



# Packs for Men and Women

Quickstart Guide

Get ready to transform your body and your life!\*



\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

\*Products support fitness and weight management with a healthy diet and exercise.





Congratulations!  
You're one step  
closer to  
crushing  
your fitness  
goals.\*

Did you know that your body composition is connected to your immune system and an overall healthier body?\*

4Life, The Immune System Company®, is proud to provide you with these specially curated packs to help you support your immune system, physical fitness, and metabolic health. Our scientists and nutrition experts have done all the research, so you'll have everything you need to accelerate toward your body transformation goals. This complete, easy-to-follow guidebook can help you jumpstart your program and learn how to use the products to support you along your fitness journey.\*

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# Start your body transformation today!\*

## **Step one**

Learn about the products

## **Step two**

Set your body transformation goals\*

## **Step three**

Learn how to nourish, hydrate, move, and rest

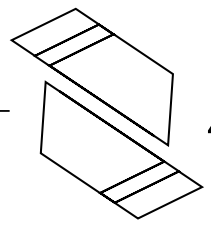
## **Step four**

Start your body transformation!\*

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# Step One

Learn about the products







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# Get Burning\* PACK

for Women or Men

## 2 – NutraStart® Blue Vanilla

A great in-between meal snack that provides macronutrients, micronutrients, vitamins, minerals, fiber, and protein\*

## 1 – RiteStart® Men/Women

Convenient packets that are a rich source of vitamins, minerals, essential fatty acids, and more to support the immune system and overall wellness\*

## 1 – 4LifeTransform Burn®

A laboratory-tested formula that features a thermogenic blend to ignite your metabolism and support calorie burning\*†

## 1 – Energy Go Stix® Berry

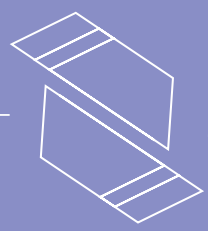
Energy packets that support the immune system and energy levels, support metabolism, and provide your muscles with essential amino acids\*

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†In pre-clinical trials





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# Lean and Fit\* PACK

for Women

## 1 – Pro-TF® Vanilla Cream

A university-studied<sup>†</sup> whey and egg protein that supports lean muscle<sup>†</sup>, burns calories<sup>†</sup>, increases fat metabolism<sup>†</sup>, promotes satiety, and supports your immune system<sup>\*</sup>

## 1 – 4LifeTransform Burn

A laboratory-tested thermogenic formula that can ignite your metabolism and support burning calories<sup>\*†</sup>

***Burn and Pro-TF have a synergistic effect! Take them together to level up your fat metabolism, or calorie burning.\*†***

## 2 – 4Life Transfer Factor® Collagen

(strawberry-mango)

An independently tested total-body formula that supports healthy cellular aging with five types of collagen to support hair, skin, nails, and joint health<sup>\*</sup>

## 1 – 4LifeTransform® PreZoom®

A pre-workout powder to support energy, stamina, endurance, and mental alertness; fuel lean muscle and post-workout recovery; and enhance immune system function<sup>\*</sup>

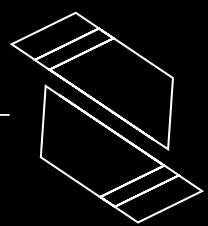
## 1 – 4Life Transfer Factor® Renuvo®

A laboratory-tested<sup>†</sup>, total-body muscle recovery supplement that helps your body and mind cope with everyday stress, supports mental alertness, and supports your immune system<sup>\*</sup>

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# Shred\* PACK

for Men

## 1 – Pro-TF Vanilla Cream

A university-studied<sup>†</sup> whey and egg protein that supports lean muscle<sup>†</sup>, burns calories<sup>†</sup>, increases fat metabolism<sup>†</sup>, promotes satiety, and supports your immune system\*

## 1 – 4LifeTransform Burn

A laboratory-tested thermogenic formula that can ignite your metabolism and support burning calories<sup>\*†</sup>

***Burn and Pro-TF have a synergistic effect! Take them together to level up your fat metabolism, or calorie burning.\*†***

## 1 – 4LifeTransform® Man

A formula that supports energy and vitality, contains adaptogens and antioxidants to support healthy cellular aging, and promotes men's health and overall well-being\*

## 1 – 4LifeTransform PreZoom

A pre-workout powder to support energy, stamina, endurance, and mental alertness; fuel lean muscle and post-workout recovery; and enhance immune system function\*

## 1 – 4Life Transfer Factor Renuvo

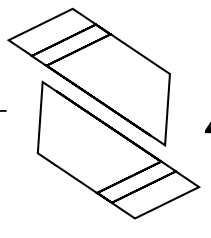
A laboratory-tested<sup>†</sup>, total-body muscle recovery supplement that helps your body and mind cope with everyday stress, supports mental alertness, and supports your immune system\*

