

# SUMMIT™

4LIFE® AFFILIATE MAGAZINE · QUARTER ONE · 2022

Special Immune System Issue










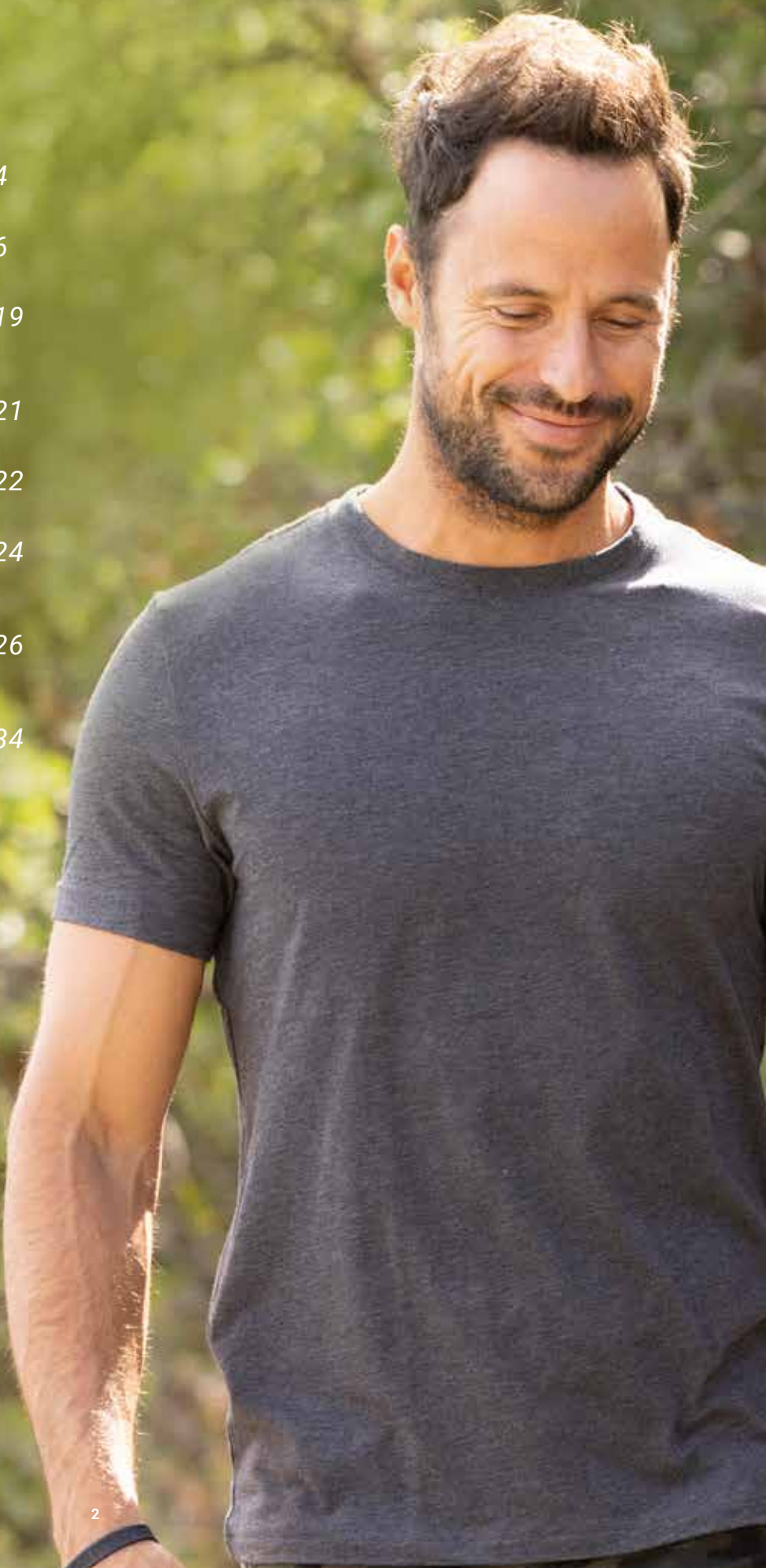
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# 4Life Transfer Factor: How one man's vision revolutionized the wellness industry

-by Jessica Sorbonne, 4Life Senior Editorial Director

A dream is a grandiose goal. We may lie awake at night and contemplate the path that will take us to the place of our dreams. And if we have the ambition and drive to reach our dream, we may then forge a new dream. What, then, is a vision? A vision is something more elusive. It evolves and grows as we do. A vision is never really finished; it's meant to be something bigger than ourselves—always!

