When we learned about transfer factors more than 20 years ago, we started on a journey that has transformed our lives and tens of thousands of lives all over the world. Discovered by Dr. H. Sherwood Lawrence in 1949, transfer factors are remarkable molecules that transfer valuable immune memory and knowledge from one entity to another. After experiencing this immune system support firsthand, we embarked on a path to share 4Life Transfer Factor® with people around the globe. This is an immune system revolution!*

Since 1998, 4Life has grown into a vibrant, worldwide network of people who are committed to Together, Building People through science, success, and service. Today, 4Life is respected for its commitment to ongoing innovation and scientific discovery in immune system and general health support. We offer a range of products with innovative and effective ingredients—immune system products, protein supplements, skincare products, vitamin and nutrient products, and many more—to support you on your wellness journey.*

We hope that you can thrive and grow with 4Life, make a positive impact in your community, meet wonderful new friends, and enjoy the road to health support and lifestyle freedom as much as we have.*

Sincerely,

David & Bianca Lisonbee
4Life Founders
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| RiteStart Kids & Teens 19 | **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.**
| Bountiful Harvest Plus 59 | **4LIFE.COM | 5** |
| Multiplex 61 |  **4LIFE.COM | 5** |
| Gurmar 60 |  **4LIFE.COM | 5** |
Because of our deep commitment to quality, excellence, and scientific innovation, we certify every 4Life Transfer Factor product we sell. In our state-of-the-art, million-dollar testing lab, we conduct 20 tests per product to ensure identity, purity, strength, and composition.

Many products undergo additional, rigorous quality-assurance tests before being released for distribution.

Our products are the foundation and heart of our business. We strive to create products that meet and exceed the highest standards, so you can feel confident incorporating them into your health routine and sharing them with your friends and loved ones.
"The 4Life Manufacturing Facility is a first-class, NSF®-registered operation. The company’s investment in the facility and the unification of technology, innovation, and wonderful staff members make me proud to be a part of 4Life."

Robert W. Robertson Jr, MD
Health Sciences Advisory Board Member
Kentucky, USA
YOUR RECIPE FOR WELLNESS SUCCESS*

At 4Life, we believe that you are unique. Each of you has distinctive physical characteristics, personalities, and emotional needs. One size does not fit all. And that includes the supplements you take!

Incorporate your unique 4Life solutions and the following steps to achieve wellness success!*

1. SUPPLEMENT FOUNDATION:
Start with our foundational products—RiteStart Men or RiteStart Women—which provide essential multivitamins and minerals, our flagship 4Life Transfer Factor Plus Tri-Factor Formula immune system support, and much more.*

2. HEALTHY DIET:
When you consume the right amounts of quality nutrients, your body can function at its best. Eating the recommended daily amounts of protein, fruits, and vegetables can help you enjoy healthy energy levels and a healthy immune system.

POSSIBLE 4LIFE SOLUTIONS: Keep your appetite in check and consume quality protein with PRO-TF product. Add 4Life Transfer Factor RioVida Tri-Factor Formula, Bountiful Harvest Plus, RiteStart Men, RiteStart Women, or RiteStart Kids & Teens, which have invigorating antioxidant and bioflavonoid ingredients.*

3. EXERCISE:
Exercise positively impacts your physical and mental health. Strength training builds muscle, an important part of keeping your body and immune system strong. Muscles release signaling molecules that communicate with your organs, so when your muscles are healthy, your overall immune system response is also healthy.¹

POSSIBLE 4LIFE SOLUTIONS: Incorporate PRO-TF before and after workouts to support muscle building, and take Renuvo for recovery. To enhance your cardio regimen, add 4Life Transfer Factor Cardio.*

4. RESTFUL SLEEP:
When you feel rested and relaxed, all of your body systems are more balanced. Too much stress can cause you to lose focus and not enjoy life to the fullest. When you budget enough time for sleep and use strategies to eliminate anxiety, your body and mind will benefit.