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# Step Two

Set your body transformation goals



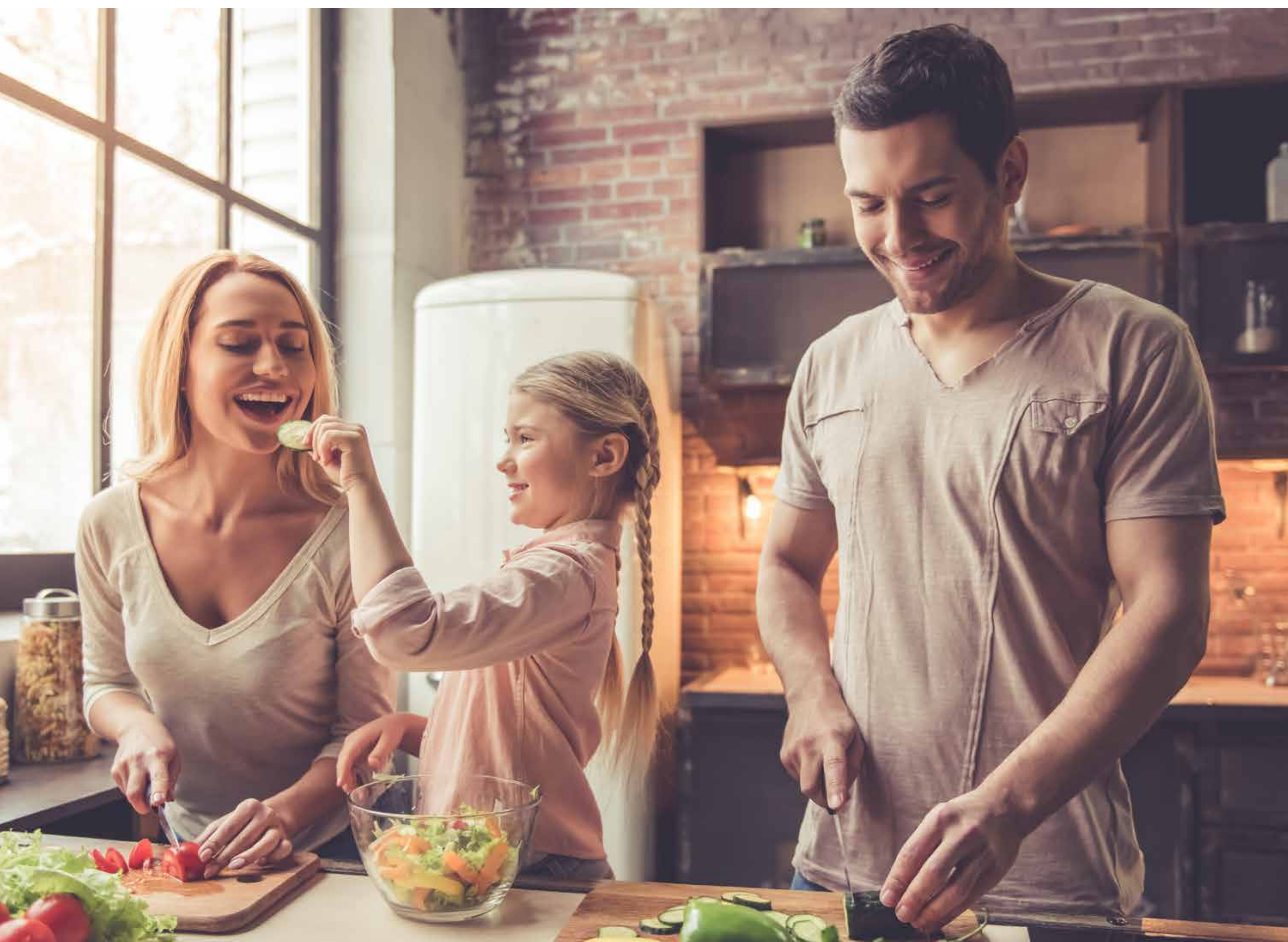


What's your transformation goal? Maybe you want to shed a few pounds, reduce your body fat percentage, add muscle mass, or increase fitness or athletic performance. Or maybe you want to feel stronger, have more confidence, or just feel better. This journey is all about you!

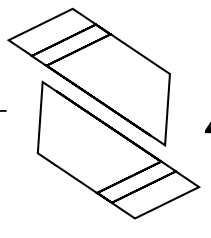
1. Talk to your doctor to determine your health goals or before starting any nutrition or exercise program.
2. Once you have a clear goal in mind, calculate your daily calorie, protein, fat, and carbohydrate needs and limits.