4Life Transfer Factor has become the foundation of a great vision that first caught hold of 4Life Founder David Lisonbee more than 25 years ago. Since then, it has spread across the globe and can be found in more than 25 countries.

I sat down with David Lisonbee and asked him about 4Life Transfer Factor—the ingredient in the flagship 4Life product that started it all. He shared how he plans to expand his vision of providing immune system support for people everywhere.\*

## **David, what initially inspired you to create an immune system product?**

It was all about my own family. I wanted what most people want for their family: for them to be healthy. When I came across the concept of transfer factors, I knew deep in my gut that I had found something truly special. From there, it was just a matter of digging in and making it a tangible reality so my family could reap the benefits. When I witnessed how transfer factors were benefitting my family, I knew I had to share it with everyone.\*

## **Can you explain what transfer factors are?**

Yes. Transfer factors are molecules we have isolated from cow colostrum and chicken egg yolks. Both compounds contain a wealth of natural immune system information that can help educate and strengthen your immune system. 4Life Transfer Factor product formulas utilize these transfer factor compounds, along with other immune system-boosting ingredients, to provide immune system support.\*

## **What sets 4Life Transfer Factor apart from other immune system-boosting ingredients or sciences?**

Well, first of all, there really isn't anything else like it out there on the market. 4Life Transfer Factor is not an herb, a vitamin, or a mineral. It's a molecule: a molecule that gives your body the tools it needs to fight health threats. Many of our 4Life Transfer Factor formulas have been patented and independently researched for effectiveness. 4Life Transfer Factor's power is that it helps your immune system more efficiently recognize, respond to, and remember harmful invaders it encounters, making your immune system work smarter, not harder.\*

## **How has 4Life Transfer Factor evolved since its conception?**

All good things change with time if we dedicate ourselves to ongoing research and discovery. And that is a commitment we have made—to never stop exploring and learning about transfer factors, how they work, and the benefits they provide. Because this is part of who we are, we have developed new ways to effectively extract transfer factors and combine them with other ingredients to make our products even better. We were a leader in immune system science when we started 4Life in 1998, and we are still leading today because we constantly improve and learn.\*

## **What is your vision for 4Life and 4Life Transfer Factor, specifically?**

Initially, I wanted to take 4Life Transfer Factor to the world. In many ways we have accomplished this, since we have expanded and have operations around the globe. My current vision involves 4Life Transfer Factor being a household item in every person's cupboard. I want everybody to have access to the immune system support this one-of-a-kind ingredient technology provides. It's changed my life, and I know it can change the lives of others.\*

\*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.





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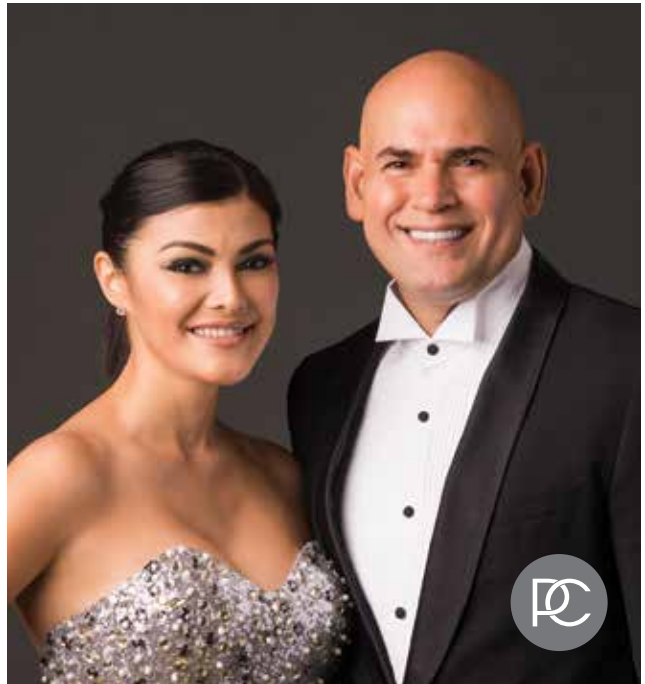