POSSIBLE 4LIFE SOLUTIONS: Try 4Life Transfer Factor Reflexion, which promotes relaxation, a positive mood, and the ability to focus during occasional stress. SleepRite AMJ promotes rejuvenating sleep, which can help you feel more rested during the day.*

5. STRONG RELATIONSHIPS:
Having strong relationships with the ones you love ensures that you have a good support system in place. Additionally, scientists have discovered strong links between intimacy, mental health, and balanced physical health.²

POSSIBLE 4LIFE SOLUTIONS: 4LifeTransform Man and 4LifeTransform Woman target brain and body systems for enhanced intimacy.*


*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.
When you feel healthy, you can live your best possible life. You need a smart and vigilant immune system to help you fight back against the threats you face each day. That’s why millions of people around the world have chosen to take 4Life Transfer Factor products.*

Discover three ways to Raise Your Immune I.Q. with top 4Life Transfer Factor products that ramp up, amp up, and blast off immune system effectiveness.*
†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: Kisielevsky MV & Khalturina EO. Unpublished observations.)
4LIFE TRANSFER FACTOR®
RIVIDIA® TRI-FACTOR® FORMULA

PRIMARY SUPPORT: Immune System, Healthy Aging, Antioxidant, Overall Wellness*
SECONDARY SUPPORT: Brain Health, Heart Health, Energy*

The one-and-only liquid dietary supplement in the world that combines 4Life Transfer Factor with antioxidant-rich superfruits*

- Supports the immune system's natural ability to recognize, respond to, and remember potential health threats, with 600 mg of 4Life Transfer Factor per 1 fl oz serving*
- Includes a proprietary combination of antioxidant- and bioflavonoid-rich natural fruit juices, including açaí, pomegranate, blueberry, and elderberry*
- Contains essential and supporting vitamin C, amino acids, fatty acids, and polyphenols*
- Includes UltraFactor XF, OvoFactor, and NanoFactor—Tri-Factor Formula
4LIFE TRANSFER FACTOR®
RIOVIDA STIX® TRI-FACTOR® FORMULA

PRIMARY SUPPORT: Immune System, Healthy Aging, Antioxidant*
SECONDARY SUPPORT: Brain Health, Heart Health, Energy*

The immune system goodness of RioVida in a portable powder pack*
• Supports the immune system with 600 mg of 4Life Transfer Factor per serving*
• Delivers essential antioxidants from açaí, pomegranate, and blueberry*
• Replenishes electrolytes to support nerve and muscle function*
• Is portable and easy to share
• Contains no artificial sweeteners, flavors, or preservatives
• Includes UltraFactor XF, OvoFactor, and NanoFactor—Tri-Factor Formula

4LIFE TRANSFER FACTOR®
RIOVIDA BURST® TRI-FACTOR® FORMULA

PRIMARY SUPPORT: Immune System, Healthy Aging, Antioxidant, Overall Wellness*
SECONDARY SUPPORT: Brain Health, Heart Health, Energy*

The immune system goodness of RioVida, conveniently packaged in a smooth and delicious edible gel blend*
• Provides a delicious, on-the-go source of essential and supporting vitamin C, amino acids, fatty acids, and trace minerals
• Contains certified 4Life Transfer Factor and a proprietary combination of antioxidant- and bioflavonoid-rich natural fruits, including açaí, pomegranate, blueberry, and elderberry*
• Is easy to share
• Includes UltraFactor XF, OvoFactor, and NanoFactor—Tri-Factor Formula

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4LIFE TRANSFER FACTOR® IMMUNE SPRAY

PRIMARY SUPPORT: Immune System*
Mouth and throat dietary supplement spray that combines UltraFactor XF and NanoFactor with colloidal silver, zinc, and more*
• Supports the immune system’s natural ability to recognize, respond to, and remember potential health threats*
• Includes aloe vera and marshmallow
• Is available in fresh mint and orange flavors
• Contains certified 4Life Transfer Factor with UltraFactor XF

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4LIFE TRANSFER FACTOR™ RENEWALL™
Soothing skin gel
• Contains ingredients that promote beautiful skin
• Includes aloe vera, rosemary, chamomile, and lavender

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DISCOVERY

- Dr. H. Sherwood Lawrence discovered transfer factor molecules in 1949.
- 4Life Founder and Chairman of the Board David Lisonbee learned about transfer factors as part of his own personal health research.
- 4Life secured patents (U.S. 6,866,868 and U.S. 6,468,534) that protect the process and use of transfer factors derived from cow colostrum (first milk) and chicken egg yolks.