[\*\*CLICK HERE\*\*](#) to access our quick and easy online daily intake calculator. Once you have your calculations, you can easily track your daily progress by downloading one of the many fitness and nutrition tracking apps, such as MyFitnessPal™.

Free apps like this one help you keep track of your nutritional and calorie intake.







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# Step Three

Learn to nourish, hydrate, move, and rest







# Nourish

Macronutrients are nutrients you need in larger quantities in order to stay energized, such as proteins, fats, and carbohydrates.

## — Reach for the protein!

There's a good chance you're already consuming some protein in your diet every day, but are you getting enough and getting the right kind to meet your goals?

No matter your body transformation goals, protein can help you achieve and maintain your ideal body composition (the ratio of body fat to lean muscle and other bodily tissues and fluids).

Protein keeps you fuller between meals, reduces feelings of hunger, protects healthy muscle mass, and more!



# How much protein do you need?

1. Start your day with a high-quality protein breakfast. Depending on your protein needs, aim for 20–25 grams of quality protein at every meal. You should try to consume protein every three hours.
2. Include protein in every meal or snack. Pair protein with whole grains, raw nuts, or colorful fruits and vegetables to balance cravings and add important nutrients to your diet. Although it's also important to consume fats in your diet, try to choose lean proteins, like skinless chicken breasts and leaner cuts of beef or fish. This will keep your diet more balanced. Since fat contains more calories per gram than protein and carbs, you'll be able to eat a bit more when you focus on protein, which will help you feel more satisfied each day.





# Here is a quick and easy way to calculate your protein needs:

## Step 1:

Determine your goal body weight in pounds.

## Step 2:

Multiply your activity level and your goal body weight (in pounds) to determine your optimal amount of protein.<sup>†</sup>

### Goal body weight x activity level = daily protein intake needs (in grams)

<b>Low activity</b> (little to light exercise 1–3 days/week)	weight in lbs x 0.5–0.7
<b>Moderate activity</b> (moderate exercise 3–5 days/week)	weight in lbs x 0.6–0.8
<b>High activity</b> (hard exercise 6–7 days/week)	weight in lbs x 0.7–0.9
<b>Competitive Athletes</b>	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 are over 45 years of age.

<sup>†</sup>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 Loon, 2011.  
Competitive athletes: Helms, et al., 2014 & 2015.

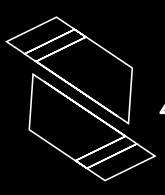




# Healthy Eating Guidelines

As part of your healthy body transformation, use the following tips on water intake, portion size, diet, and nutrition to help guide your food decisions.





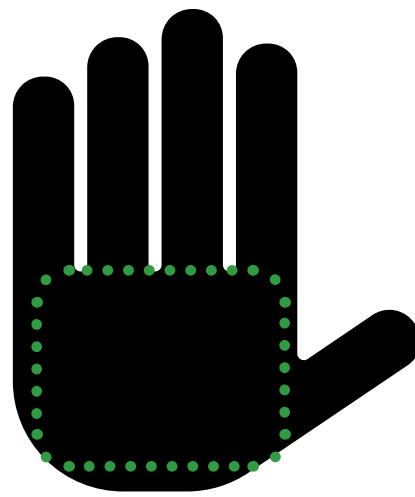
# What's an optimal portion size?



The front of  
your closed  
fist is about  
1/2 cup



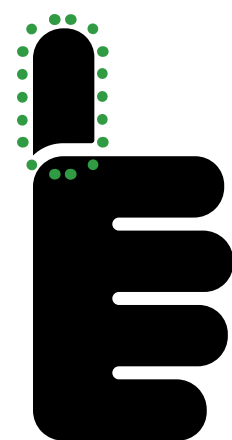
A clenched fist  
is about a  
1 cup serving



Your palm is  
3–4 oz., which  
is a standard  
serving of meat



Your fingertip  
is about  
1 teaspoon



Your thumb  
is about 2 tablespoons  
(measure from your knuckle  
to the tip of your thumb)

**1 serving of protein =** 3–4 ounces (about the size of your palm)

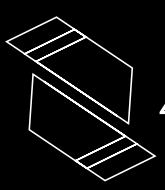
**1 serving of vegetables =** 1 cup raw or cooked

