

accent[®]

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GET ENOUGH ZZZ'S!

EVERYDAY STRESS SUPPORT

NERVOUS SYSTEM SUPPORT



THE IMMUNE SYSTEM *Company*[®]

Today's world is moving faster than ever before, and distractions are at an all-time high.

We want to help you find peace and invite more ZEN into your life by helping you get restful sleep, manage your stress in healthy ways, and give your physical body the attention it needs.

ZEN Get enough Zzz's!

Don't cut your sleep schedule short, no matter how long your to-do list is. After all, when you are well rested, you are more likely to be productive throughout the day.

Here are a few tips to support your sleep health:

- Be consistent with your bedtime routine
- Keep your bedroom quiet, dark, and at a comfortable temperature
- Avoid blue light from electronic devices, especially right before going to bed
- Avoid large meals and alcohol before bed
- Take 4Life Transfer Factor® SleepRite®, which is full of ingredients to support quality sleep and help you feel more rested*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

<https://www.cdc.gov/sleep/index.html>

ZEN Everyday stress support

When you manage your stress, you are better in control of your life, and it is easier to focus on the good things.

Here are a few stress management tips:

- Meditate or take a few minutes to find some quiet
- Take some deep breaths to get oxygen to your brain
- Focus on what you can control, not on what you can't control
- Take a quick walk around the block for a change of scenery and to feel the sun on your face
- Take 4Life Transfer Factor® Reflexion® to promote relaxation, a positive mood, and your ability to cope with the daily stresses of life*



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ZEN Nervous system support

Your nervous system is like your body's "command center" and it is responsible for your senses, thoughts, feelings, stress response, and digestion.

Here are some ways to support your nervous system:

- Get enough protein, vitamins, and minerals in your diet—this helps your neurons work the way they should
- Get enough sleep
- Avoid smoking and excessive alcohol
- Write something by hand or play games to keep your brain active
- Take Stress Formula™, which features valerian root to support the nervous system*



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Get these three ZEN-promoting products in the April Product Special!*

Your Sale Price: \$80

TAP HERE TO BUY

Regular Wholesale Price: \$98

LP: 55 | Item #55674

Affiliates and Preferred Customers save \$18 off the regular wholesale price.



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ARE YOU READY TO TRANSFORM?*

Looking to start your fitness journey on the right foot?
Try our NEW 4LifeTransform® Get Burning Packs for Women or Men!*

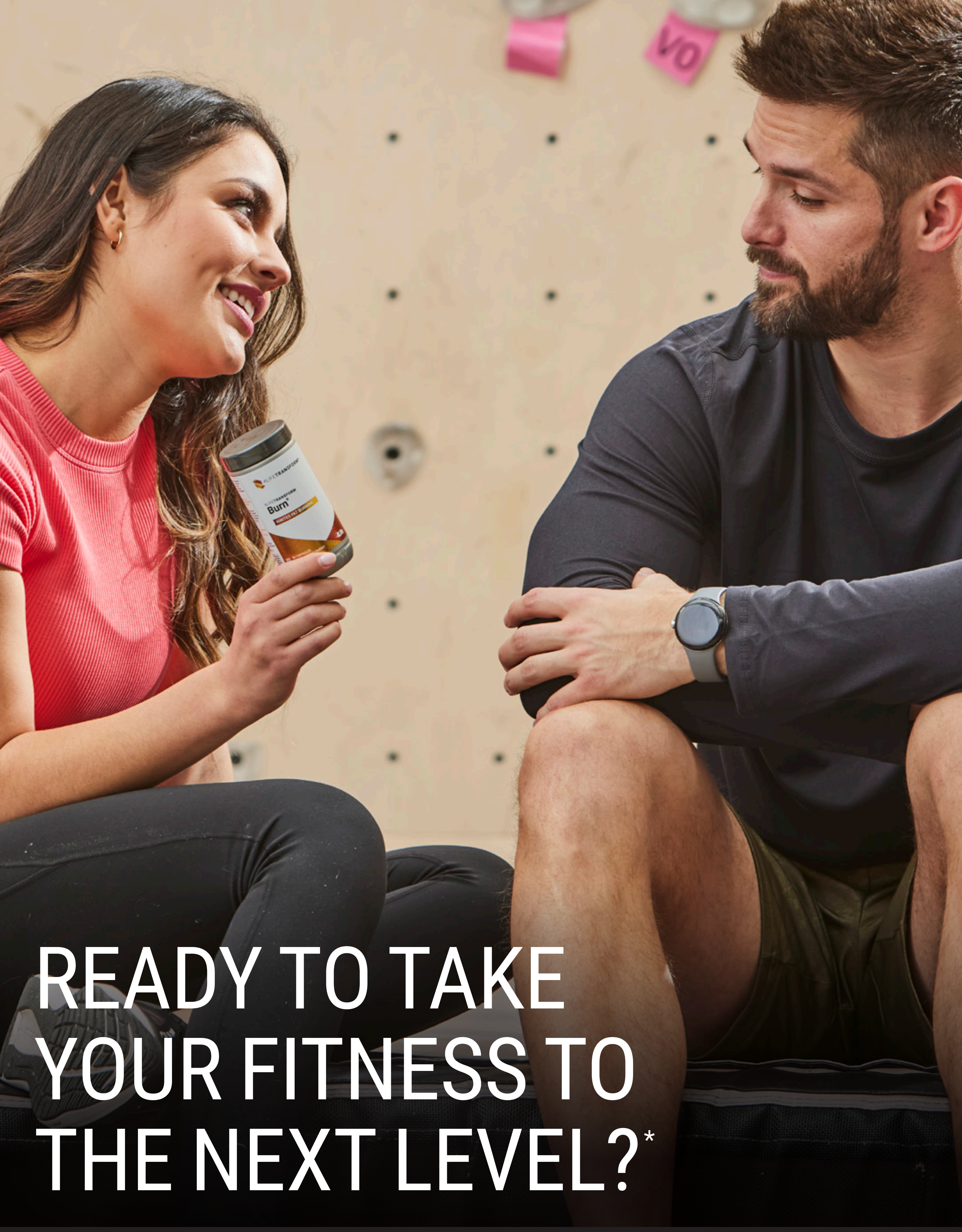


LEARN MORE HERE

WOMEN

MEN

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READY TO TAKE YOUR FITNESS TO THE NEXT LEVEL?*





Try the NEW 4LifeTransform® Lean and Fit* Pack for Women or the NEW 4LifeTransform® Shred* Pack for Men!



Also available
in Chocolate!

Lean and Fit* Pack
for Women

LEARN MORE HERE



Also available
in Chocolate!

Shred* Pack
for Men

LEARN MORE HERE

*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 in conjunction with a healthy diet and exercise.