



VISION












SUMMIT™

4LIFE® PHILIPPINES MAGAZINE • VOLUME ONE • 2024

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A Message From the President and CEO

Thank you for attending 4Life Convention 2024: Vision.

Does your vision feel clearer than ever? Have you carved out your goals for the remainder of 2024 and beyond? Are you ready to collaborate with your team to make magic happen?

We hope the answer is “yes,” to all these questions. Convention is about stoking a newfound fire in ourselves and our businesses—about taking our visions and making them a reality.

As we learned at convention, Vision is not just about having a dream and then seeing it through. It’s much bigger than that! Vision is the ongoing process of self-improvement. It’s about reaching a goal, and then setting a new one. Our most dedicated and successful leaders never stop pushing or looking for ways to reach new heights. This is what makes a vision special . . . it’s a never-ending opportunity for personal growth.

How do we get where we want to be? By doing just a little better today than yesterday. Every sunrise is the start of something new. So, what will you get out and do today? Will you focus on Fast Start? Will you enroll three or more new people this month? Will you learn about our newest product, 4Life Transfer Factor Breathe? Maybe you’ll do all the above.

Regardless, a vision without a plan is just a wish: so, set your sights on something, carve out the steps, and then get going. We can’t wait to see what you accomplish.

Sincerely,

A handwritten signature in black ink, appearing to read 'Danny Lee', written over a horizontal line.

Danny Lee

A Message From our General Manager

Our recent convention was indeed a celebration—both of our individual visions and our collective vision to take Transfer Factor to the world!

We all have a vision for our future, and because of this, we all strive to be more, do more, and experience more. We should let this drive be the fuel that propels us toward our passion—toward our own vision. How do we make our visions become realities?

By having a plan that we put into action, by staying dedicated and focused. We also need to surround ourselves with people who have a shared vision.

At 4Life Corporate, we are one with our Affiliates' vision to Do Life Differently, and we support this vision by giving you great programs and tools that will take your 4Life business to the next level, such as expanding Rapid Rewards for enrollment to three months. This provides an incentive for enrollers, those actively building the business, to not only enroll Affiliates, but to follow through with orders in months two and three. This also perfectly aligns with David Lisonbee's Vision of taking Transfer Factor to 3 million new homes by 2030.

This is also in step with the Loyalty Program. I believe this is the most generous program out there. And not only at 4Life, but in the industry. 150 LP aligns with the Builder Bonus, Me and My 3, and Loyalty at 150 LP.

Finally, we have the Fast Start Program. 4Life has paid out almost 9.5 million US dollars in additional bonuses worldwide with Fast Start since it was launched in October 2023. This is on top of the more than 2.6 billion US dollars in commissions paid to 4Life Affiliates around the world since 1998.

In the Philippines, 14% of all enrollments this year are already through the Fast Start program, and with that comes exciting news! I would like to congratulate the 4Life Philippines team for being the top three out of over 90 countries for the David Lisonbee Fast Start Challenge. What this has proven is that we have the ability to come together as one team—to work towards a common goal. I am so proud of our leaders and Affiliates. We have truly showcased to the 4Life world our Bayanihan culture. Together, we truly can achieve more. Together, we are extraordinary.

Let's us keep in mind that we have the ability to be great! We only need to have faith that something grand is in our future, should we choose to believe, develop a plan, and stay the course.

We are truly excited and empowered that we have once again proven that we as a team can pull together to achieve a goal no matter how difficult or impossible it may seem.

Warm Wishes,



Eileen Tan-Dario



Platinum *Elite*



Miguel Bermúdez Marín
Puerto Rico



Dr. Herminio Nevárez
Puerto Rico



Juan & Damaris Rosado
Florida, USA



Jeff & Michelle Altgilbers
Tennessee, USA

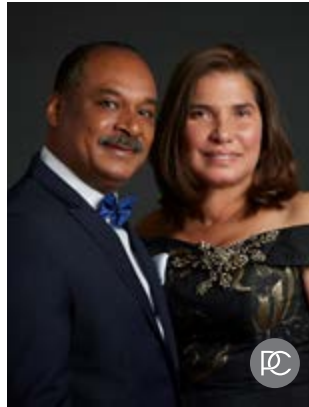


Yadira Olivo
Puerto Rico

Platinum



Liya Alekseeva
Russia



Esdras & Rosa Cabrera
Dominican Republic



Iván Rodríguez
Texas, USA



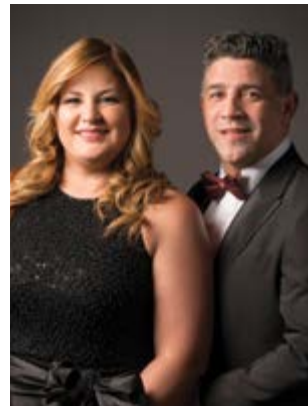
**Dr. Jase &
Dr. Jinsun Khyeam**
Massachusetts, USA



Dave & Gabriela Daughtrey
California, USA



**Dr. Eduard Hutabarat &
Katharina Sihombing**
Indonesia



**Ángel Molina &
Ivelisse López**
Puerto Rico



Ileana & Hugo Johnson
California, USA



Àngels Muñoz Estape
Spain



**Esthela Carpio Rodas
& Galo Celi**
Ecuador



**Bak Mi Ae &
Eom Kwang Bok**
Korea



Grace Chun
Korea



Lilly Sánchez
Florida, USA



Sadik Din & Hasnimah
Singapore



Sheri Din
Singapore



Barbara Meurer
Florida, USA

Gold Elite

Olenia Sullivan
Tennessee, USA



Gold

"Remember that every rejection is a lesson in disguise, bringing you one step closer to success. Embrace each challenge, learn from it, and know that perseverance will lead you to your ultimate goal."

Manny Koh
Mandaluyong City



"When you take the first step and become decisive, success is sure to come."

Mikhail Jan Jan Koh
Mandaluyong City



Gold

"Take bold, uncomfortable actions towards fulfilling your dreams.

Take courage to do something new, something bigger.

You must've had hesitated too much, too long, so just jump in!"

Dr. Catherine Mendoza
Pasig City



"Work hard in silence, let your success be your noise."

Cynthia & Jun Orellana
Taguig City



New Silver



Billy Quibod
Davao City

I humbly see myself as an instrument of God with a specific mission to help and serve others. I believe God gave me both a business mind along with a heart that seek to help others. While engaging in business, it is my ultimate goal to earn not just for myself and my family, but to serve and help a lot of people, especially those working with me. I engaged in multiple business endeavors, which included joining various food supplement companies, but I never experienced the joy and fulfillment 4Life gave me.

