



FREQUENTLY  
ASKED  
QUESTIONS

# 4Life Transfer Factor Collagen Type I

## Q| What is 4Life Transfer Factor® Collagen Type I?

A| 4Life Transfer Factor Collagen Type I is 4Life's latest Targeted Transfer Factor® product. It features 5 grams of Type I collagen (derived from marine collagen sources) and other ingredients to help restore healthy collagen levels within the body, improve skin moisture and elasticity, support muscles, and provide antioxidant support. It also includes 4Life Transfer Factor® Tri-Factor® Formula to help the immune system recognize, respond to, and remember potential health threats.\*

## Q| How is 4Life Transfer Factor Collagen Type I different from 4Life's original targeted collagen formula?

A| Our original 4Life Transfer Factor Collagen has five collagen types; 3 grams of collagen; and supports the immune system, muscle and joint health, and skin health and beauty. Plus, it has a delicious strawberry-mango flavor.\*

4Life Transfer Factor Collagen Type I has 1 collagen type; 5 grams of collagen; and supports skin health and beauty, nails, and hair. This formula is flavorless, so you can add it to any food or beverage!\*

## Q| Why does 4Life Transfer Factor Collagen Type I have a different formula than the original 4Life Transfer Factor Collagen with the strawberry-mango flavor?

A| The odor and taste of five collagen sources and other key ingredients in the original Collagen product made it difficult to neutralize it in a flavorless formula. With 4Life Transfer Factor Collagen Type I, however, we were able to successfully create a flavorless formula and pack an additional 2 grams of this highly absorbable Type I collagen, making it a powerhouse for hair, skin, and nails!\*

## Q| Can I consume the two 4Life Transfer Factor Collagen products together?

A| Yes. Combining a packet of our original 4Life Transfer Factor Collagen formula and 4Life Transfer Factor Collagen Type I formula will provide 8 grams of high-quality collagen! However, due to the vitamin E content in both products, we recommend not consuming both products daily for more than a few consecutive days.\*



## Q| What are the benefits of 4Life Transfer Factor Collagen Type I?

A| 4Life Transfer Factor Collagen Type I is amazing! It can restore healthy collagen levels, improve skin moisture and elasticity, support muscles, and provide antioxidant support. It also includes 4Life Transfer Factor Tri-Factor Formula to help the immune system recognize, respond to, and remember potential health threats.\*

## Q| What types of collagen are in 4Life Transfer Factor Collagen Type I?

A| This product has one type of collagen. 4Life Transfer Factor Collagen Type I contains 5 grams of high-quality, highly bioavailable Type I collagen peptides.

## Q| Where does Type I collagen come from?

A| Type I collagen comes from gluten-free, dairy-free, farm-raised tilapia.

## Q| Why did you use fish-derived collagen in 4Life Transfer Factor Collagen Type I?

A| Marine (fish) collagen is the best studied collagen when it comes to hair, skin, and nail health. This form and source of collagen seems to have the greatest impact on hair, skin, and nail health.\*

**Q| How long do I need to take 4Life Transfer Factor Collagen Type I to see benefits?**

A| Type I collagen was shown in a randomized, double-blind, placebo-controlled study to improve facial skin moisture in as little as 4 weeks!\*

**Q| Why is collagen so important?**

A| Collagen is the most abundant protein in your body. When you're young and still developing, your body produces enough collagen on its own. Over time, however, collagen production declines, and your body begins breaking down, which makes collagen supplementation so important.

**Q| How are powder collagen formulas different from ready-to-drink collagen sources?**

A| The only difference is absorption speed. Ready-to-drink collagen may be absorbed a bit faster; however, since collagen is not a fast-acting ingredient, and results only manifest themselves after repeated use, there is no benefit to taking ready-to-drink collagen formulas over powder formulas.

**Q| Are there specific benefits for men who take 4Life Transfer Factor Collagen Type I?**

A| Collagen is a major structural protein in the body that provides regenerative support to muscles, joints, bones, and connective tissue. Men who frequently exercise or rely on their physical strength, muscle, stamina, and conditioning in a daily work environment can take 4Life Transfer Factor Collagen Type I to replenish this vital protein and help maintain overall structural system integrity, especially in the skin.\*

**Q| What are collagen peptides?**

A| Collagen peptides are smaller pieces of the collagen protein, which is typically very large and difficult for the body to utilize. Collagen peptides are smaller units that are easier for the body to use.

**Q| Why are collagen peptides so important in a collagen formula?**

A| Collagen molecules are large and can be difficult for your body to use. Breaking the collagen molecule into smaller pieces (peptides) helps your body use the collagen better. Collagen peptides are easier for your body to absorb and use.

