

4LIFE TRANSFER FACTOR® COLLAGEN

Frequently Asked Questions

Q: What is collagen?

A: Collagen is a vital structural protein in the human body. Often referred to as the “glue” that holds your body together, collagen is present in connective tissue throughout your body, including the skin. Collagen is made of three amino acid strands wound together that form a triple-helix. These triple-helices form collagen fibers, which are the main component of connective tissue in your body.*

Q: What is 4Life Transfer Factor Collagen?

A: 4Life Transfer Factor Collagen includes five different types of collagen, sourced from fish, chicken bone broth, and egg shell membranes. It features 4Life Tri-Factor® Formula to help educate the immune system. It also includes vitamins A, C, and E, biotin, and an Age-Defying Plant Complex.*

4Life Transfer Factor Collagen:

- Provides a total-body, age-defying formula*
- Improves skin moisture, tone, and elasticity*
- Helps replenish collagen levels to support healthy joints, muscles, and skin*
- Slows the appearance of fine lines and wrinkles*
- Includes biotin to promote healthy hair and nails*
- Provides potent antioxidants that support the skin, joints, muscles, and cognitive function*
- Supports immune system function with 4Life Transfer Factor*

Q: Why is collagen so vital?

A: Collagen is the most abundant protein in your body. When you're young and still developing, your body produces enough collagen to support your needs. Over time, collagen production declines and your body begins breaking down, making supplementation important.

Q: How many types of collagen are included in 4Life Transfer Factor Collagen?

A: 4Life Transfer Factor Collagen provides five different types of collagen for total-body support.*

Q: Why is it important to consume multiple types of collagen?

A: Collagen is made up of amino acid chains. Variations in the amino acids create different types of collagen in your body. There are over 20 types of collagen identified, which all have slightly different functions in your body. For instance, types I and III are found mostly in the skin, while type II is more common in the joints. It's important to take multiple types of collagen to support your whole body.*

Q: How does 4Life Transfer Factor Collagen benefit my skin?

A: 4Life Transfer Factor Collagen helps replenish collagen levels to support healthy skin. It improves skin moisture, tone, and elasticity and slows the appearance of fine lines and wrinkles. Plus, it supports immune system function with 4Life Transfer Factor.*

Q: Why is 4Life Tri-Factor Formula included in 4Life Transfer Factor Collagen?

A: Your skin is the first line of defense in your immune system. 4Life Tri-Factor Formula supports immune system function.*



Q: Where does 4Life source the collagen for this product?

A: The collagen in 4Life Transfer Factor Collagen comes from fish, chicken bone broth, and egg shell membrane.

Q: What benefits does the Age-Defying Plant Complex provide?

A: The Age-Defying Plant Complex combines wheat (*Triticum aestivum*) seed extract and astaxanthin. This blend improves skin moisture and elasticity and the appearance of wrinkles. It also delivers age-defying antioxidant benefits that reduce oxidative stress in the skin, joints, and brain.*

Q: Are there any specific benefits for men who take 4Life Transfer Factor Collagen?

A: Collagen is a major structural protein used 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 to replenish this vital protein and help maintain overall structural system integrity, including the skin.*

Q: Why is wheat (*Triticum aestivum*) seed extract included in the formula?

A: Environmental factors such as air quality and climate can dry out the skin's barrier, making the surface of your skin appear rough and dull. Wheat seed extract contains ceramides that can improve skin hydration, an important factor in the healthy appearance of your skin.*

Q: What is astaxanthin and why is it included in the formula?

A: Astaxanthin is an age-defying antioxidant that supports the skin, muscles, and cognitive function. Since 4Life Transfer Factor Collagen includes multiple types of collagen and ingredients to provide total-body, age-defying support, we included astaxanthin to offer further antioxidant properties.*

Q: Which antioxidants are included in this product?

A: Vitamins A, C, and E and astaxanthin provide powerful antioxidant support.*

Q: How does collagen support healthy joints?

A: Joints depend on cartilage to stay healthy and function well. Because collagen makes up about 60% of the cartilage in your joints, collagen supplementation can help regenerate and support healthy joint function.*





Q: Why does this product contain hydrolyzed fish collagen?

A: Collagen molecules are large and can be difficult for your body to use. Hydrolyzing the collagen breaks up the peptides into much smaller units that are easier for your body to utilize.

Q: Which type of fish does 4Life use for its hydrolyzed fish collagen?

A: The hydrolyzed fish collagen is sourced from pangasius, tilapia, catfish, cod, haddock, and Nile perch.

Q: Is 4Life Transfer Factor Collagen gluten-free?

A: Yes, 4Life Transfer Factor Collagen is gluten-free. The wheat seed extract is purified during manufacturing to eliminate any residual wheat gluten.

Q: Is 4Life Transfer Factor Collagen soy-free?

A: Yes!

Q: What is the difference between collagen protein and PRO-TF®? Why do I need both?

A: PRO-TF provides whey and egg protein hydrolysate, which supports muscle mass, sports performance, and weight management. 4Life Transfer Factor Collagen provides collagen protein, which supports skin and joint health. Like PRO-TF, collagen is made from amino acids. However, unlike PRO-TF, 4Life Transfer Factor Collagen provides specific building blocks that your body uses to make collagen.*

Q: How long will it take to see or feel the benefits of 4Life Transfer Factor Collagen?

A: You can expect to see and feel results in 12 weeks.*

Q: What flavor is 4Life Transfer Factor Collagen?

A: 4Life Transfer Factor Collagen is a refreshing strawberry-mango flavor.

Q: What ingredients flavor and sweeten 4Life Transfer Factor Collagen?

A: 4Life Transfer Factor Collagen only contains natural flavors and sweeteners, including cane sugar, stevia, salt, citric acid, malic acid, sodium acetate, and other natural flavors.

Q: Can you take too much 4Life Transfer Factor Collagen?

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 many calories are in each pack of 4Life Transfer Factor Collagen?

A: Each stick pack contains 30 calories.

Q: How does 4Life Transfer Factor Collagen differ from other collagen products on the market?

A: 4Life Transfer Factor Collagen is unique because it contains 4Life Tri-Factor Formula to help your immune system recognize, respond to, and remember potential health threats. Tri-Factor Formula has been shown to raise natural killer (NK) cell activity in the immune system by up to 283%.⁺ In addition, this product includes vitamins A, C, and E and astaxanthin, powerful antioxidants that provide healthy aging support.*

Q: How can I include 4Life Transfer Factor Collagen into my lifestyle?

A: 4Life Transfer Factor Collagen can be mixed with 8 oz or more of water, or you can mix it with PRO-TF Vanilla Cream or NutraStart® Vanilla.



⁺Test results obtained from an independent, unpublished in vitro experiment conducted at the Russian Academy of Medical Sciences, in Kashirskoe Shosse, Russia. The randomized and controlled in vitro study assessed the effects of 4Life Transfer Factor® Classic, 4Life Transfer Factor® Tri-Factor® Formula, or 4Life® Transfer Factor Plus® Tri-Factor® Formula, versus a positive control (Interleukin-2, or IL-2) on NK cell activity and effectiveness in destroying damaging cells. Blood was collected from healthy volunteers and then incubated for up to 48 hours. (REFERENCE: Kisielovsky MV & Khalurina EO. Unpublished observations.)

***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.**