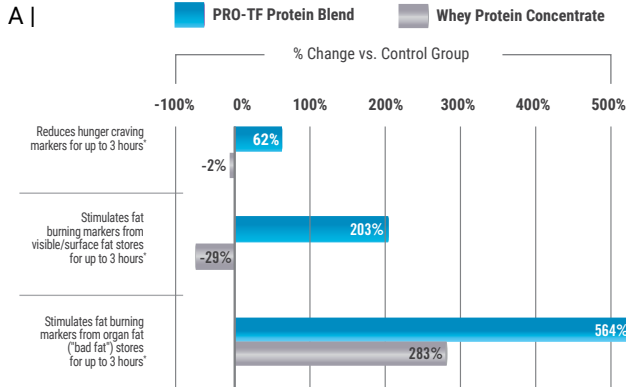


FREQUENTLY  
ASKED  
QUESTIONS

# FREQUENTLY ASKED QUESTIONS ABOUT PRO-TF®

**Q | HOW DOES PRO-TF® STACK UP AGAINST THE LEADING WHEY PROTEIN?**



**Q | I'M READY TO BEGIN TRANSFORMING MY BODY. HOW CAN I GET STARTED WITH PRO-TF?**

A | Get started with these three easy steps.

**First:** Choose your target weight.

**Second:** Multiply your activity level by your goal body weight in pounds to determine your optimal amount of protein.†

Target body weight x activity level = daily protein intake in grams

Low activity.....(weight in lbs x 0.5–0.7)  
 Moderate activity.....(weight in lbs x 0.6–0.8)  
 High activity.....(weight in lbs x 0.7–0.9)  
 Competitive athletes.....(weight in lbs x 1–1.33)  
 \_\_\_\_\_ lbs x (activity level from above)  
 \_\_\_\_\_ = \_\_\_\_\_daily intake in grams

Increase protein intake to the upper end of each range if you are 15-25 years of age, or over 45 years of age.

**Third:** Use PRO-TF throughout the day to help you burn fat, build muscle, and supplement your daily protein needs.\*

**Q | I STRUGGLE TO STAY ON A HEALTHY DIET BECAUSE I GET SO HUNGRY. CAN PRO-TF HELP ME FEEL FULLER AND MORE SATISFIED?**

A | Including protein in each meal will help you feel fuller and maintain a healthy weight. In a study, PRO-TF was shown to reduce hunger cravings for up to three hours!\*

**Q | I HAVE MILK ALLERGIES. SHOULD I BE CONCERNED ABOUT TAKING PRO-TF?**

A | PRO-TF contains a small amount of lactose and no casein protein, which is the allergenic component of milk.

**Q | WHAT IS 4LIFE TRANSFER FACTOR® AND HOW MUCH IS IN PRO-TF?**

A | 4Life Transfer Factor supports the immune system's natural ability to recognize, respond to, and remember potential health threats. Each two-scoop serving of PRO-TF includes a full serving (600 mg) of 4Life Transfer Factor for immune system support.\*



†Low activity: Gleeson, 2005; Paddon-Jones, et al., 2015; Phillips, et al., 2016; Walberg, et al., 1988.  
 Moderate activity: Gleeson, 2005; Paddon-Jones, et al., 2015; Phillips, et al., 2016; Walberg, et al., 1988.  
 High activity: Phillips and Van Loon, 2011.  
 Competitive athletes: Helms, et al., 2014 & 2015.

\*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.

