



4LIFE TRANSFER FACTOR

SUPPORTING YOUR IMMUNE SYSTEM FROM SURFACE TO CENTER



THE IMMUNE SYSTEM *Company*™

4Life Transfer Factor: How one man's vision revolutionized the wellness industry

-by Jessica Sorbonne, 4Life Senior Editorial Director

A dream is a grandiose goal. We may lie awake at night and contemplate the path that will take us to the place of our dreams. And if we have the ambition and drive to reach our dream, we may then forge a new dream. What, then, is a vision? A vision is something more elusive. It evolves and grows as we do. A vision is never really finished; it's meant to be something bigger than ourselves—always!

4Life Transfer Factor has become the foundation of a great vision that first caught hold of 4Life Founder David Lisonbee more than 25 years ago. Since then, it has spread across the globe and can be found in more than 25 countries.

I sat down with David Lisonbee and asked him about 4Life Transfer Factor—the ingredient in the flagship 4Life product that started it all. He shared how he plans to expand his vision of providing immune system support for people everywhere.

David, what initially inspired you to create an immune system product?

It was all about my own family. I wanted what most people want for their family: for them to be healthy. When I came across the concept of transfer factors, I knew deep in my gut that I had found something truly special. From there, it was just a matter of digging in and making it a tangible reality so my family could reap the benefits. When I witnessed how transfer factors were benefitting my family, I knew I had to share it with everyone.

Can you explain what transfer factors are?

Yes. Transfer factors are molecules we have isolated from cow colostrum and chicken egg yolks. Both compounds contain a wealth of natural immune system information that can help educate and strengthen your immune system. 4Life Transfer Factor product formulas utilize these transfer factor compounds, along with other immune system-boosting ingredients, to provide immune system support.

What sets 4Life Transfer Factor apart from other immune system-boosting ingredients or sciences?

Well, first of all, there really isn't anything else like it out there on the market. 4Life Transfer Factor is not an herb, a vitamin, or a mineral. It's a molecule: a molecule that gives your body the tools it needs to fight health threats. Many of our 4Life Transfer Factor formulas have been patented and independently researched for effectiveness. 4Life Transfer Factor's power is that it helps your immune system recognize, respond to, and remember harmful invaders it encounters, making your immune system work harder.

How has 4Life Transfer Factor evolved since its conception?

All good things change with time if we dedicate ourselves to ongoing research and discovery. And that is a commitment we have made—to never stop exploring and learning about transfer factors, how they work, and the benefits they provide. Because this is part of who we are, we have developed new ways to extract transfer factors and combine them with other ingredients to make our products even better. We were a leader in immune system science when we started 4Life in 1998, and we are still leading today because we constantly improve and learn.

What is your vision for 4Life and 4Life Transfer Factor, specifically?

Initially, I wanted to take 4Life Transfer Factor to the world. In many ways we have accomplished this, since we have expanded and have operations around the globe. My current vision involves 4Life Transfer Factor being a household item in every person's cupboard. I want everybody to have access to the immune system support this one-of-a-kind ingredient technology provides. It's changed my life, and I know it can change the lives of others.





4Life Transfer Factor

The science behind 4Life Transfer Factor is not only fascinating, but it just makes sense. Why wouldn't nature provide a way for your immune system to learn and grow? Such a tool is crucial to your health and wellness as you navigate your day-to-day.

Transfer factors are highly concentrated immune system molecules from cow colostrum and other sources, like chicken egg yolks. They possess a wealth of immune system information that can be transferred to the recipient. Essentially, they teach a naive immune system how to recognize, respond to, and remember potential health threats.

4Life, The Immune System Company™, offers a broad range of products containing 4Life Transfer Factor for a bolstered and balanced immune system response. From citrus-cream flavored chewable tablets to capsules, there is something for everyone seeking immune system support.



From Surface to Center:

How everything—from your skin to your gut—supports your immune system.



Skin

Did you know your skin is your largest organ? Your skin acts as your primary barrier against health threats. Showing your skin some love is a great way to beautify and fortify your outside for a healthier inside.

4Life Transfer Factor® Collagen is a total body age-defying powder supplement that includes Type 1 hydrolyzed collagen to help support healthy joints, muscles, hair, and skin.



Muscles

Let's hit the gym! Healthy muscle mass is highly beneficial for many body systems, including the immune system.

PRO-TF® is a hydrolyzed, highly absorbable whey and egg-based protein that supports protein synthesis, fuels, and maintains skeletal muscle, and provides all essential amino acids. Plus, it's the only protein powder in the world powered by 4Life Transfer Factor!

Nervous System

Your nervous system and immune system are highly interconnected, including communication between lymph organs and hormone secretion to provide homeostasis. Your nervous system and immune system are activated when your body encounters stress.¹

4Life Transfer Factor® ReCall™ offers antioxidant support, targeted brain support, and immune system support.

BioEFA™ contains omega-3 and omega-6 oils with CLA to support multiple body systems.



Gut

Your gut houses 70% of your immune system and helps facilitate a symbiotic relationship between good bacteria and other microbes. This is known as your microbiome, and its balance is imperative for your immune system health.

4Life Probiotics features five strains of good bacteria to support your gut health and immune system wellness. It also helps to promote healthy digestion and absorption of nutrients.

1. Steinman L. Elaborate interactions between the immune and nervous systems. Nat Immunol. 2004 Jun; 5(6):575-81. doi: 10.1038/nri1078. PMID: 15164017.



The Science of Supplementation

Whether you've been supplementing for years or are simply curious about the potential benefits, keep reading to better understand how supplementing can contribute to a more well-rounded nutritional routine and better support your immune system.



A woman with a large orange backpack is standing on a rocky cliff, looking out over the ocean. She is wearing a white tank top, grey shorts, and red sandals. The background shows a clear blue sky and the ocean with some distant islands.

Supplementing 101:

Supplements are largely absorbed the same way as nutrients from food: digested in the small intestines and absorbed into the bloodstream. From there, the nutrients circulate throughout the body and support everyday functions. Specific nutrients support specific body systems or organs. For example, omega-3 is a crucial nutrient for eye health and vision, while vitamin C and zinc support healthy immune system.

Not all supplements are created equal! Always purchase supplements from a reputable source and check the label to make sure the product contains enough of the nutrient you're looking to support. Also, always check with your doctor before adding a new supplement to your diet.

Supplements and the Immune System

At the core of your health and wellness lies your immune system—arguably the most important body system since your other body systems can do their jobs best when you're healthy. You can fortify your immune system year-round with a balanced diet, complete with immune system-sustaining nutrition. In times of need, be it physical stress or lack of energy, supplements can help provide a much-needed boost to the immune system.

What are the nutrients that keep your immune system functioning at its best? You've probably heard of vitamin C, vitamin D, and zinc. All these vitamins and minerals have been shown to support the immune system and its response, and studies have shown that your body can absorb these vitamins and minerals through supplementation.²

Besides the vitamins and minerals, another crucial ingredient which is called "Transfer Factor" enhances your body immune system too. Transfer factors are not considered vitamin, mineral, or herb; rather, they are a molecule found in a mother's first milk called colostrum—an antibody-rich food that passes immune system information from mother to baby. Transfer factors educate the naive immune system, so it is more prepared to fight off harmful invaders. 4Life® Transfer Factor Plus® Tri-Factor® Formula, which contains transfer factors from cow colostrum and chicken egg yolks, supports your immune system function by stimulating a healthy immune response.

2. U.S. Department of Health and Human Services. (2018, February). Vitamins and minerals. National Center for Complementary and Integrative Health. <https://www.nccih.nih.gov/health/vitamins-and-minerals>

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