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Keep  
Your  
Kidneys  
Happy

March  
Product  
Special



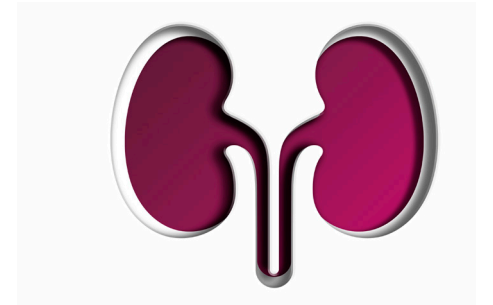
THE IMMUNE SYSTEM *Company*<sup>™</sup>





# KEEP YOUR KIDNEYS HAPPY

Did you know that March is National Kidney Month? This vital organ may not get much attention, but your kidneys are crucial for keeping your body healthy and happy. Your kidneys' most important job is to filter your blood.



#### Where are my kidneys?

Most people have two kidneys, although you can live a normal, healthy life with just one. Your kidneys are located on your back on either side of your spine, just underneath your ribcage. A kidney is bean-shaped and about the size of your fist (about 5 inches long).

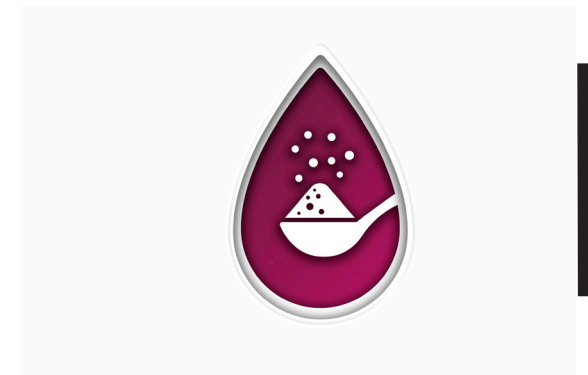
#### What do my kidneys do?

Your kidneys filter your blood and help remove waste, toxins, and extra water. Your kidneys also help regulate blood pressure, make hormones that produce red blood cells, and maintain strong bones.

#### How do I keep my kidneys healthy?

There are lots of ways to keep your kidneys happy and healthy, including: drinking lots of water, staying active, monitoring your blood pressure, not smoking, and watching the number of over-the-counter pills you take.

This month, we're also talking about glucose, which is closely related to your kidneys. Glucose is basically another word for "sugar."



#### Where do I get glucose?

Glucose comes mainly from carbohydrate-rich foods like bread, potatoes, and fruit. As your body digests these foods, glucose is released. Your body also stores excess glucose in your liver.

#### What does glucose do in my body?

Glucose provides energy for many of your body's cells. Most importantly, glucose helps your brain function properly.

#### How do I keep my glucose levels in check?

To keep your blood sugar in check, you should exercise; drink lots of water; manage your stress levels; get enough sleep; and eat foods with chromium, magnesium, and fiber.

We won't sugarcoat it! Your kidneys are very affected by your glucose levels, since your kidneys filter and reabsorb glucose your body doesn't need. Watching your glucose levels is important, because letting your blood sugar levels get too high could cause problems and extra work for your kidneys.

Keep reading on the back page to learn about 4Life products that support healthy glucose levels and kidney function.\*



## MARCH PRODUCT SPECIAL

This month is all about your kidneys!  
The March Product Special has two  
Targeted Transfer Factor products  
to keep your kidneys happy.\*

### **4Life Transfer Factor KBU:**

Supports the kidneys, bladder, and  
urinary tract\*

### **4Life Transfer Factor Glucoach:**

Supports healthy glucose balance and  
pancreatic function\*

Preferred Customers and Affiliates save \$21 off  
the wholesale price and \$48 off the retail price.  
You must be logged into your 4Life account to  
receive this deal.

Retail: \$128 Wholesale: \$101

**Your Sale Price: \$80**

LP: 60 | Item #55169

\*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.



## SOMETHING BIG IS **APP-ENING!**

We've combined the 4Life Connect app and the 4Life Business app!  
The new 4Life app is your home base for everything 4Life-related!

- Check reports and team progress (for Affiliates)
- Share your MyShop site
- Learn with 4Life Academy
- Download and share product PDFs, videos, and PowerPoints
- And much more!



Check it  
out today!