4Life is a great business opportunity that bestows substantial financial returns. 4Life also provides amazing incentives like travel abroad, massive giveaways, and free products. Furthermore, the benefits 4Life products offer are truly a gift from God. I personally benefitted from 4Life products, and I look and feel younger. In fact, with the help of 4Life products, I feel better than ever before.*

I will never stop endorsing 4Life, and I hope that by doing so, I will be able to serve and help others toward a better life.

*Less than 1% of Affiliates qualify for incentive trips.
Silver advancements are for the volume months of June 2023–May 2024.

New Silver



Jocelyn & Arnold Alberto Rizal

I am an accountant by profession and my wife Jocelyn has a mass communication degree.

We entered a lot of businesses before we joined 4Life. The stress of running traditional businesses took a toll on my health, so we started looking for an opportunity that would provide us the time, financial freedom, and health benefits that our family needed.

After years of searching, we finally found 4Life and straightaway learned about the 4Life business. After discovering and experiencing the beauty and efficiency of the products and the business plan, we made it our passion to help others Do Life Differently. We travelled from one place to another to share the wonderful 4Life opportunity and help others achieve and live their dreams. We have been with 4Life for eleven years, and have experienced the life we once only dreamed of.

We are now reaping the fruits of all our hard work—living in a 3-story house, sending our children to international schools, qualifying for 4Life incentive trips, spending quality time with loved ones, travelling together as a family, and enjoying healthier and more rewarding lives.

We were recently included into the DSAP Hall of Fame as Entrepreneur of the Year. And with our advancement to Silver, we qualified for a cruise in July 2024.

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Silver advancements are for the volume months of June 2023–May 2024.



Maria Carla Antonette Urgino Mandaluyong City

I achieved the rank of International Diamond in 2014, just four months after joining 4Life, and became 4Life Philippines' youngest Affiliate to ever reach that rank. This year, I was able to repeat the same feat by becoming 4Life Philippines' youngest Silver Affiliate.

Prior to 4Life, I managed my own restaurant, but stiff competition prompted me to close it down. My parents, Carlos and Mapette, who at that time were starting to build their 4Life organization, encouraged me to take part in the business.

I was in my 20s, and found it challenging to explain the products and the business to older people. A breakthrough came from a "cold call" with a stranger who agreed to meet with me to discuss the 4Life opportunity. From then on, my business has grown steadily.

I am a staunch advocate of using digital platforms, product presentations, and business training to find new customers. Hence, it was a breeze for me and my team to move online when the pandemic hit. During this time, I became one of 4Life Philippines' top Affiliates. I also qualified for various trip incentives to Malaysia, South Korea, and the U.S. I qualified for several Great Escape trips, the most recent of which was the Da Nang, Vietnam trip. And from advancing to Silver, I also qualified for the China-Japan Spectrum of the Seas Cruise in July 2024.

*Less than 1% of Affiliates qualify for incentive trips.
Silver advancements are for the volume months of June 2023–May 2024.

Silver



Frank & Emeline Uy Tesy
Pasig City



Bronze *Elite*



Dionisia Cleofe-Ibarra
Antipolo City



Jun & Odette Vibal
Quezon City



Carlos & Mapette Urgino
Pasig City



Gari Gabrinao
Mandaluyong City



Amor Pantinople
Iloilo City

New Bronze



Efie Medialdea
Parañaque City

When I first heard about 4Life, I wasn't interested in the products or the business.

I have always been on the other side of the table since my background was in materials management. I was a Procurement Manager for 20 years and spent another 10 years in Demand Planning and Logistics for four different multinational pharmaceutical companies. For all those years, I thought dietary supplements were the last resort for any health concern. That changed when I was introduced to 4Life products.

I became curious about 4Life Transfer Factor ReCall and 4Life Transfer Factor products, so I encouraged my 92-year-old mother, a retired principal, to try 4Life Transfer Factor ReCall . I also recommended she take 4Life Transfer Factor products for immune support. My mother loves these products, and I firmly believe they have made her life better. I began sharing my stories with friends and family, unaware that I was already conducting business.

Sharing the products has offered numerous health benefits for those who have used them. These products really work! My team has grown, and they have shown a lot of potential, driven by their families' improved health and quality of life.

It has now become my mission to share 4Life and give HOPE!

I believe this is just the beginning of Doing Life Differently! I am looking forward to the life changes and exciting adventures I will experience with 4Life.

I praise God for introducing me to the 4Life family, which has now become my second family! To God be the glory!



Baby Ling Crispo
Bacolod City

I'm Baby Ling Crispo, a "mompreneur" who used to spend time away from my family for work.

There have been times when life threw challenges and tests my way, but I didn't give up. Some say, "In all trials and challenges, there are triumphs in the end." I believe this to be true. Through 4Life, I have triumphed.

A friend introduced me to 4Life and I was encouraged. I knew that that there was something waiting for me . . . a big opportunity, so I went for it. At first, I faced some difficulties, but I kept going, and you can see the results!

I've been with 4Life for two years now, and have travelled to the US, not to work, but to relax.

I am so happy that 4Life is now part of my story.

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Silver advancements are for the volume months of June 2023–May 2024.



Natalia & Pio Galasanay
Misamis Oriental

Prior to joining 4Life, I was employed in a multinational company for 14 years. After my retirement, I focused on my wedding and party gowns business. During this time, my husband Pio faced health challenges that prompted us to seek supplements that could address his concerns.

In June 2022, I read a Facebook post from an acquaintance about “working with an American company.” Intrigued, I sought more information from her, who later on became my upline. I also researched studies about Transfer Factor and tried the products.

Convinced by the efficacy of 4Life products, I looked further into the business opportunity and started building my organization. I qualified for a local incentive trip to Boracay which further motivated me. In less than 2 years, I rose to the rank of Bronze Affiliate and have qualified for the US convention contest and Great Escape trip.

In addition, my son Aries Jay Galasanay is a Presidential Elite, while my sister, Welfreda Herbolingo, is a Bronze Elite in the US.



Eduardo Soriano
Baguio City

I have no health issues. I am fit and strong at 76. It was a blessing that I decided to become part of the 4Life Family over eight years ago and have been taking a good number of the products daily ever since. I love Transfer Factor so much that without any doubt, I will take it continuously, for life.

I love 4Life and how its innovation and programs support people like me who are not tech-savvy. We thrive, despite the constant changing technology.

Our platform helps us if we want to grow. The more people we help, the higher we go in 4Life. And leadership is not optional in our business. You have to be a good leader by first becoming a good follower.

I am so grateful to my team and to all the other people around me, including our corporate team, from whom I draw my strength, hope and inspiration. I would gladly take the opportunity to reciprocate.

The road to growth in our business, as in any other ventures, is not smooth. It is rough—littered with potholes and barriers meant to stop or slow us down. Some drop out along the way, some stay and move forward. The latter definitely will arrive at their perceived destinations.

