a feeling of fullness, and better recovery times. And, it bolsters the immune system response.\*

PRO-TF is best consumed with six ounces or more of cold water to preferred taste. However, it is also great with NutraStart® for an on-the-go meal and a total protein infusion!

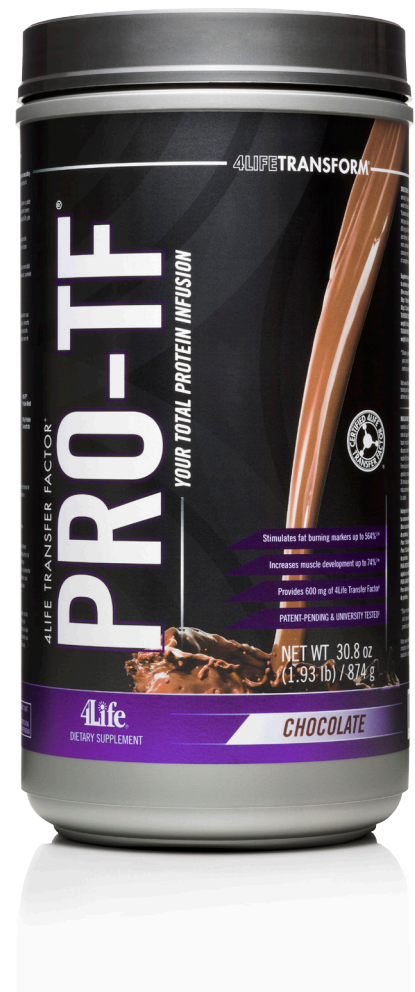
Gram for gram, PRO-TF is superior to the gold standard whey protein on the market at: burning fat, protecting muscle, reducing hunger, and supporting body transformation.\*

## Primary Support:

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

## Secondary Support:

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



## Ordering Information

Item #27577—46-serving canister  
Item #27578—12 for the price of 11

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## Key features and benefits

- Features highly concentrated, ultra-absorbable, and easily digestible PRO-TF Protein Blend—with low molecular weight (high DH<sup>+</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) serving (1 scoop) with 6 ounces or more of cold water to taste and shake vigorously in a shaker cup. Consume two (2) or more servings per day to help you achieve your daily protein needs, and get the recommended 600 milligram serving of 4Life Transfer Factor Tri-Factor Formula. On exercise days: Consume (1) or more serving 15–30 minutes prior to exercising, and consume one (1) or more serving within 30 minutes of completing an exercise session.

## Supplement Facts Datos del Suplemento

Serving Size / Tamaño de la Porción: One (1) Scoop / Una (1) Cucharada (19.5 g)  
Servings Per Container / Porciones por envase: 46

	Amount Per Serving / Cantidad por Porción	% DV / % VD
Calories / Calorías	70	
Calories from Fat / Calorías de la Grasa	10	
Total Fat / Grasa Total	1 g	2%*
Saturated Fat / Grasa Saturada	<1 g	2%*
Trans Fat / Grasa Trans	0 g	
Cholesterol / Colesterol	25 mg	8%
Total Carbohydrate / Carbohidrato Total	6 g	2%*
Sugars / Azúcares	<1 g	
Protein / Proteína	10 g	20%*
Calcium / Calcio	50 mg	5%
Sodium / Sodio	160 mg	7%

**Patent-Pending 4LIFETRANSFORM®** 13.4 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.

Una proporción exclusiva de péptidos de bajo peso molecular derivados de la proteína hidrolizada de suero de leche de alta densidad y proteínas hidrolizadas de la clara de huevo.

#### 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.

\*Los porcentajes de Valor Diario (% VD) están basados en una dieta de 2,000 calorías.

†Daily Value not established. / Valor Diario no establecido.

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

**OTROS INGREDIENTES:** Maltodextrina de bajo índice glicémico, cocoa en polvo, sabores naturales a chocolate y crema de vainilla, espesante (goma xantana, celulosa), triglicéridos de cadena media (MCT) en polvo de aceite, sal, sucralosa, y potasio acesulfamo (Ace-K).

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

**ALÉRGENOS:** Contiene suero de leche, albúmina de huevo, y menos del 1% de lecitina de soja (para mejorar la disolución de proteína).

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## 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.

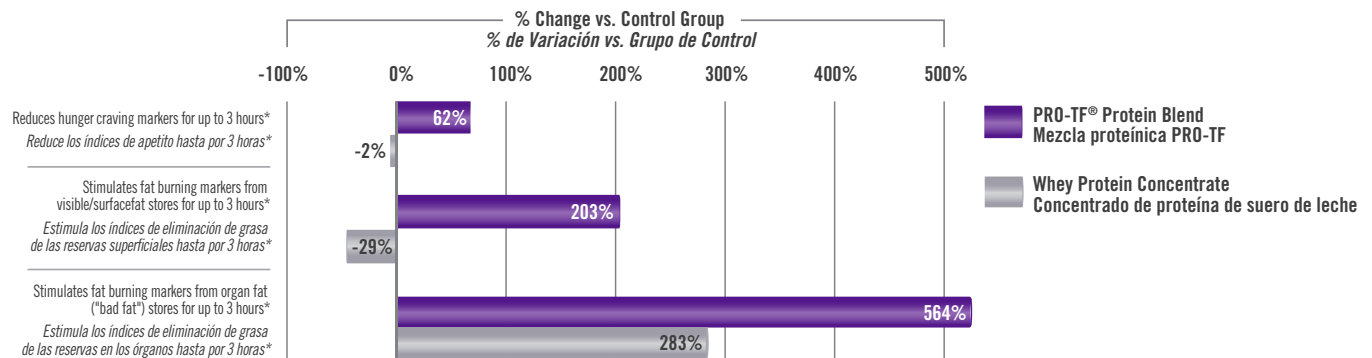
## Begin your body transformation in three easy steps:

**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 scoop) Milligrams
Alanine	504
Arginine	371
Aspartic Acid	1,140
Cysteine	239
Glutamic Acid	1,723
Glycine	212
Histidine <sup>^</sup>	212
Isoleucine <sup>^†</sup>	610
Leucine <sup>^†</sup>	1,140
Lysine <sup>^</sup>	954
Methionine <sup>^</sup>	239
Phenylalanine <sup>^</sup>	398
Proline	769
Serine	636
Threonine <sup>^</sup>	610
Tryptophan <sup>^</sup>	159
Tyrosine	345
Valine <sup>^†</sup>	610
<b>*Essential Amino Acids</b>	<b>4,929</b>
<b>† Branched Chain Amino Acids</b>	<b>2,359</b>



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.\*

- 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 [4lifc.com](http://4lifc.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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