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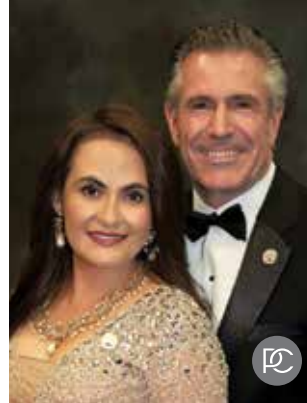
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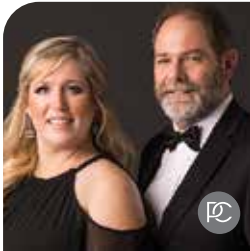
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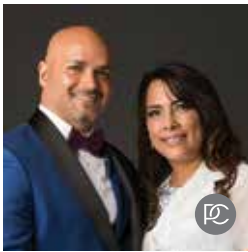
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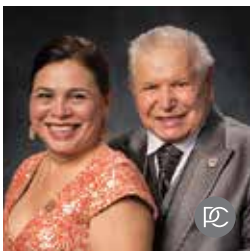
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# New *Bronze Elite*



*Not Pictured:*

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Dominican Republic

**Manuel Cabrera  
Ogando**  
Dominican Republic

Bronze Elite advancements are for the volume months of December 2021–February 2022.

# New *Presidential*



**David Serna**  
Texas, USA



**David Verdecia**  
Florida, USA



**Hanif Mahmood**  
Emerging Market

*Not pictured:*

**Damaris  
Cortes-Figueroa**  
North Carolina, USA

**Lourdes Maria  
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Dominican Republic

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**Ketty Ercira  
Castillo Sterling**  
Dominican Republic

**Oscar Mendoza**  
Texas, USA

Presidential advancements are for the volume months of December 2021–February 2022.







# New *Diamond Elite*

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Erika Lisbeth Diaz Frías  
Juan Jose Rodriguez  
Jerez  
Melvyn Antonio Almonte  
Oliver Rafael Guzman  
Vargas

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Keyla Venessa Ortega  
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Leidis Milena Vergara  
Chamorro  
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Oscar Alejandro Rogel De  
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Fabiola Rodriguez



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# New Diamond

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Liliana Esteban  
Melvyn Antonio Almonte  
Tecla Taveras Acosta

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Alisha Boyce  
Ana Perez Torres  
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Badal Chandra Sannel  
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Diana Milena Buenahora Lopez  
Diego Alejandro Jauregui Palomo  
Diego Ernesto Rogel De León  
Dilcia Dilia Funez Aragon  
Gilma Gricelda Velasquez Equite  
Jessica Danelia Mejia Pineda  
Juan Rafael Godoy Fonseca  
Julia Melgar Pineda  
Maria Magdalena Salazar Riley  
Marvin Ramiro Avila Valle  
Md.Abul Hashem  
Md.Aqib  
Md.Rafiqul Islam  
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Mohammad Aslam Pathan  
Mohammad Manzoor Kader  
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Your Immune System Army



# Built-in Battalion

## Your immune system army

From the moment you're born, your body is constantly bombarded with countless health threats. These invisible invaders can be found on the surfaces you touch, on the food you eat, or even in the air you breathe.

Luckily, you are equipped with natural defenses to keep these unwanted attackers at bay or get rid of ones that have already entered your body. This inborn, bodily defense system is called your immune system, and its entire function is to keep you healthy and strong so the rest of your body can function at its best.





Your Immune System Army





# How does the immune system work?

Think of your immune system as an army—a built-in battalion of cells, each with a unique and important role to play in order to win the war against the enemy. In this case, the enemy is all the health threats your body encounters. When an enemy is detected in your body, your immune system army quickly reacts and activates a complex network of cell types that, together, fend off these intruders.