**1 serving of leafy greens =** 1 cup

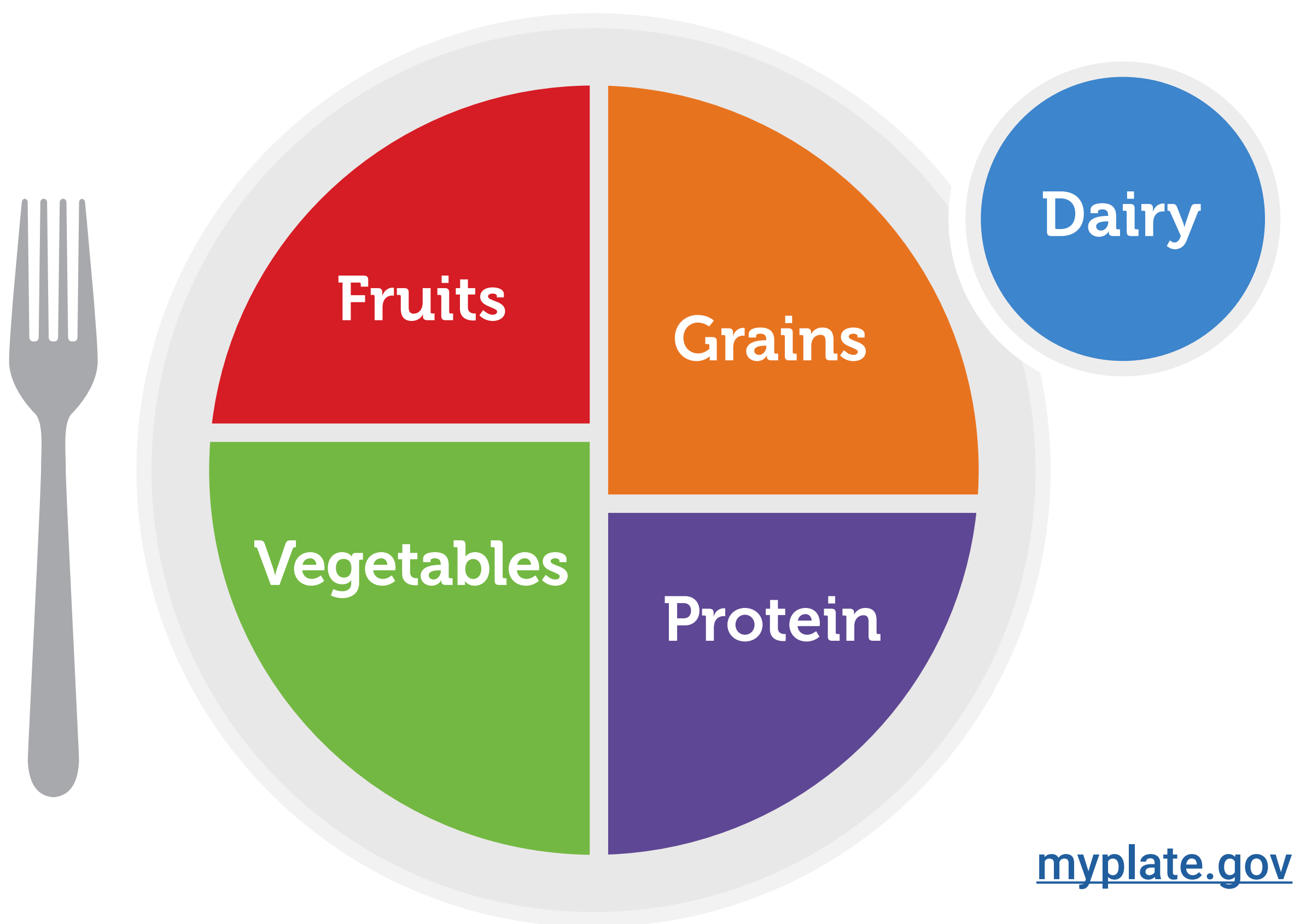
**1 serving of nuts or nut butter =** 2 tbsp

**1 serving of fruit =** 1 piece or 1 cup of sliced fruit



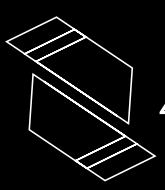


Another great way to determine serving size is to visualize what should go on your plate. The U.S. Department of Agriculture has developed a colorful and easy visual guide to help you eat more mindfully.



To create a healthy meal or snack, combine protein, vegetables, and fat from the following lists, keeping portion sizes in mind. Add carbohydrates to support energy levels and workout needs. Remember: healthier options typically pack in more nutrition than calories, making it possible for you to eat more and feel fuller and more satisfied.