DESCRIPTION

- Transfer factors are tiny messenger molecules composed of amino acids. They are a unique category of bioactive peptides that transfer immune memory from an experienced immune system “donor” to a less experienced “recipient” immune system.*

BENEFITS

- Transfer factors support the immune system’s ability to recognize, respond to, and remember potential health threats.*
- Transfer factors may boost or balance the immune system response to a potential threat.*
- 4Life Transfer Factor Plus Tri-Factor Formula has been shown to increase natural killer (NK) cell activity by up to 437%. (See page 13 for more information.)*
- 4Life Transfer Factor Tri-Factor Formula promotes increased production of salivary IgA antibodies.*

DID YOU KNOW?

**4LIFE TRANSFER FACTOR**

**IgA Antibody (Immune Defender)**
A critical first line of defense

**Environmental stressor**

**BEFORE** taking 4Life Transfer Factor
**AFTER** taking 4Life Transfer Factor for four consecutive weeks

Increased Production of Salivary IgA Antibodies*

73%
MORE!

*Immunoglobulin A (IgA) test results obtained from a preliminary, in-house, open-label pilot study on 21 reportedly healthy adults. Participants took 4Life Transfer Factor® Tri-Factor® Formula for two weeks, followed by 4Life Transfer Factor® RioVida® Tri-Factor® Formula. One hundred percent of participants saw an increase in the production rate of salivary secretory IgA by an average of 73% after taking 4Life Transfer Factor products for four weeks, when compared to the one-week baseline.* A brief drop occurred at the transition between the two products. (Bennett RH: Salivary IgA in Healthy Adults is Increased by Dietary Transfer Factors: An open label, cross-over study. Unpublished findings.)

*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.
4LIFE TRANSFER FACTOR® PRODUCTS
**RITESTART® WOMEN**

**PRIMARY SUPPORT:** Immune System, Healthy Aging, Antioxidant, Heart Health, Female Health, Multivitamin & Mineral, Muscle, Bone, & Joint Health, Overall Wellness*  
**SECONDARY SUPPORT:** Brain Health, Energy, Eye Health, Skin Health*  

Twice-daily supplement packets for women  

TAKE RITESTART WOMEN EVERY DAY FOR:  
- Immune system support from 4Life Transfer Factor Plus Tri-Factor Formula*  
- Certified 4Life Transfer Factor with UltraFactor XF  
- Specific female system support*  
- Joint and bone health support*  
- Skin health support*  
- A unique blend of antioxidants*  
- Cardiovascular and circulatory support*  
- Support for healthy hormonal balance*  
- Vision and eye health support*  

**RITESTART® MEN**

**PRIMARY SUPPORT:** Immune System, Healthy Aging, Antioxidant, Heart Health, Male Health, Multivitamin & Mineral, Muscle, Bone, & Joint Health, Overall Wellness*  
**SECONDARY SUPPORT:** Brain Health, Energy, Eye Health, Skin Health*  

Twice-daily supplement packets for men  

TAKE RITESTART MEN EVERY DAY FOR:  
- Immune system support from 4Life Transfer Factor Plus Tri-Factor Formula*  
- Certified 4Life Transfer Factor with UltraFactor XF  
- Specific male system support*  
- Joint and bone health support*  
- Skin health support*  
- A unique blend of antioxidants*  
- Cardiovascular and circulatory support*  
- Vision and eye health support*  

**RITESTART® KIDS & TEENS**

**PRIMARY SUPPORT:** Immune System,  
**SECONDARY SUPPORT:** Energy, Muscle, Bone, & Joint Health, Skin Health*  

Great for kids and teens ages 2–18  

TAKE RITESTART KIDS & TEENS EVERY DAY FOR:  
- 300 to 600 mg of 4Life Transfer Factor Tri-Factor Formula  
- Immune system support to help your body recognize, respond to, and remember potential health threats*  
- 22 essential vitamins and minerals for growing bodies*  
- Support for strong bones*  
- Vitamin B for healthy brain function*  
- Healthy vision, muscle function, and skin support*  
- Antioxidant vitamins A, C, and E*  