**Q| Does 4Life Transfer Factor Collagen Type I absorb well into the body?**

A| Yes. Because Type I collagen in this product is hydrolyzed (in its peptide form), it is very easy for your body to absorb.

**Q| How many collagen packets do I get in a box of 4Life Transfer Factor Collagen Type I?**

A| There are 15 powder stick packs in each box.

**Q| What ages is this product suitable for?**

A| 4Life Transfer Factor Collagen Type I is suitable for adult men and women age 18 and older.

**Q| Who can benefit from 4Life Transfer Factor Collagen Type I?**

A| Any adult who feels or shows the effects of physical aging can benefit from this product. People seeking enhanced skin and nail support, as well as joint and muscle support, can also benefit. When ligaments and tendons break down, the body produces collagen to help rebuild them. By taking 4Life Transfer Factor Collagen Type I, you can support your body's natural rebuilding process. Basically, anyone with skin or connective tissue can benefit from 4Life Transfer Factor Collagen Type I.\*

**Q| How much Type I Collagen is in the product?**

A| There are 5 grams of high-quality, highly bioavailable, fish-derived Type I collagen peptides in 4Life Transfer Factor Collagen Type I.

**Q| Does this product contain 4Life Transfer Factor Tri-Factor Formula?**

A| Yes! There are 100 mg of 4Life Transfer Factor Tri-Factor Formula to help your immune system more efficiently recognize, respond to, and remember potential health threats. 4Life is The Immune System Company™, and our collagen supplements are the only ones in the world powered by 4Life Transfer Factor to support the immune system!\*

**Q| Why is 4Life Transfer Factor Tri-Factor Formula in this product?**

A| Your skin is an important part of your immune system. In addition to being your largest organ, your skin is also your first layer of defense against health threats and invaders. That's why we included 4Life Transfer Factor Tri-Factor Formula in this product. This product provides just one more way to show your immune system some love.\*

**Q| What other ingredients are present in this product?**

A| 4Life Transfer Factor Collagen Type I contains vitamins C and E to offer antioxidants and support the skin against excessive sun exposure.\*

**Q| Is 4Life Transfer Factor Collagen Type I gluten free?**

A| Yes!

**Q| Can you take too much of 4Life Transfer Factor Collagen Type I?**

A| Collagen is a protein, so consider your daily protein needs when supplementing. The product also contains vitamins A, C, and E, so keep those percent daily values in mind.

**Q| How much does 4Life Transfer Factor Collagen Type I cost?**

A| 1 box: Wholesale: \$34  
Retail: \$43  
LP: 25

2-pack: Wholesale: \$65  
Retail: \$83  
LP: 50

**Q| Can 4Life Transfer Factor Collagen Type I benefit other areas besides hair, skin, and nails?**

A| Yes, this product can also have a beneficial effect on other tissues of the body, such as muscles and joints. Any tissue that's connected to another tissue can benefit from collagen.\*

**Q| Does 4Life Transfer Factor Collagen Type I have a flavor?**

A| 4Life Transfer Factor Collagen Type I is a flavorless formula, which makes it versatile and easy to add to a food or beverage. Getting high-quality collagen supplementation has never been more convenient!

**Q| How should I take 4Life Transfer Factor Collagen Type I?**

A| Mix one (1) packet with 8 oz of any beverage. You can also mix the product with foods.

**Q| Does this product have sugars and carbohydrates? If so, how much?**

A| This product has less than 1 gram of carbohydrates and a small amount of sucrose (table sugar).

**Q| Can 4Life Transfer Factor Collagen Type I be mixed with other 4Life products?**

A| Absolutely! 4Life Transfer Factor Collagen Type I can be a wonderful inside-out beauty strategy that complements all our great 4Life products.\*

**Q| Are there any foods or beverages in which this product should not be mixed?**

A| Nope! 4Life Transfer Factor Collagen Type I is flavorless and versatile, and you can easily mix into any food or beverage of your choice, even hot beverages.

**Q| Does 4Life Transfer Factor Collagen Type I have the same research completed as the original Collagen formula?**

A| Marine, or fish, collagen is the most studied of all collagen forms, especially when it comes to skin health. The 5 g dose provided by 4Life Transfer Factor Collagen Type I is well within the dose range used in these studies. Some of the benefits identified in our own clinical study of 4Life Transfer Factor Collagen will still apply for 4Life Transfer Factor Collagen Type I, though some will not. Both products are backed by plenty of scientific research.\*



1. Inoue, N., Sugihara, F., & Wang, X. (2016). Ingestion of bioactive collagen hydrolysates enhance facial skin moisture and elasticity and reduce facial aging signs in a randomised double-blind placebo-controlled clinical study. J Sci Food Agric, 96(12), 4077-4081. doi:10.1002/jsfa.7606.

\*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.