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HAPPY
NEW
YEAR!

January
Product Special

4Life[®]

THE IMMUNE SYSTEM *Company*[®]

Happy New Year!

It's January, which means it's time for **New Year's Resolutions**. This month, we have some small, simple healthy living tips to support any health and wellness goal. After all, doing small things over time can lead to big results!

Avoid the "all or nothing" mentality

When goal setting, there is a temptation to give up if you aren't perfect, but that's not a very realistic way to reach your goals. Instead, look for ways you can take just one step toward your goal. If you can't make it to the gym today, just walk around the block. Instead of drastically changing the way you eat overnight, add one fruit or vegetable to your breakfast. If you want to drink more water, start by drinking at least one glass of water a day. Small steps will help you reach your goals.

Follow the N.E.A.T. principle

N.E.A.T. stands for non-exercise activity thermogenesis, which means mainly unconscious activities throughout the day that help burn calories. Do you spin your pen at work or swing your legs in your office chair? Is there a bathroom one floor away you could walk to instead of a closer bathroom? What if you parked your car a little bit farther away when you go to the grocery store? These are all such small things, but they add up over the day, and you'll see a difference as you incorporate them into your daily life.

Slow and intentional eating

Did you know it takes your stomach about 20 minutes to tell your brain that you're full? If you eat slowly, you have more time to recognize when you've had enough food. Also, if you eat in front of the TV or while working, try to avoid snacking out of the bag. Mindlessly reaching for more chips is a sure way to eat more than you planned. Put the amount of chips you want to eat on your plate and stick to that amount. Slowly and intentionally eat, and savor each bite!

*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.

Give yourself the right tools for the job!

We've got two great tools in our January Product Special to help you achieve your weight management goals! With the January Product Special, you get two bottles of 4LifeTransform Burn, which supports metabolism and can help adults of all ages achieve a lean, sleek, and healthy body. You also get one bottle of 4LifeTransform ShapeRite, which is the perfect cheat day buddy! ShapeRite blocks excess fats and carbs and supports fat and sugar metabolism.*

Your Sale Price: \$105

Retail Price: \$126

Wholesale Price: \$137

LP: 60 | Item #55629

[TAP HERE TO BUY](#)



Affiliates and Preferred Customers save \$32 off the regular wholesale price and \$21 off the retail price.

4Life Transfer Factor® IMMUNE BOOST

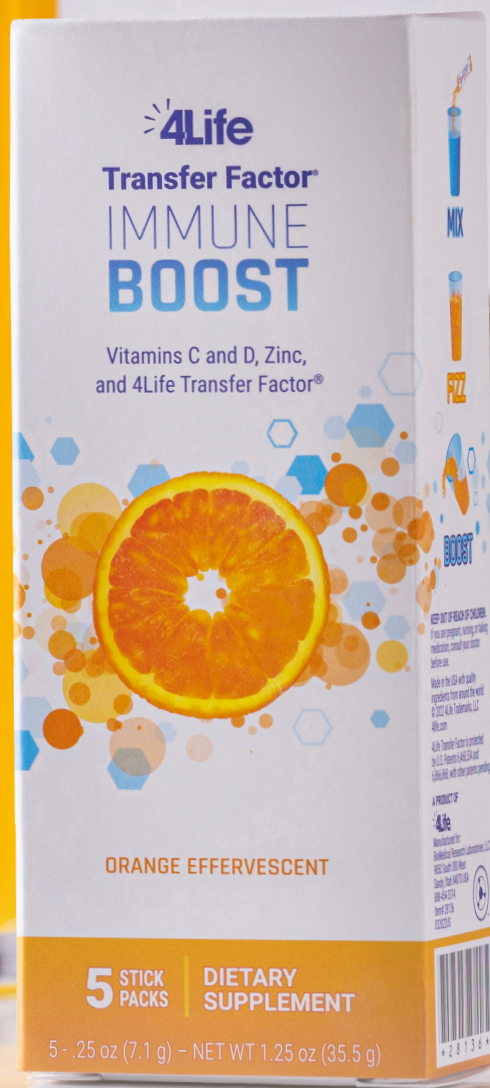
If you want to achieve your goals and be your best, you need to feel your best.*

Give your immune system a power-up with 4Life Transfer Factor Immune Boost.

It has more vitamin C than ten oranges (1,000 mg) and the most 4Life Transfer Factor® of any 4Life product (1,000 mg). The 4Life Transfer Factor in this product is clinically proven to activate the immune system in as little as two hours.*¹

Tap here to learn how 4Life Transfer Factor educates the immune system.*

**Mix this delicious powder with eight oz of water and enjoy.
Your body will thank you!***



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1. Clinical study on the rapid immune modulating effects of 600 mg of 4Life Transfer Factor Blend compared to placebo. G. Jensen, NIS Labs Report 058-006.