Available in 120-count bottle of chewable tablets in assorted citrus cream and sour apple flavors. Suggested serving is two (2) or four (4) chewable tablets daily, depending on age.*

---

**4LIFE TRANSFER FACTOR® PRODUCTS**

**RITESTART** products contain essential vitamin and mineral building blocks for good nutrition plus 4Life Transfer Factor. Named for the exact purpose they provide—a right start for your day, for your health, and for your life—RiteStart products help you look and feel great.*  

RiteStart Men and RiteStart Women include 4Life Transfer Factor Plus Tri-Factor Formula immune system support, essential fatty acids (including omega-3 and omega-6), a complex blend of antioxidants, and hormone support for men or women. RiteStart goes beyond the everyday multivitamin. This all-in-one nutritional packet provides all of your daily essentials.*  

RiteStart Kids & Teens contains vitamins and minerals that are critical for development and growth, along with the immune system support of 4Life Transfer Factor Tri-Factor Formula.*

---

**Item #** | **Retail** | **Whole** | **LP**
--- | --- | --- | ---
30 packets | 27019 | $81.00 | $61.00 | 50
2-pack | 27020 | $156.00 | $117.00 | 100
1 Women, 1 Men | 26541 | $156.00 | $117.00 | 100

**Item #** | **Retail** | **Whole** | **LP**
--- | --- | --- | ---
30 packets | 26538 | $81.00 | $61.00 | 50
2-pack | 26539 | $156.00 | $117.00 | 100
1 Men, 1 Women | 26541 | $156.00 | $117.00 | 100

**Item #** | **Retail** | **Whole** | **LP**
--- | --- | --- | ---
120 tablets | 26889 | $53.00 | $46.00 | 30

*A two-tablet serving for children ages 2–3 contains 300 mg of 4Life Transfer Factor Tri-Factor Formula. A four-tablet serving for children ages 4 and older contains 600 mg of 4Life Transfer Factor Tri-Factor Formula.

*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.*
4LifeTransform products and programs help you transform your body to achieve a youthful, vibrant life.*

**PRO-TF®**

**YOUR TOTAL PROTEIN INFUSION**

**PRIMARY SUPPORT:** Weight Management, Muscle & Sports Performance, Immune System*

**SECONDARY SUPPORT:** Heart Health, Muscle, Bone, & Joint Health*

Protein supplement to help you transform your body and live a more fulfilling and vibrant life*

- Provides 10 g of patent-pending 4LifeTransform® Protein Formula per serving, one of the most advanced and effective proteins available to help you transform your body, optimize performance, and promote health*
- Includes an essential protein source, extensively hydrolyzed (high DH) whey and egg protein, plus 300 mg of 4Life Transfer Factor in every serving*
- Offers an independently and university-tested formula to support caloric and fat burning, muscle protection and growth, increased metabolism, and hunger suppression*
- Includes only 70 calories per serving, is gluten free, and contains less than 1 g of lactose

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Protein can help protect healthy muscle in people of all ages by increasing muscle growth and reducing muscle breakdown.¹

14Life Research conducted a pre-clinical research study to demonstrate the safety and efficacy of PRO-TF, a patent-pending product [Mobley CB et al., J Int Soc Sports Nutr 2015, 12:14]. To learn more, visit 4life.com.

Low Molecular Weight PRO-TF Protein Blend was tested in an independent, university pre-clinical study and was shown to significantly increase muscle protein synthesis (muscle growth) by 74% and was more effective than the leading whey protein in the following areas:¹

- Reducing hunger cravings by up to 62% for up to three hours
- Stimulating fat burning from visible/surface fat by up to 203% for up to three hours
- Stimulating fat burning from “bad fat” stores by up to 564% for up to three hours

PRO-TF Benefits²

Reduces hunger craving markers for up to 3 hours

Stimulates fat burning markers from visible/surface fat stores for up to 3 hours

Stimulates fat burning markers from organ fat (“bad fat”) stores for up to 3 hours

Use, share, and earn
Download the 4LifeTransform® app today from the App Store or Google Play. Visit 4lifetransform.com for details.