*Less than 1% of Affiliates qualify for incentive trips.
Silver advancements are for the volume months of June 2023–May 2024.

Bronze



Geraldine Alumno
Biñan City



Ronilda Amurao
Cavite



Moises & Amelia Abuan
Quezon City



TGM Prime Estate
Leasing Dev't Corp.
Rizal



Mae Benita Nicolas &
Henry Quiazon
Cavite



Cristina & David Wang
Mandaluyong City



Rio & Christine Torres
Quezon City



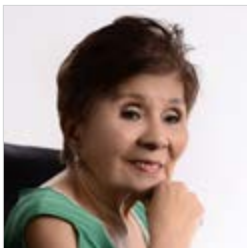
Alfredo Cotejo
Panabo City



Ernesto Sosmeña
Tacloban City



Danilo & Priscila Cura
Tarlac City



Rebecca Encinas
Makati City



Stella Suzette Escobal
Cebu City



Rosita Chua
Davao City



Albert Amurao
Cavite



Rowena Marie Amurao
Cavite



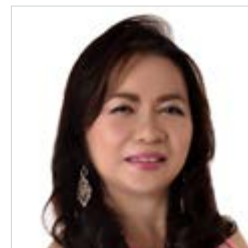
Darlene Ysabel Torres
Pasig City



Jean Pelias &
Victor Alviar
Baguio City



Joel Pepito &
Floridel Acojedo
Mandaluyong City



Rebecca Balaong
Las Piñas City



Nellie Vergara
Quezon City



Isidra Merced
Tarlac City



Ma. May Theresa Caldo
Bacolod



Cecilio Merced Jr.
Tarlac City



Evangeline &
Gemalyn Cabanos
Naga City



Fredy & Annabel Pel
Naga City



Anilou Aldecoa
Camarines Sur



Frederick Quibod
Davao City



Emeline Uy Tesy
Pasig City



Ramon Angelo
Mendoza
Pasig City



Yujin & Faith Baydal
Laguna



Marinel Villanueva
General Santos City



Ederlina Acedo
General Santos City



John Michael Orellana
Taguig City



Grace Cabaña
South Cotabato



Ennaliza Ong
Muntinlupa



Rommel Caneda
Tagbilaran



Vilma Quibod
Davao City



Nycolei Ann Marquez
Nueva Ecija

New Presidential *Elite*



Annabel Ypil
Misamis Oriental



Carlito Inguito
Cebu



Genevieve Quibod
Davao City



Geraldine Quibod
Davao City



Raquel Agbalog
Caloocan City



**Aries Jay &
Artyourel Galasanay**
Misamis Oriental



Dennisa Talao
Nueva Ecija



Hyacinth Dacanay
Quezon City



Rosario Estologa
Cainta



Wilvida Decenon
Laguna



Edna Bacarro
Cebu



**Gad &
Allison Reinne Salen**
Cavite

Presidential Elite advancements are for the volume months of June 2023–May 2024.



Armilyn Castillon
Sultan Kudarat



**Guillerma &
Alfredo Licudine Jr.**
Baguio City



**Mary Rose &
Perfecto Agustin**
Baguio City



Grail Abad
Benguet

Presidential *Elite*



Litecia De Guzman
Baguio City



Maritess Salen
Cavite

Presidential Elite advancements are for the volume months of June 2023–May 2024.

New Presidential



Mary An Cuevas
Iloilo



Sandro Habana
Iloilo



Doreen &
Donovan Jabines
Cebu



Maria Aurora Bartido
Cebu



Candelaria Dequito
Cebu



Danilo Asio
Tarlac



Elvira Urban
Baguio City



Eric Sabado Castaneda
Parañaque City



Helen &
Caesar Dacanay
Quezon City



Lyza Marie Quiambao
Laguna



Richard Ace Ibarra
Antipolo



Zenaida Portuguez
Pasig City

Presidential advancements are for the volume months of June 2023–May 2024.



Aggri John Sabanpan
Davao Oriental



Monette Wilday
Cebu



Romelyn Barrion
Dasmariñas City



Aaron Paul Saturno
Nueva Ecija



Mary Jo Ann Fauni
Dasmariñas City



**Angelita &
Ireneo Licayan**
Mandaluyong City



Henry Benjamin Cuyuca
Bayugan City



Iris Ragmac
Misamis Oriental



Noel Galleron
Bayugan City



Daisy Bartolaba
General Santos City



Dyanne Joyce Licudine
Baguio City



Febe Gagatam
General Santos City

Presidential advancements are for the volume months of June 2023–May 2024.

New Presidential



Jennifer Cabalunan
Benguet



Rosemarie Gorieza
Sultan Kudarat



Presidential advancements are for the volume months of June 2023–May 2024.

Presidential

Dr. Maciste Young | Quezon City
Dr. Samuel Pahm | Cotabato City
Randy Tamayo | Sharif Kabunsuan Province
Isidoro, Jr. & Elizabeth Engracia | Cebu City
Rogelio Bernas | Parañaque City
Felicitas Awa | Manila
Dr. Rhodora Jayme | Cebu
Gloria Esquivel | Davao City
Emma Timario | Benguet
Josephine Mislav | Benguet
May Kalalang | Laguna
Cherry Amor Valenzuela | Canlubang
Normita Galeng | Benguet
Hazel Gatchalian | Davao City
Ramil Nacional | Makati
Dr. Rosalind & Renato Quinto | Malabon City
Rosalinda Ramirez | Cavite City
Clemencia Maravillosa | Parañaque City
Sheila Uy | Tagbilaran
Consolacion Rubio | Bulacan
Luzviminda Bernardino | Rizal
Nelida Abella | Rizal
Dr. Maria Luisa Ordoño | La Union
Virginia Sy Tan | Quezon City
Victor Chua | Quezon City
Farida Barandino | Zamboanga City
Dr. Renan Dungog | Cebu
Alicia Ong | Quezon City
Expedita Bernal | Tacloban City
Felicidad Mata | Rizal
Leah Verano | Bacolod City
Francisco Jotojot | Bohol