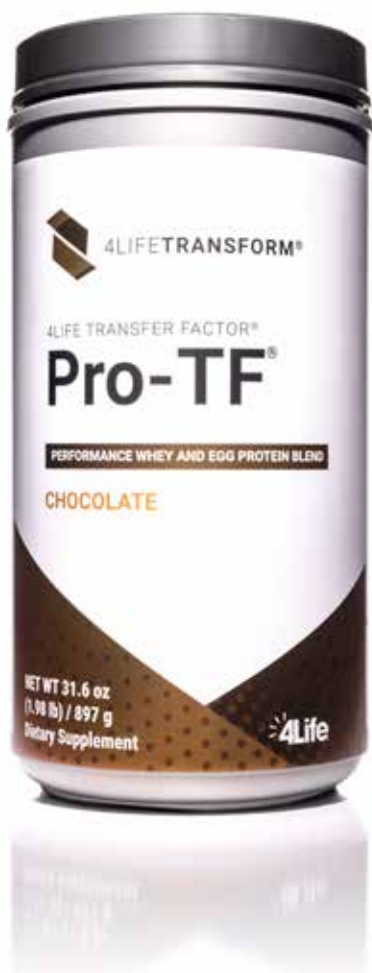


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# Protein

- 4LifeTransform Pro-TF (features hydrolyzed whey and egg protein)
- NutraStart Blue Vanilla (features whey protein)
- 4Life Transfer Factor Collagen (strawberry-mango)
- 4Life Transfer Factor Collagen Type I
- Chicken breast
- Eggs
- Lean beef
- Ground turkey
- Lean fish
- Salmon
- Tuna (packed in water)
- Turkey breast
- Dairy (Greek yogurt, string cheese, or cottage cheese)





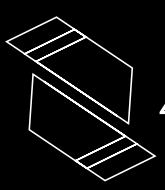
# Vegetables

- Asparagus
- Broccoli
- Brussels sprouts
- Cauliflower
- Celery
- Cucumbers
- Dark leafy greens
- Eggplants
- Green beans
- Onions
- Peppers
- Salad greens
- Tomatoes
- Zucchini

# Fruits

- Apples
- Bananas
- Berries
- Cantaloupes
- Citrus fruits
- Grapes
- Kiwis
- Mangoes
- Melons
- Peaches
- Pears
- Pineapples





# Nutrient-rich carbohydrates and fats

## **Carbohydrates:**

- Beans
- Lentils
- Oatmeal
- Potatoes
- Quinoa
- Whole grains  
(rice, pasta, or bread)
- Whole grain tortillas

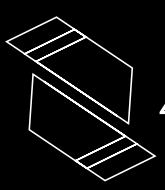
## **Healthy Fats:**

- Avocados
- Nut butter  
(all natural)
- Nuts or seeds  
(raw or roasted)
- Olive oil
- Butter  
(in moderation—  
avoid margarine)

# Dairy

- Plain Greek yogurt  
(low-fat or non-fat)
- Cheese
- Milk





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# Ahhh . . . the happy foods! Eat in moderation

- Sugary soft drinks
- Creamy sauces
- Bad fat salad dressings
- Sugar
- Candy
- Margarine
- Fried foods
- Processed foods
- White flour
- Flour tortillas
- Corn tortillas

The above items are suggestions and do not include all options. Use your best judgment to choose foods that best support your transformation goals.





# How much water do you need?

Body weight (in pounds)

÷ 2

ounces of water you should drink daily

4Life offers a variety of nutritional drink mix powders you can add to your water to make hitting your water intake goals delicious, nutritious, and energy packed.\*



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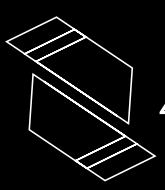


# Move

## Get moving!

Exercise is a crucial component to any body transformation. Aim to be active five or more days per week. Integrate cardio and resistance exercises for at least 30 minutes into each exercise day. Movement, like walking, is also a great daily exercise. A good rule of thumb is to aim for between 7,000 and 10,000 steps per day.





# Need more ideas?

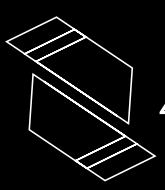
You can find a variety of free exercise programs online. The following tips can also help you succeed:



**Strength training** should make up the majority of two of your weekly workouts. It can build muscle, increase strength, improve bone health, increase energy, and boost your confidence. You don't have to belong to a gym to do strength training. Bodyweight exercises—like push-ups, planks, and squats—can be done practically anywhere.

***A note to the ladies:*** Weight training will not make you look less feminine. In fact, as you lose body fat, weight training can help create a more beautiful shape and contour to your body. It is very difficult to put on unusual levels of muscle mass, so don't worry about becoming bulky. Lift away and have fun! You are the sculptor of your own beautiful body! Gaining strength can be great for your self-confidence as well. Weight training is also incredibly helpful for your bone density and can be vital as you age.





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**Mix up your cardio activities.** Choose from running, cycling, swimming, hiking, dancing, or whatever you like. It doesn't matter what you choose, as long as you enjoy it and stick with it!