Let's explore the key players in your immune system army and how they work to maintain your physical health.

## NK Cells

The job of Natural Killer Cells (NK Cells) is right in their name: they kill harmful invaders. NK Cells are the special forces of your immune system. They are the first soldiers sent in after a health threat is detected within your body, and their main job is to destroy specific types of defective or infected cells.

## T Cells

Like NK Cells, T Cells kill threatening cells; the difference lies in which cells they target. Consider T Cells to be your general infantry—a large quantity of soldiers that do most of the fighting. While NK Cells are more specialized in their approach, T Cells, for the most part, aren't trained to seek out particular cellular invaders. Their strength lies in their numbers as they overthrow any attackers that enter their territory.

## Macrophages

Cue the tanks! Macrophages can be best described as the cleanup crew—larger cells that swoop in and decimate invading organisms. The word "macrophage" actually means "big eater" in Greek. Why? Because these cells, sometimes called "swallowing cells," ingest the debris around them.

## B Cells

Every sophisticated army has spies whose sole purpose is to find enemies, and your immune system is no different. B Cells identify and mark invaders so the other immune system cell types can detect and destroy the threat.

## Antibodies

B Cells also produce antibodies—proteins that help slow down the spread of an infection and prevent future infections by latching onto invaders. Antibodies are akin to experienced army soldiers or veterans. They remember the specific makeup or qualities of harmful cells in order to fight off future attacks.

**Want to learn how you can support your immune system army during battle? Keep reading!**

# 4Life Transfer Factor

The science behind 4Life Transfer Factor is not only fascinating, but it just makes sense. Why wouldn't nature provide a way for your immune system to learn and grow? Such a tool is crucial to your health and wellness as you navigate your day to day.\*

Transfer factors are highly concentrated immune system molecules from cow colostrum and other sources, like chicken egg yolks. They possess a wealth of immune system wisdom that can be transferred to the recipient. Essentially, they teach a naive immune system how to recognize, respond to, and remember potential health threats.\*

4Life, The Immune System Company®, offers a broad range of products containing 4Life Transfer Factor for a bolstered and balanced immune system response. From citrus-cream flavored chewable tablets to versatile powders and classic capsules, there is something for everyone seeking immune system support.\*



To learn more about 4Life Transfer Factor products, scan 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.



# From Surface to Center:

How everything—from your skin to your gut— supports your immune system.



Immune System Support for Your Life

# Skin

Did you know your skin is your largest organ? Your skin acts as your primary barrier against health threats. Showing your skin some love is a great way to beautify and fortify your outside for a healthier inside.

4Life Transfer Factor® Collagen is a total body age-defying powder supplement that includes five types of collagen to help support healthy joints, muscles, hair, and skin.\*



# Muscles

Let's hit the gym! Healthy muscle mass is highly beneficial for many body systems, including the immune system.<sup>1</sup>

PRO-TF® is a hydrolyzed, highly absorbable whey and egg-based protein that supports protein synthesis, fuels and maintains skeletal muscle, and provides all essential amino acids. Plus, it's the only protein powder in the world powered by 4Life Transfer Factor!\*



# Nervous System

Your nervous system and immune system are highly interconnected, including communication between lymph organs and hormone secretion to provide homeostasis. Your nervous system and immune system are activated when your body encounters stress.<sup>2</sup>

4Life Transfer Factor ReCall® offers antioxidant support, targeted brain support, and immune system support.\*

Essential Fatty Acid Complex contains omega-3 and omega-6 oils with CLA to support multiple body systems.\*



# Bones

Make no bones about it; your bone health can directly affect your immune system health. In fact, all the different types of immune system cells in your body originate in your bone marrow.

MusculoSkeletal Formula promotes a healthy structural system by supporting healthy connective tissue, bones, joints, and muscles.\*



# Gut

Your gut houses 70% of your immune system and helps facilitate a symbiotic relationship between good bacteria and other microbes. This is known as your microbiome, and its balance is imperative for your immune system health.