*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.
4LIFETRANSMFORM BURN®
PRIMARY SUPPORT: Weight Management*
Thermogenic blend to support accelerated body transformation*
- Helps adults of all ages achieve a lean, sleek, and healthy body*
- Supports an accelerated approach to body transformation by igniting fat burning and reducing hunger*
- Provides energy support to ignite your workouts for optimum performance*

4LIFETRANSMFORM ® PRODUCTS
Over a 12-week period, 4LifeTransform Burn® decreased hunger cravings and increased feelings of fullness.*

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*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.
4LIFETRANSFORM® PRODUCTS

4LIFETRANSFORM® MAN

PRIMARY SUPPORT: Sexual Performance & Vitality*
SECONDARY SUPPORT: Muscle & Sports Performance, Healthy Aging, Heart Health, Muscle, Bone, & Joint Health*

Male support for sexual performance and healthy aging*
• Supports healthy blood circulation*
• Optimizes lean muscle growth, mass, and strength*
• Supports a more powerful body and rewarding life*

4LIFETRANSFORM® WOMAN

PRIMARY SUPPORT: Sexual Performance & Vitality*
SECONDARY SUPPORT: Healthy Aging*

Female support for sexual intimacy and healthy hormone levels*
• Targets a woman’s unique brain and body systems to support healthy libido and enhanced sexual intimacy*
• Supports healthy hormone levels that tend to decline with age*
• Supports a more youthful, vibrant body and fulfilling life*

Item # Retail Whsle LP
120 capsules 26535  $40.00 $30.00   25

Item # Retail Whsle LP
120 capsules 27016  $40.00 $30.00   25
4LIFETRANSFORM® 30-DAY ACCELERATOR SYSTEM FOR MEN OR WOMEN

PRIMARY SUPPORT: Weight Management*
SECONDARY SUPPORT: Immune System, Energy, Cleansing & Detox*

Proprietary products with scientifically proven ingredients to help you achieve real and lasting body transformation*

• Tea4Life: Simple and effective cleansing tea that prepares your body for the 30-day transformation*
• PRO-TF Vanilla Cream: University-tested, patented protein supplement to help you burn fat and build lean muscle*
• 4LifeTransform Burn: Scientifically-proven fat burner to help you ignite your body transformation*
• 4LifeTransform Man or 4LifeTransform Woman: Supplement to support healthy aging and vibrant living, and enhance sexual performance and experience*
• Renuvo: Total body recovery supplement*
• Energy Go Stix Berry: Great-tasting energy support and amino acids on the go*
• RiteStart Men or RiteStart Women: Multivitamin, mineral, and essential fatty acid supplement designed especially for men and women*

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*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.
Targeted Transfer Factor products combine the immune system benefits of 4Life Transfer Factor ingredients with additional system-specific nutrients to provide a focused and personal level of health support.*
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### 4Life Transfer Factor® Belle Vie®

**Primary Support:** Female Health, Healthy Aging*.  
**Secondary Support:** Immune System, Antioxidant*  
Targeted support for superior female reproductive and breast health*  
- Features certified 4Life Transfer Factor to educate immune cells*  
- Includes a blend of herbal antioxidants, phytoestrogens, indoles, and calcium d-Glucarate to support female endocrine health*  
- Promotes overall feminine reproductive health*

### 4Life Transfer Factor® Cardio

**Primary Support:** Heart Health, Energy*.  
**Secondary Support:** Immune System, Antioxidant*  
A heart-healthy combo of 4Life Transfer Factor and over 18 vitamins, minerals, and antioxidants*  
- Features certified 4Life Transfer Factor to help educate immune cells*  
- Provides support for a healthy heart and proper cardiovascular function*  
- Supports healthy cholesterol levels already in the normal range*  
- Contains a proprietary blend of coenzyme Q-10, Ginkgo biloba, garlic, red rice yeast extract, and ginger