Maria Cecelia Mejares | Tagbilaran
Rexone & Marife Calucin | Rizal
Sheila Paredes | Tagbilaran
Zaldy & Maria Anunciacion Vivar | Cebu City
Rosalina & Marciano Inso | Baguio City
Rolando & Alnora Almanzor | Marikina
Erwin Depillo | Taguig City
Geraldine Gabrinao | Cavite
Norman & Ana Liza Gabrinao | Las Pinas City
Renato & Marife Pesino | Naga, Camarines Sur
Immaculada & Mary Grace Belza | Antipolo
Marlyn Dela Paz | Cainta, Rizal
Ines Asia Ramos | Quezon City
Milagros & Mae Anne Lavandero | Camarines Sur
Catherine & Michael Aguilar | Parañaque City
Janet Rivera | Zamboanga City
Marcial & Jessica Abalos | Taguig City
Vicente Comahig | Panabo City
Rosemarie Yumang | Antipolo City
Dr. Fabian & Dinah Estrada | Bataan
Bienvenido Gamboa | Tagum City
Rolando Madrid | Nueva Ecija
Rhoda Bulatao | Baguio City
Rommel Jong | Bacolod City
Marc Rhen Paul Villanueva | General Santos City
Raquel Asegurado | North Cotabato
Cyril Paga | Camarines Sur
Elenita Muyco | Manila
James & Joan Sy | Parañaque City
Jasmine Amadea Milo | Baguio City
John & Felicitas Castillo | Laguna
Leonardo Morales | Parañaque

Presidential

Noemi Himbing | Parañaque City
William Sy | Parañaque
Marites Malanes | Baguio City
Susan & Ronnie Inso | Baguio City
Myrna Badiola | Quezon City
Christine & Apple Tercero | Quezon City
Frederick & Remmalyn Inso | Baguio City
Teodorico Monte | Laguna
Dinah Cardines | Quezon City
Carol Ann Esmas | Luisiana, Laguna
Eduardo Cantos | Cainta
Donna Lang Ayan & Jamaica Faith Ramon
| Baguio City
Aileen Vecino | Bacolod City
Eden Almodiel | Quezon City
Emily & Artemio Roque | Bulacan
Franco Alvior | Bacolod City
Mary Chris Valderrama | Bacolod City
Rey Joy & Marissa Bajo | Camarines Sur
Solomon & Lea Sabado | Antipolo City
Florence Tong | Benguet
Marilyn & Achilles Fernando Berina | Quezon City
Jireh Mae & Febe Abagon | Zambales
Atty. Cecilio Merced III | Tarlac City
Noel Doronila | Batangas
Violeta Luna | Bulacan
Ma. Nima & Manuel Maida Jr. | Bacolod City
Paul Johanne Aldecoa | Camarines Sur
Salvador Aldecoa | Camarines Sur
Fr. William Santiago | Camarines Sur
Julmario & Jane Cabrera | Santa Rosa City
Nelson Gepte | Biñan

Nolasco Macalinao & Remedios Ramos | Calamba
Susan Comahig | Davao Del Norte
Dr. Luz Quizon | Pateros
Christina Fernandez | Mandaluyong City
Christophe Leslie Bulala Jr. | Mandaluyong City
Consuelo Briones Caguicla | Batangas
Daisy Gamusaran & Maricris Moyani | Bacolod
Henry Jayme | Davao City
Julieta & Ricardo Roberto | Bulacan
Mary Grace Demonteverde | General Santos City
Raymond Ralph Mendoza | Pasig City
Cynthia Roque | Bukidnon
Danilo Saligumba | Laguna
Leslie Dalman | Valencia City
Cecilia Fe & Reynaldo Bayot Jr. | Bacolod City
Kevin Kyle Koh | Manila
Marie Valerie & Marilou Macatangay | Las Piñas
Mary Anne Judal | Cebu City
Rosela Lanzaderas | Davao City
Michaela & Jericho Ison | Santa Rosa City
Napoleon & Sevilla Sumague | Batangas
Jeanette Lourdes & Renato Del Rosario
| Santa Rosa City
Abdiel Gatchalian | Davao City
Ernieta Ocampo | General Santos City
Richard Demonteverde | General Santos City
Luzviminda Pascua | Naga City
Teresita & Lawrence Sagucio | Benguet
Mapette Urgino | Pasig City
Christopher Guadiz | Pangasinan
Ma. Filomena Pacunana | Bulacan
Diane & Mark Raymund Sabong | Catarman

Eunice Guthrie & Arjay Cefe Mislal Tibangay
| Mountain Province
Jennifer Ferido & Gregor San Juan | Laguna
Lourdes Alviar | Baguio City
Razel Simeon | Cavite City
Elisa Calma | Bulacan
Jasmine & Julius Manipon | Cotabato City
Celestina Osorno | Maguindanao
Francis & Reysan Lizzie Manongdo | Pampanga
Zimaco & Susan Otarra | Pasig
Arnold Alberto | Rizal
Dr. Annie Joy & Felixberto Anggana | Cotabato
Delia & Alberto Mirasol | Cotabato City
Gerry Cabana | South Cotabato
Tessie Unabia & John Bernard Lim | Cotabato City
Zennylou Valdez | North Cotabato
Emma Bermillo | Albay
Helga Rizza Visaya | Muntinlupa
Dr. Catherine Vilanueva | Quezon City
Macquiline Adana | Valenzuela City
Dr. Analiza Huerta | Cavite
Monica Agustin | Laguna
Danny Pantinople | Iloilo City
Lilibeth Canas | Cebu
Neilyne Tambungi | Caloocan
Regina Ortiz | Cotabato City
Rochellen Quibod | Davao City
Stephen Daniel Pantinople | Iloilo City
Ethel Cabrera | Quezon City
Evelyn Tabaniag | San Juan City
Mercelita Violago | Bulacan
Lilibeth Javier | Cavite

Jocel Dimacutac | Misamis Oriental
Daisy Cawaling | Romblon
Dr. Christopher Ian Cabalza | Cagayan
Dr. Aldrin Siwao | Kalinga
Maricar Francisco Saturno | Nueva Ecija

New Diamond *Elite*

JUNE 2023

Althea Faelangca | Iloilo
Annalyn Manalili | Iloilo
Annie Ducao | Iloilo
Cherry Bahian | Misamis Oriental
Estrella Maghari | Iloilo
Jennifer Andrada | Iloilo
Jenno Gumonod | Misamis Oriental
Jerann Ganelo | Iloilo
Joseph Abucayon | Iloilo
Juliet Demaisip | Iloilo
Juliet Larano | Iloilo
Maria Luisa Pel | Cavite
Richell Caballero | Cebu
Rogelio Morden | Cebu

JULY 2023

Dominique Candoy | Quezon City
Potenciana Quesada | Davao Del Norte
Reynalyn Manalili | Pampanga

AUGUST 2023

Albert Madrid | Nueva Ecija

SEPTEMBER 2023

Lorna & Diosdado Apolinario | Cavite

OCTOBER 2023

Annabelle Garcia | Manila City
Ariel Buya | Mandaluyong City
Bernadita Mortillero Ang | Davao Del Norte
Dana Paulyne Decenon | Laguna
Elsa Talao | Nueva Ecija
Hasmin & John Mark Sandoval | Makati City
Janette Montaño | Manila City
Joanna & Edgar Morales | Maguindanao
Maria Elena Valdez | Marikina City
Nice Oco & Almer Sevilla | Misamis Oriental