### **HIIT (high intensity interval training)**

workouts can improve your cardiovascular fitness and jumpstart calorie burning. Look online for examples of HIIT workouts!



# Rest

## Take it easy

Adequate rest is a necessary part of your body transformation journey. When you sleep, your body recovers, builds muscle, and educates your immune system. Get at least seven to eight hours of sleep per night on average to help your body recover. Try these products to assist with getting adequate sleep and total-body recovery:\*



**4Life Transfer Factor® SleepRite®** – Supports the immune system and helps you fall asleep more quickly and stay asleep\*



**4Life Transfer Factor Renuvo** – A laboratory-tested<sup>†</sup>, total-body muscle recovery supplement that helps your body and mind cope with everyday stress, supports mental alertness, and supports your immune system\*

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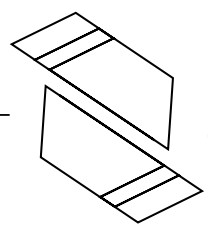
<sup>†</sup>In pre-clinical trials





- Did you:
- Familiarize yourself with the products in this pack?
  - Determine your transformation goal?
  - Set your protein, calorie, other nutrient, and hydration goals, and commit to getting adequate rest?





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# Step Four

Get ready to transform!

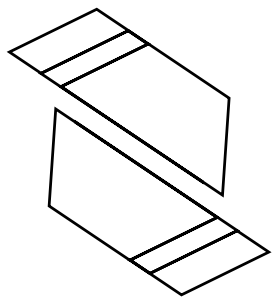


Combine the products in your pack with healthy eating, hydration, exercise, and adequate rest to optimize your results!\*

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# Get Burning PACK\*



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## Get Burning PACK\*

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# How to use these products:

**NutraStart Blue Vanilla:** Drink one serving of NutraStart Blue Vanilla and take one packet of RiteStart in the morning to get your day off to a great start! You can also drink one serving of NutraStart Blue Vanilla for an in-between meal snack. Add some milk and a piece of fruit to NutraStart for a great on-the-go breakfast!

**RiteStart Women or Men:** Take one packet in the morning with one serving of NutraStart Blue Vanilla in the morning to get your day off to a great start!

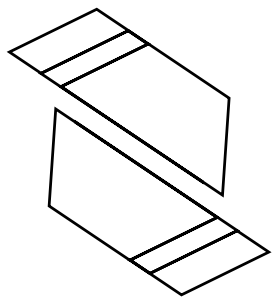
**4LifeTransform Burn:** Take 4LifeTransform Burn an hour before exercise five or more days a week. Exercise can be going to the gym, swimming in the pool, taking a Zumba® class, or just going on a powerwalk.

**Energy Go Stix Berry:** Take one packet when you need an extra boost, especially on days when you don't use 4LifeTransform Burn.\*

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## Lean and Fit PACK\*

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# How to use these products:

**Pro-TF Vanilla Cream:** Use any time of day, especially within one hour after an exercise session, to encourage lean muscle development, promote satiety, and help you hit your protein goals.\*

**PreZoom:** Use 30–45 minutes pre-workout to increase your mental alertness and performance. PreZoom will help you crush your workouts for optimal results and can also be used on days you need stamina for increased activity.\*

**Renuvo:** Use post-workout to support total-body muscle recovery and help with exercise-induced oxidative stress so you can give your workout your best tomorrow!\*

**4Life Transfer Factor Collagen (strawberry mango):** Use daily to support physical well-being and joint health. This product provides an inside-out approach to healthy skin, hair, and nails, and supports healthy cell aging.\*

**4LifeTransform Burn:** To support thermogenesis and fat metabolism, take 4LifeTransform Burn an hour before you exercise five or more days a week. Exercise can be going to the gym, swimming in the pool, attending a Zumba class, or even just taking a powerwalk.\*

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# Shred PACK\*

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**4LifeTransform Burn:** To support thermogenesis and fat metabolism, take 4LifeTransform Burn an hour before you exercise five or more days a week. Exercise can be going to the gym, hitting the pool, taking a run, or just going on a powerwalk.\*

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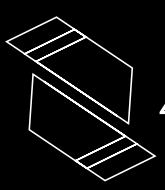
**You're  
on your  
way!**



# The 10 commandments of body transformation

- 1** I will nourish, hydrate, move, and rest my body daily.
- 2** I will be patient, work hard, and be kind to myself along my journey. Real, lasting body transformation isn't a sprint; it's a lifetime activity. I will give myself permission to fail and start again. Every day is a new opportunity to begin.
- 3** I will not deprive myself of the foods I love; instead, I'll set myself up with a plan that I can sustain for the long term because the good things in life are meant to be enjoyed. I will eat mindfully and moderately from a variety of proteins, carbohydrates, and fats.
- 4** I recognize that weight management is ultimately about energy balance. I understand the importance of monitoring what I consume and how and when I exercise.
- 5** I will create a better relationship with food and avoid punishing myself by restricting my "fun foods" too much. Further, I profess that there really are no good or bad foods, only foods that are more nutrient dense per calorie, and those that are more calorie dense with fewer nutrients. They are all fuel my body can use.