### 4Life Transfer Factor® Glucoach®

**Primary Support:** Glucose Metabolism*.  
**Secondary Support:** Immune System, Antioxidant, Energy*  
Targeted support for the endocrine and metabolic systems*  
- Includes certified 4Life Transfer Factor to educate immune cells*  
- Includes minerals, herbs, and phytonutrients to support healthy glucose levels and promote pancreatic health*

### 4Life Transfer Factor® Glutamine Prime®

**Primary Support:** Immune System, Overall Wellness*.  
**Secondary Support:** Energy, Antioxidant, Digestive Health*  
Energy source that helps fuel immune cell activity and provides the building blocks of glutathione, an important antioxidant*  
- Supplies fuel to immune cells with the important amino acid glutamine*  
- Features NanoFactor to educate immune cells*  
- Provides synergistic immune system support when taken with any 4Life Transfer Factor product*

### 4Life Transfer Factor® Kbu®

**Primary Support:** Urinary Health*.  
**Secondary Support:** Immune System, Antioxidant, Cleansing & Detox*  
A targeted formula for both men and women to support the urinary tract—the kidneys and the bladder*  
- Features certified 4Life Transfer Factor to educate immune cells*  
- Supports the bladder with cleansing ingredients like dandelion, chanca piedra, varuna, and mannose*  
- Supports healthy kidney and urinary tract function with cranberry, IP-6, dandelion, chanca piedra, and varuna*

### 4Life Transfer Factor® Malepro®

**Primary Support:** Male Health*.  
**Secondary Support:** Immune System, Antioxidant*  
Targeted support for optimal prostate health*  
- Features certified 4Life Transfer Factor to support immunity at the cellular level  
- Includes saw palmetto, lycopene, isoflavones, broccoli extract, and antioxidants to support prostate health*

### 4Life Transfer Factor® Reflexion®

**Primary Support:** Sleep, Mood, & Stress*.  
**Secondary Support:** Brain Health*  
A proprietary blend that promotes relaxation, improved mood, and the ability to focus during occasional stress*  
- Enhances your ability to cope with the daily stresses of life*  
- Promotes relaxation, a positive mood, and the ability to focus*  
- Supports the immune system’s ability to function properly in times of occasional stress*  
- Improves cognitive function*

### 4Life Transfer Factor® Vista®

**Primary Support:** Eye Health*.  
**Secondary Support:** Immune System, Antioxidant*  
Targeted support for optimal vision performance and eye health*  
- Helps maintain visual acuity and sharpness*  
- Includes ingredients to help reduce the oxidative effects of the sun or of excessive blue light exposure on the macula of the eyes*  
- Promotes healthy eye function*  
- Supports the ability to adapt to varying light conditions*  
- Provides synergistic wellness support when taken with BioEFA™ with CLA*

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4Life Essential Oils

4Life Essential Oils include powerful, unique, natural, and 100% pure oils that provide an optimal aesthetic experience for your body, soul, and life.

**4LIFE® ESSENTIAL OILS TForce®**

PATENTED 4LIFE TRANSFER FACTOR™ IN A 100% PURE ESSENTIAL OIL BLEND

- Is the only essential oil in the world that features patented 4Life Transfer Factor
- Provides warm and welcoming aromatic notes
- Imparts phenomenal benefits, especially when applied to the chest area
- Offers great benefits when you dampen a towel with hot water, apply a few drops of TForce on the towel, and apply it to your chest

**4LIFE® ESSENTIAL OILS BRISA®**

100% PURE ESSENTIAL OIL BLEND

- Creates fresh air that elevates your senses
- Provides strong aromatic notes of eucalyptus and fresh herbs as an uplifting tonic for the lungs
- Elevates your workout and outlook
- Makes a great accessory during breathing and meditation

