

# TECHNICAL WHITE PAPER: 4LIFE TRANSFER FACTOR® COLLAGEN IMPROVES SKIN HYDRATION, FIRMNESS, AND FINE LINES AND WRINKLES IN HEALTHY ADULTS\*

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## OBJECTIVE

The purpose of this study was to measure the effect of 4Life Transfer Factor Collagen on skin hydration, elasticity, firmness, appearance of fine lines and wrinkles, and self-reported improvements in hair, skin, nails, and joints in healthy adults.

## BACKGROUND

According to the United Nations, in 2015, one in eight people were over the age of 60. By 2030, it will be one in six. As the population continues to grow, there is an increasing demand for products that support the aging systems of the body.

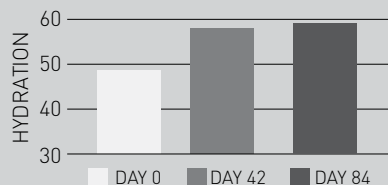
The system that ages most visibly is the skin. Skin hydration, elasticity, and firmness tend to decrease, while fine lines and wrinkles tend to increase with age. Nails and hair become more dull and brittle, while collagen levels in the joints decrease.

4Life® developed 4Life Transfer Factor Collagen, a powder drink supplement made of unique, age-defying ingredients, including 4Life Transfer Factor®.\* To demonstrate the benefits of this innovative formula, a first-of-its-kind clinical study was performed by an independent, third-party testing lab that specializes in the beauty, cosmetic, and skincare industries.



## RESULTS AND DISCUSSION

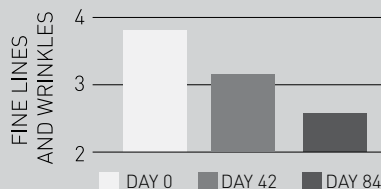
**SKIN HYDRATION** There was statistically significant improvement in all participants by day 42. By day 84, over 96% of subjects showed an average of 25% improvement.\*



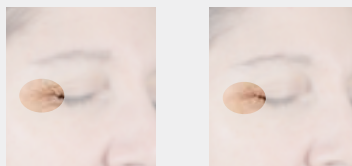
**SKIN FIRMNESS** By day 84, nearly 90% of subjects demonstrated statistically significant improvements in skin firmness.\*



**FINE LINES AND WRINKLES** Nearly 90% of subjects demonstrated a decrease in the appearance of fine lines and wrinkles with an average of 15% by day 42 and an average of 30% by day 84.\*



By day 42, this subject experienced a 25% decrease in the appearance of fine lines and wrinkles, particularly around the eyes.\*



**QUESTIONNAIRE** A significant percentage of subjects reported an improvement in anti-aging, overall skin health and hydration, skin firmness, smoothness and brightness, visibility of skin pores, and overall nail health, strength, and appearance. Though not significant, there was a trend toward self-reported improvements in joint health.\*

## EXPERIMENTAL METHODS

Twenty-six healthy adult female and male subjects, ages 40 to 55, consumed one 8 g stick pack of 4Life Transfer Factor Collagen daily for 84 days. Study participants were evaluated at visits on days 0, 42, and 84.

At each visit, skin hydration, firmness, and elasticity were measured. High-resolution photographs were taken and graded by a dermatologist and a questionnaire was administered.

## CONCLUSIONS

4Life Transfer Factor Collagen was clinically proven to improve skin hydration, firmness, and the appearance of fine lines and wrinkles 42 days. Skin hydration, firmness, and fine lines and wrinkles were maintained or improved through the remainder of the study. Subjects also reported positive changes in hair, skin, nails, and overall healthy aging.\*

**\*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.**