Pre/o Biotics® features five strains of highly researched probiotics that increase beneficial "friendly" microflora in your gut and three types of prebiotics to optimize the growth of healthy probiotics. Pre/o Biotics also includes 4Life Transfer Factor® Tri-Factor® Formula, shown to stimulate the growth of probiotics in in vitro (or in cell culture) models.\*

1. Rogeri, P. S., Gasparini, S. O., Martins, G. L., Costa, L. K. F., Araujo, C. C., Lugaresi, R., Kopfler, M., & Lancha, A. H. (2020). Crosstalk between skeletal muscle and immune system: Which roles do IL-6 and glutamine play? *PubMed.gov*. <https://pubmed.ncbi.nlm.nih.gov/33178046/>  
2. Steinman L. Elaborate interactions between the immune and nervous systems. *Nat Immunol*. 2004 Jun, 5(6):575-81. doi: 10.1038/ni1078. PMID: 15164017.

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## The Science of Supplementation

Whether you've been supplementing for years or are simply curious about the potential benefits, keep reading to better understand how supplementing can contribute to a more well-rounded nutritional routine and better support your immune system.\*

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# The Food Fight

“Eat your vegetables.”

Does this phrase spark a memory of seven-year-old you sitting at the family dinner table—reluctantly pushing broccoli around your plate? Mother knows best, or, at least she understood that broccoli (and other vegetables you distinctly loathed) are loaded with nutritional value.

No matter how you feel about foods like broccoli, you probably know that a well-rounded, balanced diet high in fruits and vegetables, healthy proteins, and whole grains is the foundation of good nutrition. However, even with a watchful approach to eating, it can be hard to get enough of certain vitamins and minerals through diet alone.<sup>1</sup>

Vitamin D, magnesium, iodine, and vitamin B12 are some of the most common vitamin deficiencies in individuals.<sup>2,3,4</sup> Why? Generally speaking, our modern-day diets and routines don't always allow us to get the recommended amounts of specific nutrients.

Vitamin D, for example, is best obtained through direct exposure to sunlight. Sounds easy enough, right? Not always! Many jobs and lifestyles take place indoors, so getting enough sun isn't always a walk in the park (no pun intended). Another example is omega-3, most predominately found in fatty fish like salmon. If you

always turn down sushi or have a vegan diet, omega-3s may be low in your diet.

Additionally, shopping, planning, and tracking a diet that fulfills all your daily requirements can sometimes feel daunting. For these reasons, many people resort to quick-and-easy meals that sacrifice nutritional value for convenience, such as fast food or frozen dinners. If this sounds familiar, don't be discouraged. A large percentage of Americans are not getting what they need through diet alone.<sup>4</sup>

While always filling your plate with leafy greens and colorful fruits and veggies is the best source of good nutrition, it's not always possible. Because of this, supplementing has become common practice to compensate for what is often lacking in diet. High-quality supplements contain a wealth of nutrition that can't always be obtained through food. Dietary supplements are intended to fill in the gaps when diet simply isn't enough.