Soraida Magarang | Sultan Kudarat
Susan Segura | Bulacan

NOVEMBER 2023

Edrian Samson | Cebu
Kaye Katrina Lianne Samson | Las Piñas City
Kevin Samonte | Parañaque City
Sara Marie Exala | Davao del Norte

JANUARY 2024

Ericson Manalili | Pampanga
Frederick Balino | Nueva Ecija
Jess Joseph Argarin & Nina Cathrina Natavio |
Taguig
Loreto Salen | Cavite

FEBRUARY 2024

Remedios Manayon | Mandaluyong City

MARCH 2024

Johan Lopez | Benguet
Miraflor Quiambao | Cavite
Roberto Ramada Ang | Davao Del Norte

APRIL 2024

Rosemarie Usop | Cebu

MAY 2024

Beverly Sansano | Sultan Kudarat
Danielle Nicole Agustin | Baguio City
Edmar Martinez | Nueva Ecija
Elsie Macailing | Sultan Kudarat
Kenneth Dulatre | Urdaneta City
Leonardo & Cristina Cajucom | Nueva Ecija
Pepito & Jemaima Balarag | Nueva Ecija
Ronabel Osian | Baguio City
Rosemarie Torres | Baguio City
Victoria Flores | Naga City

Diamond Elite advancements are for the volume months of June 2023–May 2024.

New Diamond

JUNE 2023

Aileen Infante | Iloilo
Glenda Gacasan | Davao Del Norte
Katherine Gnotob | Iloilo
Leodegario Capili | Iloilo
Ruby Anne Ga | Iloilo

JULY 2023

Anamarie Pagado | Laguna
Carl Franklin & Ana Carmela Urgino | Pasig City
Daniella Mikhaila Jabines | Cebu
Fe Gemina | Cebu
Grace Regato Davao Del Norte
Gretel Rojo | Siquijor
Jemima Deiparine | Davao Del Norte
Jeniphona Lumactao | Davao De Oro
Lanie Dairo | Davao Del Norte
Lucita Suaybaguio | Davao Del Norte
Ma. Cristina Martinez | Laguna
Marilou Guay Juguan | Cavite
Marilyn Supilanas | Cebu
Twinkle Mitchell | Davao De Oro

AUGUST 2023

Dionila Fernandez | Mandaluyong City
Faustino Opiña | San Mateo
Francisco Estanislao Jr. | Leyte
Marissa Refuerzo | Misamis Oriental
Rizalito Aboyme Ang | Davao Del Norte
Sikong Kabod | Maguindanao
Silvana Galasanay | Misamis Oriental

Teodora Cruz | San Mateo

SEPTEMBER 2023

Edna Hitosis | Cavite
Maureen Kaye Apolinario | Cavite
Sharron Orano | Negros Oriental

OCTOBER 2023

Albert Ducay | Iloilo
Annaliza Inguito | Iloilo
Arlene & Ruben Feliciano | Antipolo
Caesar Dacanay | Quezon City
Charmaine Joy Selerio | Iloilo
Chriza Siplao | Iloilo
Dave Urban | Benguet
Dee Ramos | Iloilo
Deven Dequito | Cebu
Dione Marianne Claire Ibarra | Antipolo
Donna Lynn Alayon | Tarlac
Dyanne April Alayon | Tarlac
Ellie Jillain Navia | Quezon City
Emma Piang | Cotabato
Eric Gonzales | Iloilo
Felino Quiambao | Laguna
Godofredo Jr. Balibalos | Negros Occidental
Helen Asio | Tarlac
Herma-Lisa Galleron | Augusan Del Sur
Ivan Lee Castaneda | Muntinlupa City
Jerald Urban | Benguet
Jonalyn Equiz | Iloilo
Jonathan Loremia | Iloilo

New Diamond

Joseph James Dequito | Taguig City
Juanito Castaneda | Parañaque City
Kristine Castaneda | Muntinlupa City
Lanie Urban | Benguet
Maimona Usman | Maguindanao
Marian Medialdea | Parañaque City
Marie Kui | Manila City
Mark Romeo Sansaet | Iloilo
Myrla Arias | Negros Oriental
Nancy Dacanay | Marikina City
Nemfa Pitogo Viray | Marikina City
Nina Halnin | Laguna
Ramil Halnin | Laguna
Sheryl Parcia | Pasig City
Soraida Usman | Cotabato
Wilma Nuyte | Rizal

NOVEMBER 2023

Aira Hope Elosendo | Iloilo
Allan Pascual | Davao del Sur
Ariel Sermenon | Iloilo
Brenda Cobol | Cebu
Carlito Dalondonan | Misamis Oriental
Danikah Gabriella Jabines | Cebu
Darwin Licayan | Mandaluyong City
Elsie Geraldine Selorio | Iloilo
Jennifer Garcia | Davao del Sur
Joce Lynn Palermo | Cebu
John Paul Casero | Iloilo
Jose Mari Paras | Cebu
Joseph Pulmones | Iloilo
Joshua Basco | Iloilo

Jovanie Crudo | Iloilo
Marie Espiritu | Davao del Sur
Monisa Roup | Cotabato
Nathan Card Vidal | Cebu
Retzil Ebatan | Iloilo
Ricardo Maglangit | Misamis Oriental
Ricardo Tamises Jr. | Iloilo

DECEMBER 2023

Maria Corazon Bascon | Cebu

JANUARY 2024

Aiza Balino | Nueva Ecija
Andrea Marie Sofocado | Pasay City
Chelsi Nicole Guererro | Nueva Ecija
Doris Tiu | Quezon City
Enrique Barrion | Cavite
Geraldine Santiago | Quezon City
Merlinda Quibael | Cavite
Nathaniel Castillon | Sultan Kudarat

FEBRUARY 2024

Angelica Mejia | Taguig City
Aurora Salazar | Cavite
Ivan Lee Castaneda | Parañaque City
Kristine Castaneda | Parañaque City
Manolo Tianzon | Parañaque City
Marlon Basadre & John Mark Hordejan
| Mandaluyong
Ma Virginia Singco | North Cotabato
Procelina & Sabiniano Galabin | Mandaluyong City
Raul Rosales Fauni | Cavite

Diamond advancements are for the volume months of June 2023–May 2024.

