

# PRO-TF® Vanilla Cream

University-tested, ultra-absorbable protein that supports lean muscle and stimulates fat burning markers by up to 564%\*†

- Includes a critically essential protein source for your body plus 600 mg of 4Life Transfer Factor® in every serving\*
- Stimulates fat burning markers from visible/surface fat by up to 203% for up to three hours\*†
- Stimulates fat burning markers from “bad fat” stores by up to 564% for up to three hours\*†
- Reduces hunger cravings by up to 62% for up to three hours\*†
- Provides over 4,900 mg of essential amino acids (EAAs) and over 2,350 mg of branched chain amino acids (BCAAs) in every scoop
- Offers a more comprehensive amino acid profile than whey protein alone, or soy, rice, pea, or casein proteins\*
- Contains optimal 2:1:1 BCAA (branched chain amino acids) ratio to increase protein synthesis, boost energy levels, burn fat, lessen fatigue during and after exercise, and increase strength\*
- Has 140 calories per 2-scoop serving, contains less than 1 g of lactose, and is gluten free



## What Is PRO-TF®?

PRO-TF is an exclusive protein blend to help you transform your body so you can enjoy a more youthful and vibrant life. PRO-TF is the only protein supplement that contains 4Life Transfer Factor. With its smooth and creamy vanilla flavor, PRO-TF is a delicious and versatile way to get your daily protein, whatever your fitness goals.\*

Every 2-scoop serving of PRO-TF provides 20 g of one of the most advanced and effective proteins for optimizing body composition and increasing lean muscle growth. PRO-TF has been independently and university-tested to support increased metabolism and calorie burning, healthy fat loss, a feeling of fullness, and better recovery time. PRO-TF also bolsters the immune system response.\*†

Gram for gram, PRO-TF is one of the most effective proteins on the market at burning fat, protecting muscle, reducing hunger, and supporting body transformation.\*

## Primary Support:

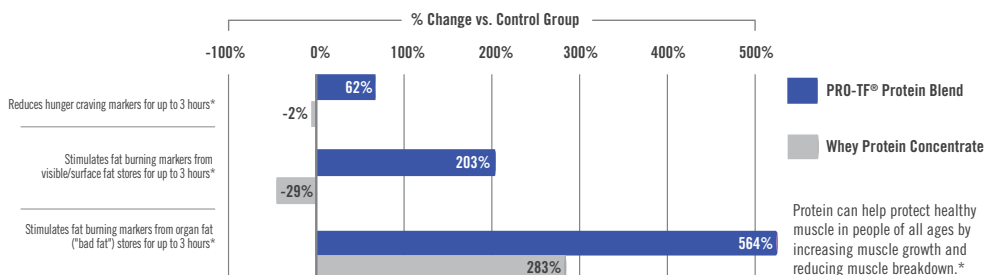
Weight Management\*  
Muscle & Sports Performance\*

## Secondary Support:

Heart Health\*  
Muscle, Bone, & Joint\*  
Immune System\*

## Ordering Information

Item #27568—23-serving canister



**\*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.**

This product information is approved for distribution only in the United States. © 2021 4Life Trademarks, LLC. All Rights Reserved. 061021US Label 011121US

†As observed in the pre-clinical research study conducted at Auburn University's Molecular and Applied Sciences Laboratory in the College of Education, School of Kinesiology under fasting and controlled conditions [Moblely CB et. al., J Int Soc Sports Nutr 2015, 12:14]. Actual results may vary.

# PRO-TF Vanilla Cream

## How much protein do you need each day?

**First:** Determine your goal body weight in pounds.

**Second:** Determine your activity level and how much protein you need.

To determine daily protein intake in grams, multiply bodyweight in lbs by 0.4–0.5

(children and sedentary adults)

0.6–0.9

(moderately to highly active adults)

1–1.33

(athletes and bodybuilders)

\*Choose a goal body weight within 40 lbs of your current body weight. Recalculate your protein needs as you reach this goal.

