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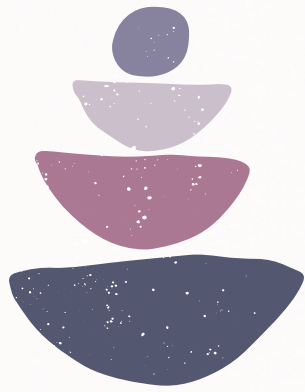
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4 Ingredients
to Promote
Relaxation

April
Product
Special

4Life[®]

THE IMMUNE SYSTEM *Company*[™]



4 Ingredients to Promote Relaxation



You may not always be able to choose the stress that comes your way, but you can choose how you deal with it. One of the most common strategies for relaxation is focusing on what you CAN control, such as what you put in your body. April is the fourth month of the year, so here at 4Life, we're highlighting four ingredients to support relaxation and a healthy response to stress.*



Wild Green Oat (*Avena sativa*) looks like green wheat, and it is harvested when the seed heads are still green and hard. Wild green oats have flavonoids—compounds that help your body function effectively—and triterpene saponins, which can support a healthy response to stress. Wild green oat extract also promotes a positive mood and helps increase your cognitive focus.*

L-theanine is an amino acid, or a molecule that helps form proteins in your body. This ingredient promotes relaxation. L-theanine also supports a healthy physiological response to occasional stress. When you feel stressed, your heart rate and your blood pressure levels tend to increase. L-theanine supports a steadier heartbeat and blood pressure level when this happens.*



Valerian Root is an herb found in Europe and parts of Asia. Valerian root supports the calming region of your brain. Valerian root works together with a neurotransmitter called Gamma-aminobutyric acid (GABA). GABA helps suppress your central nervous system, which can support a relaxed and calm mind and body.*

Peppermint isn't just a flavor you find in your toothpaste, it also has great health benefits. This ingredient can help soothe digestive discomfort that stems from stress. Have you ever developed a stomachache or lost your appetite when you were really stressed? When things get stressful, one of the first and hardest hit areas is often the stomach. Peppermint can soothe stomach discomfort associated with stress, help maintain a healthy circulatory system, and support balanced autonomic functions.*



Check out the back page for two stress management products with these ingredients.*



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

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APRIL PRODUCT SPECIAL

We've got two great products to support healthy stress management, improve cognitive focus, and promote a positive mood.*

(2) 4Life Transfer Factor Reflexion

Promotes the ability to cope with stress while supporting brain, circulatory, and immune system function* (contains wild green oat extract and L-theanine)

(1) Stress Formula

Supports a balanced nervous system, promotes stress relief and feelings of calm, and supports healthy sleep patterns* (contains valerian root and peppermint)

Preferred Customers and Affiliates save \$22 off the wholesale price and \$52 off the retail price. You must be logged into your 4Life account to receive this deal.

Keep calm and buy the April Product Special.

Your Sale Price: \$85

Retail: \$137 Wholesale: \$107

LP: 60 | Item #55255

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