MARCH 2024

Annaliza Cabiluna | Cebu
Benjamin Custodio | Nueva Ecija
Celeste Tabinas | Zamboanga Del Norte
Desiderio Manayon Jr | Mandaluyong City
Editha Butad | Misamis Oriental
Francis Irvin Ragmac | Misamis Oriental
Justine Ericca Reyez | Benguet
Maria Dolores Cacho | Caloocan City
Marjorie De Claro | Bayugan City
Melody Bonda | Tarlac
Mia Catherine Cassandra Ragmac
| Misamis Oriental
Michael Tobias | Benguet
Phoebe Joy Galbino | Benguet
Princess Mavian Florez | Butuan City
Rianna Herbolingo | Davao City
Rolando Jaramillo Jr. | Misamis Oriental
Tanith Joie Gomez | Dumaguete City
Therecia Maris Ragmac | Misamis Oriental

APRIL 2024

Bernadette Fornal | Romblon
Jay Vicera | Negros Occidental
Jinny Jawod Relunio | South Cotabato

MAY 2024

Bernhardt Andrew Ducante | Bacoor City
Bethel Grace Torres | Baguio City
Carlito Moskito | Puerto Princesa City
Carole Jean Tigson | Baguio City
Elinore Dulce Castellon | Cabanatuan

Erick Garduño | Bataan
Ernesto Jr Docdocil Guines | General Santos City
Francis Sejalbo | Quezon City
Gerardo Delasan | Sultan Kudarat
Grace Guillano | Dipolog City
Helen Merced | General Santos City
Jennifer Velaque | Baguio City
Leah Sumagaysay Navarro | South Cotabato
Lolita Magallanes | Bacoor City
Ma. Venus Inz Franchet Mendoza | Baguio City
Magdalena Dagal & Eliseo Recto | Las Piñas City
Marivic Amiscua | Parañaque City
Minda Dayrit | Manila
Norma Abad | Baguio City
Novie Diane Gagatam | Davao City
Rachel Angelette Estologa | Cainta
Ruel Paris Gorieza | Sultan Kudarat

National Convention: *Vision*

June 29, 2024
Newport Performing Arts Theatre, Pasay City





Great Escape 2024

July 12-17, 2024
China-Japan Cruise
Royal Caribbean Symphony of the Seas





Breathe Easy!

David Vollmer, PhD
Chief Scientific Officer

From the moment you are born, one of the first involuntary activities you do is breathe. Your lungs are filled with something profound and vital: air. But all around you, the air you breathe can be contaminated with particulates like smog, dirt, allergens, cigarette smoke, and an onslaught of other impurities that can affect your lungs.

In this article, we will explore the miracle of your lungs, how they serve every cell in your body, how your lungs can be compromised, and what you can do to keep your lungs healthy throughout your life.

Let's start by learning a few fun facts about this incredible vital organ. It's common knowledge that our cells need adequate water and nutrients for optimal functioning, but did you also know that every cell in our bodies requires oxygen? In science, we call this normoxia, which is used to describe oxygen levels needed for our cells and is between 10–21%, depending on the cells.

The lungs carry out the vital task of gas exchange, which helps your cells take in oxygen and expel carbon dioxide, considered a waste gas. Strong and healthy lungs make this process efficient for optimal cellular functioning. Additionally, your lungs can support your sense of smell as a way to protect your body from substances that it deems potentially harmful. This is done through coughing and sneezing.

Pollutants can enter your lungs with every breath. Tiny pollutants will land all the way down the alveoli and be absorbed into the bloodstream. The lungs have vigilant immune system cells that get rid of these pollutants. The trachea is filled with cilia and mucus that also remove pollutants. As the pollutants travel through the respiratory system, they can react with the linings of the airway and cause irritation.

Air pollution is the fifth leading risk factor for mortality worldwide. Many areas around the world suffer from poor air quality, and the Philippines is no exception. Did you know that living in Southeast Asia areas of poor air quality has been estimated to reduce life expectancy by more than five years? In the Philippines, air pollution is responsible for over 66,000 premature deaths a year!

The air you're breathing might be contaminated even without you knowing it. This is especially true in your home. Dust mites, allergens, and human and pet dander can cause allergic sensitivity and irritate your lungs. Many people don't realize how contaminated the air in their home can be, especially during the winter and early spring months, the times when many people are less likely to open the windows to allow fresh air in to blow out these particulates. Fumes emitted from household products can harm your lungs over time when inhaled. Cigarette smoke can be one of the most harmful pollutants in the air around you, even if you're not a smoker. Secondhand smoke can cause problems, even if you're not the one holding the cigarette.

4Life Transfer Factor Breathe is 4Life's latest, well-researched Targeted Transfer Factor product that offers quality ingredients to support your lungs and overall respiratory function. It includes 4Life Transfer Factor® Tri-Factor® Formula to help the immune system recognize, respond to, and remember potential health threats.

Transfer Factor Breathe features a proprietary blend to support the detoxification process of the lungs. This blend helps eliminate air pollutants, reduce oxidative stress, and support your lung's immune system. It contains adaptogens that boost antioxidant function. This is particularly helpful for those



who are consistently exposed to air pollution or who smoke cigarettes, which contain over 7000 different chemicals. Many of these chemicals found in air pollution and cigarettes generate free radicals that can damage our body's cells. Breathe also helps the body detoxify from air pollution, promotes respiratory function and tissue health, and supports your airway's natural defenses against air pollution.

So why is the immune system so important for lung and respiratory health? Because you have immune system cells in your lungs. 4Life Transfer Factor Breathe is the only lung support supplement in the world powered by certified 4Life Transfer Factor, which educates your immune system cells to more efficiently recognize, respond to, and remember potential health threats. In addition to Transfer Factor, this formula contains ginseng and vitamin C for additional immune support. Vitamin C, bilberry, and citrus fruit extracts help aid in antioxidant function by reducing oxidative stress brought on by air pollution or cigarette smoke. Black cumin and broccoli seed extracts are also part of this formula to help support the lung detoxification process.

4Life Transfer Factor Breathe is the latest in a long list of 4Life products that are backed by science. We commissioned an independent, third-party pre-clinical study in China to examine the effects of Breathe in a validated air pollution model. In this model, the physiological stress and antioxidant status were compared with Breathe to that of treatment for subjects living in a simulated environment of poor air quality. What was found is that those subjects treated with Breathe demonstrated a better outcome in all markers of physiological and oxidative stress. This research was published in a prestigious Chinese scientific journal and can be accessed on the 4Life studies webpage.

So who can benefit from 4Life Transfer Factor Breathe? Any adult who needs to support their respiratory system can benefit from this product, especially people with a history of exposure to bad air quality, whether it be from pollution, smoking, or airborne pathogens. As I mentioned earlier, air pollution in the Philippines has a profound effect on the quality and length of life. By taking 4Life Transfer Factor Breathe, you can support your body's respiratory system and, in turn, support the quality of your life.

MAHALAGANG PAALALA: ANG MGA PRODUKTO NG 4LIFE AY HINDI GAMOT AT HINDI DAPAT GAMITIN PANGGAMOT SA ANUMANG URI NG SAKIT.