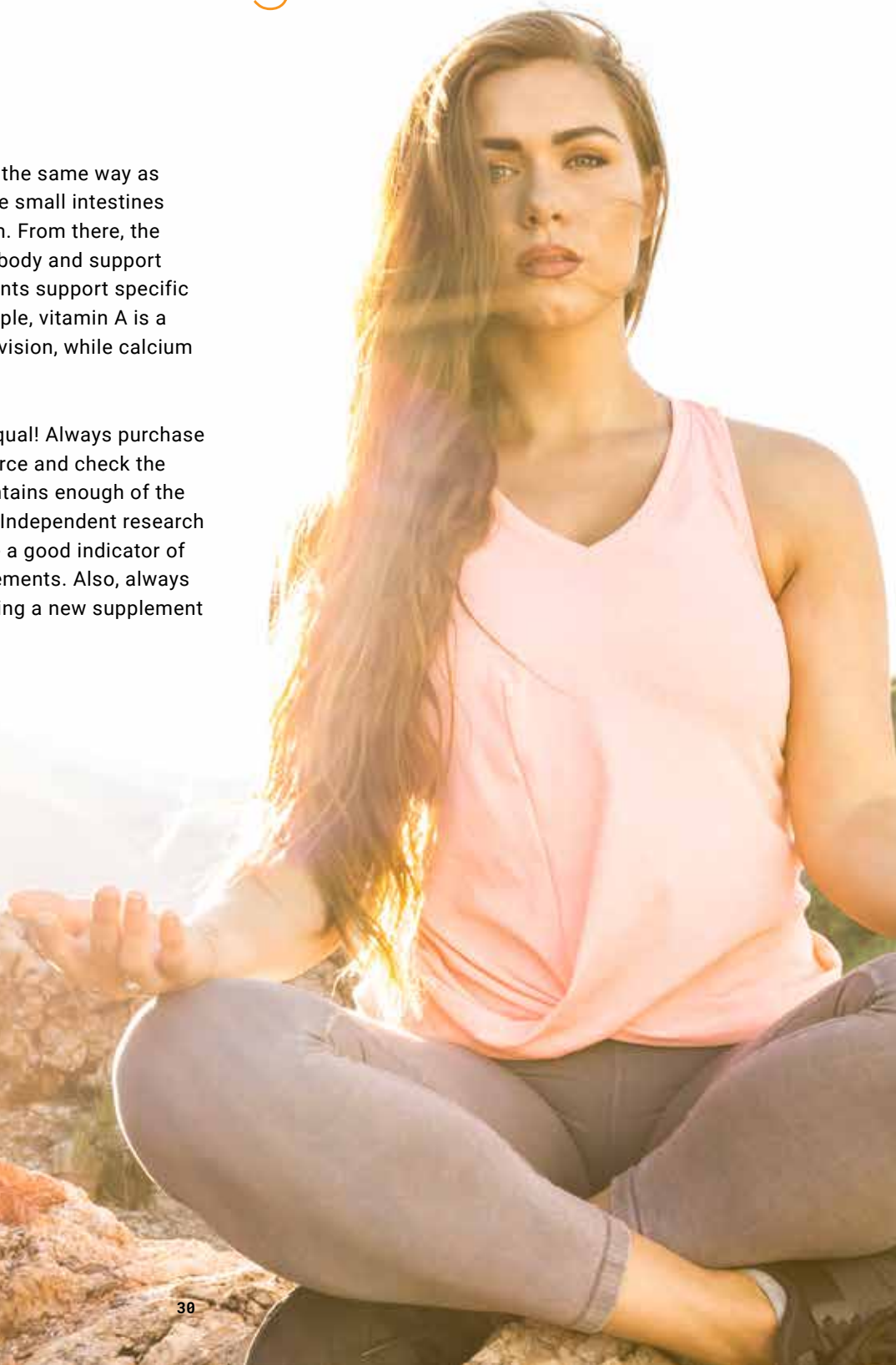




# Supplementing 101:

Supplements are largely absorbed the same way as nutrients from food: digested in the small intestines and absorbed into the bloodstream. From there, the nutrients circulate throughout the body and support everyday functions. Specific nutrients support specific body systems or organs. For example, vitamin A is a crucial nutrient for eye health and vision, while calcium supports strong bones.

Not all supplements are created equal! Always purchase supplements from a reputable source and check the label to make sure the product contains enough of the nutrient you're looking to support. Independent research from a credible source can also be a good indicator of the effectiveness of certain supplements. Also, always check with your doctor before adding a new supplement to your diet.





# Supplements and the Immune System

At the core of your health and wellness lies your immune system—arguably the most important body system since your other body systems can do their jobs best when you're healthy. You can fortify your immune system year-round with a balanced diet, complete with immune system-sustaining nutrition. (We'll dig into this more in a bit.) In times of need, be it physical stress or cold winter months, supplements can provide a much-needed boost to the immune system.

