

# PRO-TF® Protein Bar

On-the-go protein with a delicious double chocolate flavor\*

- Features delicious double chocolate flavor with a chewy and satisfying crunch
- Includes 300 mg of 4Life Transfer Factor® in every bar
- University tested
- Contains 12 total g of protein and only 23 g of carbohydrates
- Offers body transforming 1:1 ratio of high-quality protein to net carbohydrates

## What is PRO-TF Protein Bar?

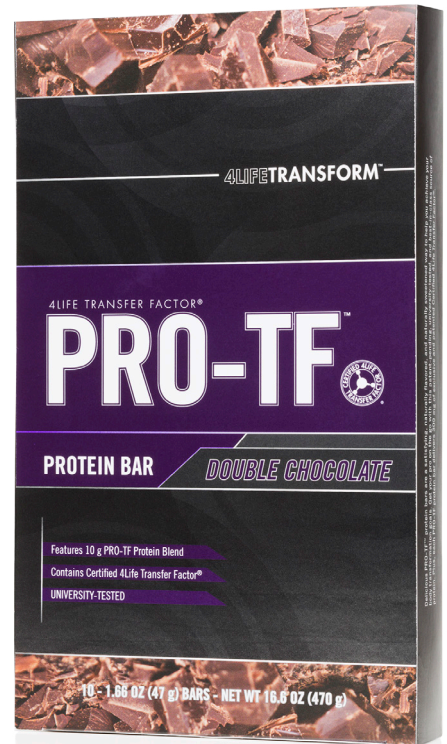
The PRO-TF Protein Bar offers a satisfying, delicious, naturally-flavored and naturally-sweetened way to help you achieve your body transformation goals. Get your protein on the go with this patent-pending, university-tested, and best-in-class protein source. Plus, each PRO-TF Protein Bar delivers 300 mg of exclusive and patent-protected 4Life Transfer Factor®. The PRO-TF Protein Bar supports every performance program and low carb nutrition plan.

## Key features

- Provides 10 g of patent-pending PRO-TF protein blend—the most advanced and effective protein available—plus, undenatured whey protein concentrate for a total of 12 g of protein
- Offers a low sugar snack that is healthy, filling, and delicious
- Supports your body optimization program, whatever it may be

## Primary Support:

Weight Management\*



## Ordering Information

Item #17501—10 individually wrapped bars per box

Item #17502—12 boxes for the price of 11

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## Did you know?

Human beings cannot live without protein; it gives our bodies structure<sup>1</sup>. Protein is also important for building and maintaining healthy muscle, which can be lost as we age, making it vital to the support of healthy aging. Including protein in each meal will help you feel full longer and maintain a healthy weight.

Not all proteins are created equal; our bodies can use animal proteins better than plant-based protein

Naturally-Occurring Amino Acids in PRO-TF®	Typical Amount Per Serving (one bar)
	Milligrams
Alanine	600
Arginine	442
Aspartic Acid	1,359
Cysteine	284
Glutamic Acid	2,054
Glycine	253
Histidine <sup>^</sup>	253
Isoleucine <sup>^†</sup>	727
Leucine <sup>^†</sup>	1,359
Lysine <sup>^</sup>	1,138
Methionine <sup>^</sup>	284
Phenylalanine <sup>^</sup>	474
Proline	916
Serine	758
Threonine <sup>^</sup>	727
Tryptophan <sup>^</sup>	190
Tyrosine	411
Valine <sup>^†</sup>	727
<b>*Essential Amino Acids</b>	<b>5,878</b>
<b>† Branched Chain Amino Acids</b>	<b>2,812</b>

<sup>1</sup> McDonald, J. (2013, May). The importance of protein. Chicago Defender Retrieved from <http://search.proquest.com/docview/1366362688?accountid=458>

### References:

- Vella, M.S., C., & Kravitz, Ph.D., (2013, November). Sarcopenia: The Mystery of Muscle Loss.
- Protein plus exercise equals less muscle loss with aging. (2014). Tufts University Health & Nutrition Letter, 32(4), 7. Retrieved from <http://search.proquest.com/docview/1524699897?accountid=458>

**DIRECTIONS:** Consume between meals as a high-protein snack alternative to help you achieve your daily protein needs.

**INDICACIONES:** Consumir entre comidas como alternativa de refrigerio con alto contenido proteínico para ayudar a cumplir el requerimiento diario de proteínas.

Nutrition Facts	
Datos de Nutrición	
Serving Size / Tamaño de la Porción: One (1) Bar / Una (1) Barra (45 g)	
Servings Per Container / Porciones por Envase: 10	
Amount Per Serving / Cantidad por Porción	
<b>Calories / Calorías 190</b>	
Calories from Fat / Calorías de la Grasa 50	
% Daily Value* / % Valor Diario*	
<b>Total Fat / Grasa Total</b> 6 g	<b>9%</b>
Saturated Fat / Grasa Saturada 3 g	<b>15%</b>
Trans Fat / Grasa Trans 0 g	
<b>Cholesterol / Colesterol</b> 30 mg	<b>10%</b>
<b>Sodium / Sodio</b> 210 mg	<b>9%</b>
<b>Total Carbohydrate / Carbohidrato Total</b> 22 g	<b>7%</b>
Dietary Fiber / Fibra Dietética 6 g	<b>24%</b>
Sugars / Azúcares 5 g	
Sugar Alcohol / Alcohol de Azúcares 7 g	
<b>Protein / Proteína</b> 12 g	<b>24%</b>
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 0%	
Calcium / Calcio 6% • Iron / Hierro 4%	
*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than
Sat Fat	Less Than
Cholesterol	Less Than
Sodium	Less Than
Total Carb	
Dietary Fiber	
Calories Per Gram	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** 4LIFETRANSFORM™ Protein Formula [PRO-TF™ Protein Blend (Extensively Hydrolyzed Whey Protein Concentrate, Extensively Hydrolyzed Egg White Protein, 4Life® Tri-Factor® Formula [UltraFactor XF® (ultra-filtered colostrum powder), OvoFactor® (egg yolk powder), NanoFactor® (nano-filtered colostrum powder)]), whey protein concentrate], vegetable glycerine, oligofructose, chocolate flavored coating (sugar, palm kernel oil, cocoa powder, whey powder, nonfat milk powder, soy lecithin, vanilla), brown rice crisps (brown rice, brown rice syrup, salt), palm fruit oil, Dutch alkalized cocoa powder, brown rice syrup, natural flavor, chocolate liquor, soy lecithin, sea salt, purified stevia extract.

**ALLERGENS:** Contains whey and other ingredients derived from milk, egg albumen and other ingredients derived from eggs, and lecithin from soybeans.

**ALÉRGENOS:** Contiene suero de leche y otros ingredientes derivados de la leche, albúmina de huevo y otros ingredientes derivados del huevo, y lecitina de soya.