IMPORTANT REMINDER: 4LIFE PRODUCTS ARE NOT MEDICINE AND CANNOT BE USED TO CURE ANY DISEASES.

*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.

Manufacturing

4Life's Additional Manufacturing Facility Upholds Customer Satisfaction

Quality is everything. Just ask consumers. In a recent study, consumers stated that they value quality above anything else—ranking the quality/value of a product (51%) higher than the price (30%).

4Life has always known quality is of the utmost importance. Our 30-day, 100% money-back guarantee ensures customers that they'll love their purchase, or else we take it back, no questions asked.



It's no wonder that an additional manufacturing facility with the ability to blend, test, encapsulate, bottle, and package its products is a great milestone for 4Life. We now control nearly every aspect of 80% of our product production process and output.

"The new manufacturing facility doubles our capacity, which enables us to ramp up production, bring almost everything in-house, and, most importantly, control quality," said 4Life Vice President of Corporate Communications Calvin Jolley. "This really distinguishes us from competitors!"

At the foot of the Wasatch Mountain range in Vineyard, Utah, sit the two facilities, which are truly a spectacle to see in person—amassing 175,000 square feet between them.


Inside, the newest plant houses the most innovative and state-of-the-art manufacturing equipment. The environment of the facility is no less than pristine, with pharmaceutical-grade standards for cleanliness and rigorous employee practices for ingredient and product handling.

"Our production is state-of-the-art and includes a dual head auger, weigh station, metal detector, cap placement instrument, induction seal, and hybrid steam shrink tunnel because we've moved from a traditional label to a full container sleeve," said 4Life Director of Manufacturing Phil Simonson.

Raw ingredients are imported and shipped from around the world. Stringent tests regarding potency, purity, and strength ensure only the most premium ingredients make the cut, while newly encapsulated products are quarantined and undergo quality assurance tests. (Just one bottle of 4Life® Transfer Factor Plus® Tri-Factor® Formula undergoes 700 tests prior to release for sale!)

The facility churns out an impressive number of products. Six encapsulation machines generate anywhere from 500,000 to 1 million caps per day, depending on demand; the packaging line produces 400,000–600,000 bottles per month.

The facility's operation is backed by third-party certification and an "A" grade from NSF International, which audits procedures, programs, facilities, equipment, documentation practices, grounds, sanitization, and lab operations in accordance with cGMPs, or current Good Manufacturing Practices.



The new manufacturing facility doubles our capacity, which enables us to ramp up production, bring almost everything in-house, and, most importantly, control quality.

The facility has also passed Halal and Kosher inspections and has received the accompanying certifications.

In short, anything that goes in or out of the plant is held to the highest standards possible so consumers can be sure they are getting the very best of the best and that 4Life's core value of Customer Satisfaction is a continuing part of 4Life's foundation.

The 4Life logo is positioned at the top center of the page. It consists of the word "4Life" in a white, sans-serif font, with a small sunburst icon to the left of the number "4". The logo is set against a solid red rectangular background.

FastStart 90

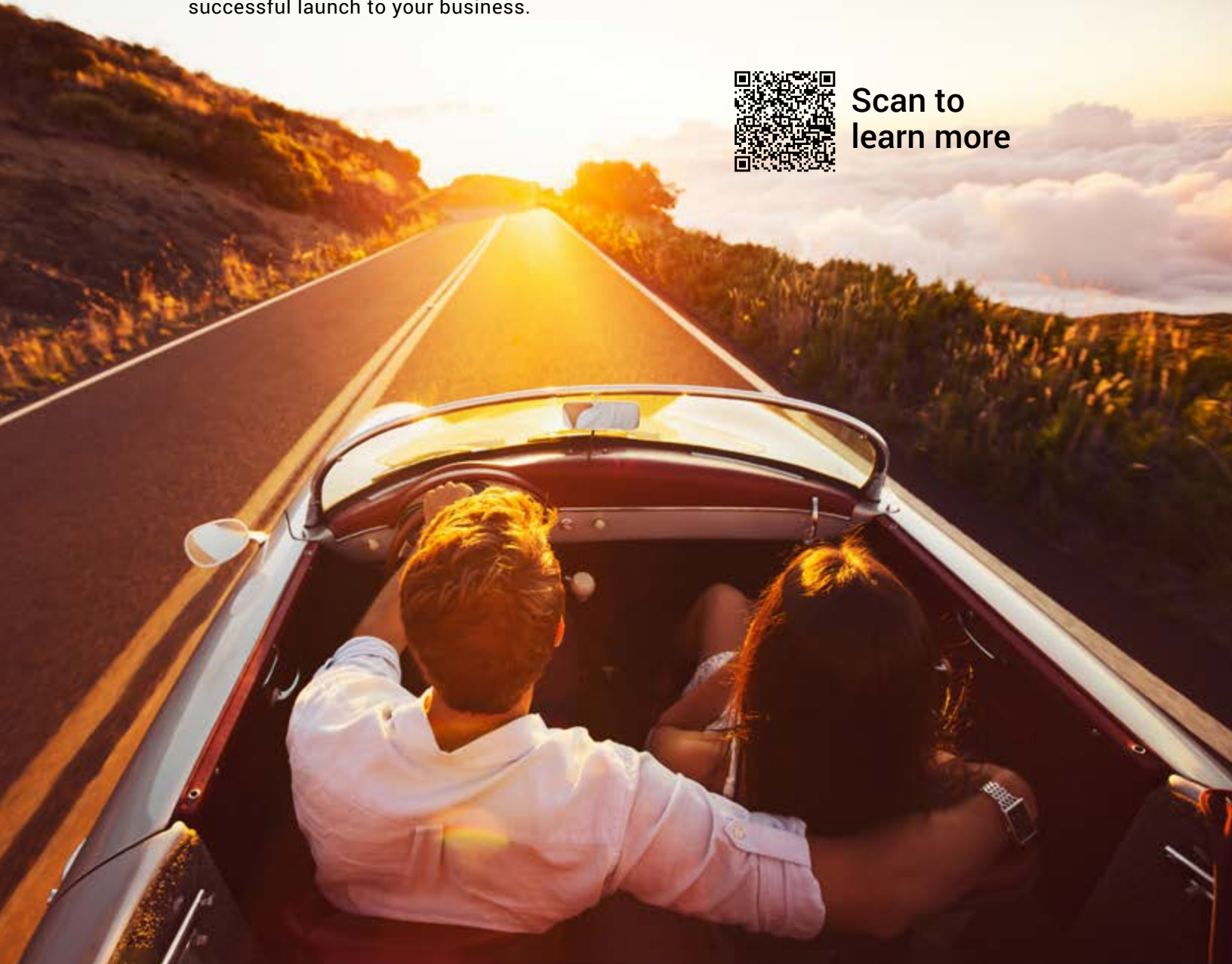
GUIDE

Hit the road and be on your way to Diamond in just 90 days with our comprehensive, interactive guide!