- 6** I will manage my calories and macronutrients like a financial budget. When I am out of calories or any macronutrients for the day, I will stop eating. If I overspend my budget, I will start again tomorrow.
- 7** I will avoid thinking of my journey as an all or nothing experience. I will move my body each day, even if I can't get in a dedicated exercise session. I will remember that even small activities can add up to real calories burned. Some movement is better than none.
- 8** I will resist the need for quick and radical change. I understand that healthy and lasting body transformation takes time, dedication, and consistency. I will not allow the scale number to be the sole measure of my perception of success. I will collect one other bit of information, like:
  - Body fat percentage
  - Body measurements
  - How I look in the mirror or feel in my clothes
  - Lean muscle data
  - Daily progress pics
  - How I feel (more energy, better sleep, better relationship with food, happier, etc.)
- 9** I BELIEVE my ideal body and fitness are determined by more than scale weight.
- 10** I will surround myself with a positive, loving, and encouraging support system who wants to see me win!<sup>1,2</sup>

1. National Academy of Sports Medicine. (n.d.). NASM Certified sports nutrition coach. <https://nasmu.nasm.org/course/view.php?id=10517>

2. Baker, P. & Norton, L. Ph.D (2022). Fat loss forever: How to lose fat and keep it off.

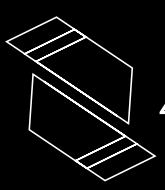


# Other pro tips:

- Try to eat unpackaged foods at home as much as possible and create meals from whole food sources so you can accurately track what is going into your food. When you eat out, it's hard to know what additional ingredients are going into your meal.
- If you're eating out, ask the eating establishment if they offer nutritional information on your meal. Many restaurants do, and this will at least get you an estimate for tracking your meal.
- The most accurate way to track your food is to weigh your ingredients. There are a vast array of inexpensive digital food scales that make weighing quick and easy!







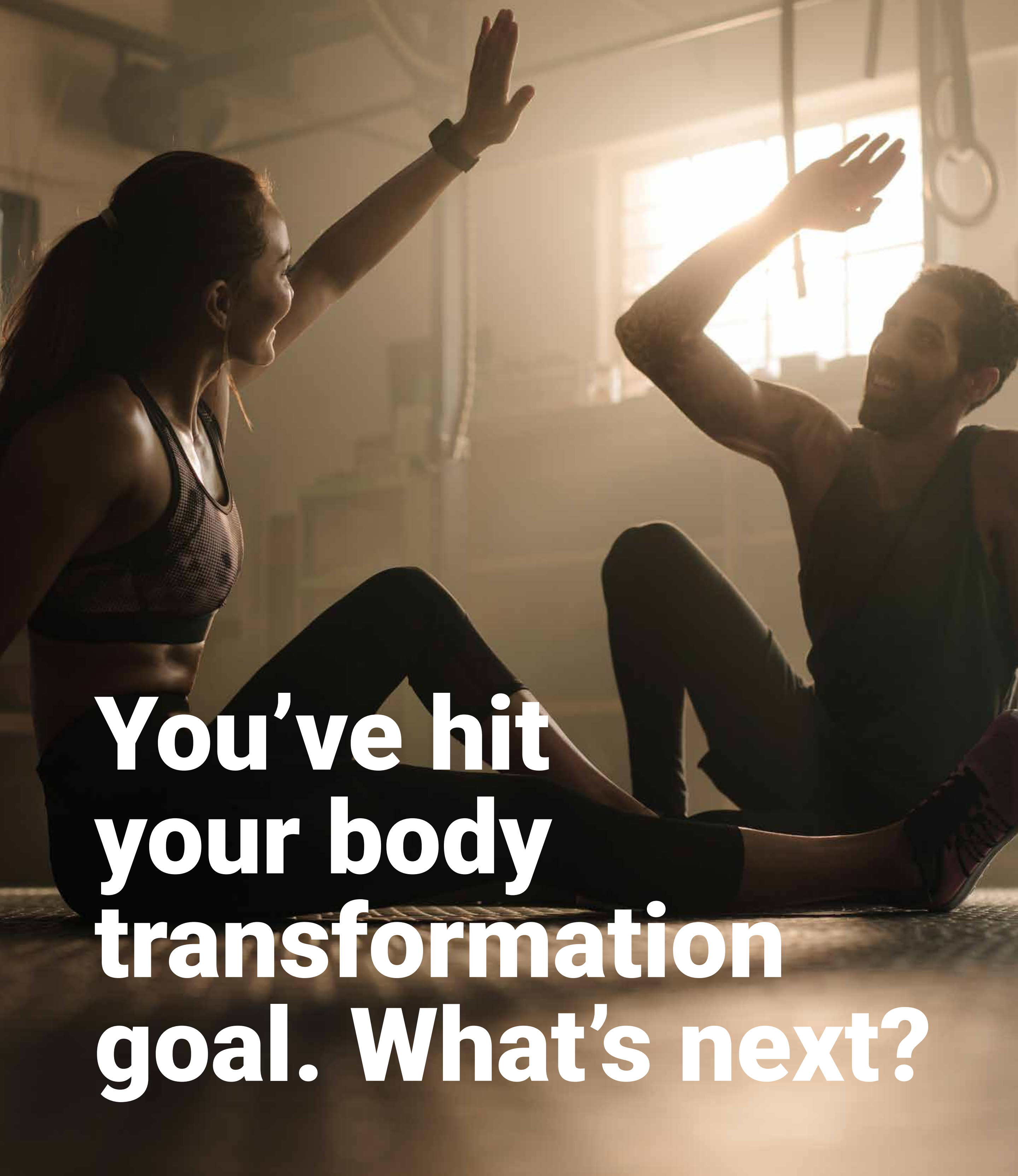
# Other pro tips:

- There are many easy fitness tracking apps to help you stay on track each day. Check them out!
- Weigh daily or at least three times per week to get a weekly average as a more accurate way to determine your progress.
- Remember that your body weight can fluctuate daily. If you're lifting weights in the gym, you may be gaining muscle, which is heavier than fat. You may be shifting your body composition, which is a good thing!
- Aim for about a 1% loss per week to improve your chances of successful, long-term weight loss.

**IMPORTANT NOTE:** If you lose too much weight too rapidly, you may place yourself at risk of metabolic adaptation, which is what happens when your body attempts to sustain life by lowering metabolism to preserve energy. This happens when the body senses that food sources are at risk. When metabolic adaptation occurs, you may find yourself at a plateau, thus needing to eat even less to lose less weight.

- There are a variety of cost-effective digital body weight scales with complementary apps that can help you not only track your scale weight, but your metabolic age, body fat, body water, muscle mass, bone density, and more. Try not to rely on your scale weight as the only metric of your success!

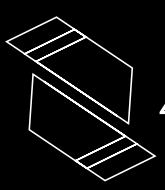




# You've hit your body transformation goal. What's next?

You may hit your weight or other body transformation goals and then not know what to do afterwards. Many people think they can just go back to eating what and how they were eating before they began their journey. Your body is different now. First, your body might be a smaller size, so there is less of your body to fuel. Thus, you will tend to burn fewer calories at your baseline, even before you start moving your body, so eating the same amount of calories as you did when you first started may set you up for fast weight regain.

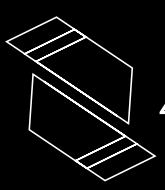




# Ease back into your eating:

- Ramp up your calories very slowly
- Continue to weigh yourself daily to get a weekly average. This is the best way to make slight adjustments.
- Continue to move your body, and, if possible, continue to weight train. Lean muscle is more thermogenic than fat and can help your metabolism run hotter.
- Continue to hit protein goals in alignment with your goal weight.
- With this approach, you may gain a bit of weight back, but you have a better chance of that weight being lean muscle instead of fat.
- Continue to make wise food choices, but also treat yourself from time to time to avoid that all or nothing mentality, which may lead to binge eating and then punishing yourself.





# Other great 4Life products to support your fitness journey.\*

## **Essential Fatty Acid Complex**

Contains essential fatty acids from fish and seeds to support heart health and strong cell membranes\*

## **Cal-Mag Complex**

Provides comprehensive nutritional support for bone metabolism and structural system health\*

## **Flex4Life®**

Supports healthy joint tissue, flexibility, and mobility\*

## **4LifeTransform® Protein Bar**

Features protein and 4Life Transfer Factor® Tri-Factor® Formula to support the immune system

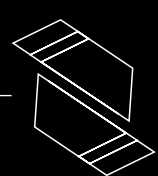
## **ShapeRite®**

Is the perfect “cheat day” buddy: supports fat and sugar metabolism and blocks excess carbohydrates and sugars\*

## **Glutamine Prime®**

Features glutamine, which fuels your immune system cells. Pair this with your favorite 4Life Transfer Factor® products.\*





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# Packs for Men and Women



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