What are the nutrients that keep your immune system functioning at its best? You've probably heard of vitamin C, vitamin D, and zinc. All these vitamins and minerals have been shown to support the immune system and its response, and studies have shown that your body can effectively absorb these vitamins and minerals through supplementation.<sup>1</sup>

If you understand the function of key immune system cell types, then you understand the necessity of supporting each of these cell types. (See page 21.) Every immune system cell type has its own nutritional needs

in order to work effectively. Research shows that vitamin C contributes to antibody stimulation<sup>5</sup> while vitamin D supports macrophage function.<sup>6</sup> The combination of these two vitamins with zinc supports both T Cells and B Cells.<sup>\*7</sup>

Transfer factors are not considered a vitamin, mineral, or herb; rather, they are a molecule found in a mother's first milk called colostrum—an antibody-rich food that passes immune system information from mother to baby. Transfer factors educate the naive immune system, so it is more prepared to fight off harmful invaders. Pre-clinical research has shown that 4Life® Transfer Factor Plus® Tri-Factor® Formula, which contains transfer factors from cow colostrum and chicken egg yolks, supports NK Cells, T Cells, B Cells, and Macrophages.<sup>\*8,9</sup>

\*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.





# Supplementing with 4Life

If you're interested in beginning a supplement routine, ask yourself the following questions:

- 1) What about my lifestyle is competing with a more well-rounded diet? How can I alter this in a sustainable way?
- 2) What vitamins and minerals am I not getting enough of on a day-to-day basis?
- 3) Are there any specific needs I want to target through supplementation?
- 4) Am I effectively supporting my immune system? (Remember: this is important for the function of all your other body systems!)

Once you've identified existing concerns in your diet or routine, work to resolve them through changes in habits or what you eat. You can also identify specific supplements that may help fulfill nutritional requirements when changes in food intake or habits are not enough. Put the best foods and supplements in your body, and your body will give you its best, too!

In addition to vitamins and minerals, transfer factors have been shown to increase Natural Killer Cell (NK Cell) activity in the presence of a health threat.<sup>10</sup>

4Life is not endorsing these websites or vouching for the accuracy of any information found on these external sites.

#### Footnotes:

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The 10  
Commandments  
of Immune  
System Health

# 1. I get enough sleep

Research shows that adequate sleep is paramount for a high-functioning immune system. Sleep allows the immune system to do its work while the body is at rest. Lack of sleep can lead to more than just fatigue. It can also lead to a less effective immune system.<sup>1,2</sup>



# 2. I consistently eat a nutritious diet

Consuming a high amount of fruits and vegetables is important, since these foods are generally rich in vitamins C and E, and green vegetables contain B6. These three nutrients contribute to healthy immune system function.<sup>3,4,5,6</sup>



# 3. I practice good hygiene

Wash your hands frequently and avoid touching your face—especially after visiting a public place.



## 4. I exercise

Exercise is key to immune system health for many reasons. Not only does it keep you physically healthy, but it can also help reduce mental stress and even improve your quality of sleep. Moderate exercise is a great way to support a healthy immune system.<sup>7,8</sup>



## 5. I dedicate time to total body recovery

Exercise is important, but resting after exercise is just as important. Give your body time to recoup after strenuous exercise with a day off and avoid overtraining, since it may wear you and your immune system out.<sup>9</sup>

## 6. I limit exposure to illness

It's no secret that viruses are contagious. Avoid being in close contact with people who are ill or who have been exposed to an illness.







## 7. I practice nourishing supplementation

Sometimes it's not easy to nourish your body solely from the food you eat. A daily multivitamin or an immune system-boosting supplement can help you reach the daily requirements for vitamins specific to good immune system health.<sup>10</sup>

## 8. I minimize mental and physiological stress levels

Mental stress can have a biological effect on your immune system. Your physical reaction to stress can chip away at your immune system health. Manage stress to avoid impairing your immune system.<sup>11,12,13</sup>



## 9. I avoid drugs and alcohol

Alcohol and drugs can limit the effectiveness of your immune system. There are correlations between drug and/or alcohol use and increased susceptibility to infections.<sup>14</sup>



## 10. I get sufficient sun

Studies have shown that vitamin D is a key component for a high-functioning immune system. Want a good source? Look no further than your backyard! Depending on the time of year, 5–30 minutes in the sun supports vitamin D synthesis.<sup>15</sup>





4Life is not endorsing these websites or vouching for the accuracy of any information found on these external sites.

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