Fasten your seatbelt . . . the Fast Start 90 Guide helps you navigate your 4Life journey in simple steps. From getting familiar with MyShop and our Loyalty Program, to learning how to achieve bonuses through Fast Start, this brochure is your one-stop shop for a successful launch to your business.



Scan to
learn more



Breathe *Easy*



MAHALAGANG PAALALA: ANG MGA PRODUKTO NG 4LIFE AY HINDI GAMOT AT HINDI DAPAT GAMITIN PANGGAMOT SA ANUMANG URI NG SAKIT.
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Top 35 *Performers* of 2023



Amor Pantinople
Bronze Elite



Baby Ling Crispo
Bronze



Billy Quibod
Silver



Emeline Uy Tesy
Bronze



**Gad &
Allison Reine Salen**
Presidential Elite



**Hazel &
Abdiel Gatchalian**
Presidential



Isidra Merced
Bronze



Jasmine Amadea Milo
Presidential



**Joel Pepito &
Floridel Acojedo**
Bronze



John Michael Orellana
Bronze



Josephine Mislav
Presidential



Jun & Odette Vibal
Bronze Elite

*Top 13 to 35 Performers In Alphabetical Order



Mae Benita Nicolas & Henry Quiazon
Bronze



Marinel Villanueva
Bronze



Maritess Salen
Presidential Elite



Moises & Amelia Abuan
Bronze



Norman & Ana Liza Gabrinao
Presidential



Rhoda Bulatao
Presidential



Rosario Estologa
Presidential Elite



Rio & Christine Torres
Bronze



Stella Suzette Escobal
Bronze



Wilvida Decenon
Presidential Elite



Yujin & Faith Baydal
Bronze

The Importance of **Leadership** in achieving your teams' **VISION**



Manny Koh

Gold

Effective leadership requires focus, consistency, and determination toward a common Vision. These qualities are the cornerstone for achieving each affiliate's business goals. Also, as leaders, crosslines and downlines, we should also be inspiring and motivating each other to excel and drive our collective success.



Mikhail Jan Jan Koh

Gold

Taking initiative give's the team a Vision that leaves a path for others to follow, and a culture that the team members can emulate.

Dr. Catherine Mendoza

Gold

A leader has the courage to do extraordinarily difficult task and break new grounds, the constancy to pursue it to fulfillment, and the prudence and discernment to carefully lead the team into embracing its Vision.



Cynthia & Jun Orellana

Gold

Effective leadership is essential for transforming your team's Vision into a reality. Leaders must guide, motivate and unite the team to work collaboratively toward a common goal. Without strong leadership, even the most promising Vision can remain unrealized.



Gari Gabrinao

Bronze Elite

Visionary leadership is crucial for achieving a team's Vision. It drives change, inspires confidence, provides direction, and fosters innovation, aligning all efforts toward shared success.

Jocelyn & Arnold Alberto | Silver

Vision is the spark that ignites our dreams and the compass that guides us through every challenge. It transforms obstacles into opportunities and unites us with a shared purpose. Embrace your Vision, and let it drive you to achieve greatness beyond your imagination.



Rebecca Encinas

Bronze

The strength of a team lies in the collaborative effort of each individual member who share the same Vision and a leader who unites the team towards that same objective. Great leaders should empower, unite and inspire their team to stay motivated and on-track so they can achieve their shared Vision together.



Dionisia Cleofe Ibarra

Bronze Elite

The presence of leadership is vital for a team as I'm the one who sets the tone and goals of our team - our Vision. As a leader, I motivate by example and guide my people through training and curating not just general strategies, but also those that are catered to them individually. My goal for Team Action is to be a team composed of leaders driven with passion, faith, and belief in oneself to succeed.

Jean Pelias & Vic Alviar | Bronze

Leadership is about establishing trust and confidence among your business colleagues. It is about leading by example and guiding them towards achieving both the team's Vision and their individual goals. A team that is grounded in strong values will consistently achieve its goals and Vision. Thank you to our partners for believing that together, we can achieve more.



Frank & Emeline Uy Tesy | Silver

A leader is someone who sees the vision and casts that vision to the team. They then embark on a journey to light the path, guide the way and help others to make the vision a reality. A leader is determined, dedicated and always takes proactive steps to unify the team in achieving a common goal.



Maria Carla Antonette Urgino | Silver

Leadership begins when someone sees your vision and chooses to follow you. As a leader, our responsibility doesn't end there; we must keep hope alive by letting our team know that we are with them in the battle. As we strive for greater goals, we face challenges together and endure setbacks together. We stand alongside our team until victory is achieved, so they understand that behind every rejection lies fulfillment, every tear can be turned to joy, and every struggle leads to success.



Nycolei Ann Marquez Bronze

Leadership is ownership of our own success. We must be the first person to believe and set the path so others may follow and make the shared Vision a reality.



Litecia De Guzman

Presidential Elite

Leadership is very important in achieving our team's Vision because through good leadership, we earn the respect of our teammates. Without it, the direction of our team members may not align with our goals preventing our group from reaching its full potential.



Carlos & Mapette Urgino | Bronze Elite

Leadership activates a team towards a vision and harnesses its energy and individual motivation towards a common dream. Our Trans4mers Team has a common goal: to transform lives, theirs first, and then others as well, one step at a time.

Geraldine & Romer Alumno | Bronze

Effective leadership is essential for achieving a team's vision. Visionary leaders inspire change, instill confidence, and provide direction. By sharing a compelling purpose, they unite teams and drive success.





DAY OF SERVICE

July 1, 2024

Dasmarinas City, Cavite

Foundation 4Life has teamed up with Gawad Kalinga (GK) to build a 4Life GK Village that will include twenty houses located in Cavite.

GK is a prominent non-profit organization dedicated to alleviating poverty through targeted community assistance and home building. Recently, sixty-five 4Life staffers and affiliates gathered to participate in the beginning stages of this large community project.

Executives in attendance included Foundation 4Life Director Jenna Lisonbee, Chief Global Operations Officer Jeff Kalinin, Chief Scientific Officer David Vollmer, and Eileen Tan-Dario, 4Life Philippines General Manager.





Bali

ADVENTURE CRUISE

Join Us

on the 2025 Eurasia and
Southeast Asia Great
Escape Trip

Bali Adventure Cruise
Royal Caribbean's
Anthem of the Seas



An adventure of epic
proportions through
Singapore and Bali awaits!

**February 24–
March 4, 2025**
9 days/8 nights

Itinerary:

Singapore, Singapore
Celukan Bawang, Bali
Benoa, Bali
Lombok, Indonesia