**Q | WHAT IS PRO-TF PROTEIN?**

A | PRO-TF protein is your total protein infusion. It provides 20 grams of patent-pending PRO-TF Protein Blend in every two-scoop serving—one of the most advanced and effective proteins available to burn fat, build muscle, and transform your body. PRO-TF is a delicious and versatile way to get your daily protein, no matter your fitness or healthy lifestyle goals.\*

**Q | WHAT MAKES PRO-TF SO UNIQUE?**

A | PRO-TF is powered by a patent-pending blend that contains low-molecular weight, extensively hydrolyzed (high DH) whey and egg protein. High DH proteins are absorbed faster, more easily digested, and more effectively utilized by the body than any other form of protein. In addition, PRO-TF provides a superior protein source, containing over 4,900 mg of critically essential amino acids (EAAs) and over 2,350 mg of branched-chain amino acids. Plus, it provides 600 mg of 4Life Transfer Factor in every two-scoop serving. PRO-TF supports increased protein synthesis, boosted energy levels, fat burning, and decreased fatigue during and after exercise.\*

**Q | WHAT ARE THE FEATURES AND BENEFITS OF PRO-TF?**

A | PRO-TF has been independently and university-tested to support:

- Calorie and fat burning\*
- Muscle protection\*
- Muscle growth\*
- Increased metabolism\*
- Hunger suppression\*

Delicious PRO-TF is only 140 calories per two-scoop serving, is gluten free, and contains only small amounts of lactose.

**Q | WHO SHOULD USE PRO-TF?**

A | Ages 4 and up can take PRO-TF! Whatever your goal—to maintain a healthy weight, build or maintain muscle mass, improve sports performance and recovery, increase strength, bolster immune system health, support healthy blood glucose levels and appetite, or just look and feel better—PRO-TF contains a great source of protein to help you achieve the results you desire.\*

**Q | WHY IS PROTEIN SO IMPORTANT FOR OVERALL HEALTH?**

A | Protein is essential for life and must be consumed frequently and in abundance each day. No matter your age or body type, protein can help you meet your body transformation and healthy lifestyle goals. Protein supports fat burning, healthy muscle mass, optimal health, and crucial body function (like metabolic processes and cellular function).

**Q | WHY IS WHEY PROTEIN PREFERABLE TO SOY, RICE, PEA, OR CASEIN PROTEIN?**

A | Whey protein has clearly been shown to:

- Reduce hunger response, versus casein or soy protein<sup>1</sup>
- Provide a more significant effect on markers of insulin sensitivity response and healthy blood glucose than soy or casein protein<sup>1</sup>
- Reduce the cortisol (stress hormone) in response to exercise versus soy protein<sup>2</sup>
- Stimulate muscle protein synthesis at rest or in response to strenuous resistance training more effectively than soy or casein protein<sup>3</sup>

**Q | I WANT TO REACH MY IDEAL WEIGHT. CAN PRO-TF HELP ME REACH MY GOAL?**

A | In one study, PRO-TF was shown to stimulate fat burning by up to 56%.<sup>4</sup> PRO-TF may also help reduce hunger cravings, making it easier for you to follow a healthy eating plan.\*

**Q | HOW DO I ADD PRO-TF TO MY DAILY DIET?**

A | For best results, combine one serving with cold water and shake vigorously in a shaker cup. You can also mix PRO-TF with your favorite yogurt, add it to cereal, or even combine it with NutraStart® for a delicious drink on the go!

1 Veldhorst et al. *Physiol Behav* 2009;96(4–5):675–82.

2 Kraemer et al. *J Am Coll Nutr* 2013;32(1):66–74.

3 Tang et al. *J Appl Physiol* 2009;107(3):987–92.

(Specifically, whey was 93% and 18% more effective than casein and soy at increasing resting muscle protein synthesis for up to 180 minutes. In response to exercise, whey was 122% and 31% more effective than casein and soy.)

4 4Life Research conducted research to demonstrate the safety and efficacy of PRO-TF, a patent-pending product. Mobley et al. *Journal of the International Society of Sports Nutrition* 2015; 12:32. <https://pubmed.ncbi.nlm.nih.gov/26279644/>

Roberts et al. *Applied Physiology, Nutrition, and Metabolism* 2014; 39: 1–10. <https://pubmed.ncbi.nlm.nih.gov/24476471/>