Naturally Occurring Amino Acids in PRO-TF Aminoácidos de origen natural en PRO-TF	Amount Per Serving† Cantidad por porción
--	---

Ianine / Alanina	1008 mg
Arginine / Arginina	742 mg
Aspartic Acid / Ácido aspártico	2280 mg
Cysteine / Cisteína	478 mg
Glutamic Acid / Ácido glutámico	3446 mg
Glycine / Glicina	424 mg
Histidine / Histidina <sup>^</sup>	424 mg
Isoleucine / Isoleucina <sup>^†</sup>	1220 mg
Leucine / Leucina <sup>^†</sup>	2280 mg
Lysine / Lisina <sup>^</sup>	1908 mg
Methionine / Metionina <sup>^</sup>	478 mg
Phenylalanine / Fenilalanina <sup>^</sup>	796 mg
Proline / Prolina	1538 mg
Serine / Serina	1272 mg
Threonine / Treonina <sup>^</sup>	1220 mg
Tryptophan/ Triptófano <sup>^</sup>	318 mg
Tyrosine / Tirosina	690 mg
Valine / Valina <sup>^†</sup>	1220 mg

Essential Amino Acids <sup>^</sup> Aminoácidos esenciales	9,858 mg
Branched Chain† Amino Acids Aminoácidos de cadena ramificada	4,718 mg

**DIRECTIONS:** Combine one (1) serving (2 scoops) with 10 oz or more of cold water or a liquid of your choice, and shake vigorously in a shaker cup.

Consume one (1) serving a day to enjoy 400 mg of 4Life Tri-Factor Formula.

**For exercise performance:**

Consume one (1) or more servings 15–30 minutes prior to exercising, and consume one (1) or more servings within 30 minutes after exercising.

**To supplement your diet and achieve your daily protein needs:**

Follow dietary protein intake below. Limit to two (2) scoops per day for children, six (6) scoops for adults, and twelve (12) scoops for athletes.

**To determine daily protein intake in grams, multiply bodyweight in lbs by:**

0.4–0.5 (children and sedentary adults)  
0.4–0.9 (moderately to highly active adults)  
1–1.33 (athletes and bodybuilders)

Choose a goal body weight within 40 lbs of your current body weight. Recalculate your protein needs as you reach this goal.

## Supplement Facts

Serving Size: Two (2) Scoops (24 g)  
Servings Per Container: 23

	Amount Per Serving	% Daily Value for children 4 years of age and older*
Calories	140	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	1 g	5%*
Trans Fat	0 g	
Cholesterol	50 mg	17%*
Total Carbohydrate	10 g	4%*
Total Sugars	1 g	
Includes 0 g Added Sugars		0%*
Protein	20 g	40%*
Calcium	100 mg	8%
Sodium	320 mg	14%
<b>Patent-Pending 4Life Transform® Protein Formula</b>	<b>26.8 g</b>	<b>**</b>

**Low Molecular Weight PRO-TF® Protein Blend**

**4Life® High-DH PRO Whey & Egg Hydrolysate**

A proprietary ratio of low molecular weight peptides from high-DH whey protein hydrolysate and egg white protein hydrolysate

**4Life® Tri-Factor® Formula**

(UltraFactor™, OvoFactor®, and NanoFactor®)

**Undenatured Whey Protein Concentrate**

\*Percent Daily Values (% DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established

**OTHER INGREDIENTS:** Low-glycemic maltodextrin, natural vanilla cream flavors, thickener (konjac, fennugreek gum, and guar gum), medium chain triglyceride (MCT) oil powder, salt, sucralose, and acesulfame-potassium.

**ALLERGENS:** Contains whey derived from milk, egg albumen from eggs, and less than 1% lecithin from soybeans (to improve mixability of protein).

\*Suitable for most individuals sensitive to lactose.

Raise your Immune I.Q.®

1. 4Life Research and Auburn University's Molecular and Applied Sciences Laboratory in the College of Education, School of Kinesiology, conducted pre-clinical research to demonstrate the safety and efficacy of PRO-TF®, a patent-pending product [Mobley CB et. al., J Int Soc Sports Nutr 2015, 12:14:]. To learn more, visit 4Life.com.

**\*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.**

This product information is approved for distribution only in the United States. © 2021 4Life Trademarks, LLC, All Rights Reserved. 061021US Label 011121US