**4LIFE® ESSENTIAL OILS CALMAVIDA®**

100% PURE ESSENTIAL OIL BLEND

- Bolsters the best benefits of lavender
- Offers aromatically bold and earthy notes to impart a warm sense of tranquility to you and your environment
- Provides a sense of calm in any situation
- Makes a great accessory during breathing and meditation
4LIFE® ESSENTIAL OILS COOLTOUCH®
100% PURE ESSENTIAL OIL BLEND
- Cools, settles, and beautifies
- Creates a dynamic heating and cooling effect when used in massage
- Provides an experience that will put a spring in your step, especially when used with massage after a hard workout
- Makes a great accessory for facial massage

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4LIFE® ESSENTIAL OILS DIGESTIVE BLEND
100% PURE ESSENTIAL OIL SUPPLEMENT
PRIMARY SUPPORT: Digestive Health*
- Reduces digestive discomfort*
- Offers an ingestible blend to improve gut motility*
- Supports overall gastrointestinal function—stomach, liver, gallbladder, and intestines*
- Supports digestion of fats*

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4LIFE® ESSENTIAL OILS PEPPERMINT
100% PURE ESSENTIAL OIL
- Offers brisk, cool, and invigorating fragrance notes
- Cools and refreshes the skin
- Evokes feelings of freshness and peace
- Makes a great accessory during breathing and meditation

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**4Life® Essential Oils Lemon**

100% Pure Essential Oil

- Imparts a fresh environment and energized attitude
- Offers bright and vibrant top notes and a brilliantly robust base note
- Brings elation to your mental outlook
- Makes a great accessory for massage

**4Life® Essential Oils SweetShape®**

100% Pure Essential Oil Supplement

Primary Support: Weight Management*

- Provides an ingestible blend to stimulate metabolism and fat burning markers*
- Promotes healthy energy levels*
- Targets fat metabolism for weight management support when used in conjunction with a healthy eating and exercise regimen*

**4Life® Essential Oils Carrier Oil**

Perfect Companion for 4Life Essential Oils

- Dilutes 4Life Essential Oils to safely carry them to the skin
- Has a subtle coconut aroma that blends beautifully with pure essential oils
- Works perfectly for light massage

**4Life® Essential Oils Ultrasonic Diffuser**

Great for Atomizing 4Life Essential Oils into Your Environment

- Features ultrasonic technology
- Is easy-to-use
- Offers three timer settings and a 300 ml fill capacity
- Provides an ultra-fine, chemical- and heat-free mist

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4LIFE® ESSENTIAL OILS KIT

TFORCE
CALMAVIDA
COOLTOUCH
LEMON
PEPPERMINT
CARRIER OIL
GUIDEBOOK

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enummi® SHAMPOO
A sulfate-free, moisture-rich cleansing experience
• Cleanses gently, yet effectively, with coconut-derived ingredients
• Includes protein, amino acids, and luscious botanicals
• Helps prevent color fadeout
• Provides protection from the environment, manageability, and vibrant shine
• Works well for daily use on all hair types

enummi® CONDITIONER
Conditioner that leaves hair feeling soft and silky
• Improves manageability and smoothness
• Saturates hair beautifully and rinses effortlessly, leaving hair feeling soft and silky with vibrant shine
• Features a formula rich in protein, vitamins, and amino acids
• Helps minimize color fading and static, and eases hair and scalp dryness with decadent nature-derived oils and butters
• Provides environmental protection

enummi® BODY WASH
An invigorating cleanser that hydrates the skin
• Features a light gel formula that creates a luxurious lather with a lively fragrance
• Leaves skin feeling soft and smooth, without lingering dryness
• Offers gentle cleansing for the entire family
• Includes nature-derived ingredients like mango, avocado, and honey extract
• Combines perfectly with enummi Intensive Body Lotion for ultimate moisturizing benefits

### enummi® SHOWER ESSENTIALS
A TRUE SENSORY EXPERIENCE

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enummi PERSONAL CARE
QUALITY PRODUCTS FOR SUPPLE SKIN AND A DAZZLING SMILE

enummi® INTENSIVE BODY LOTION
4Life’s original formula body lotion for dry skin
• Contains white tea to protect your skin from the elements
• Provides a complex range of minerals and amino acids to the skin
• Promotes soft, smooth skin with aloe vera and shea butter

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enummi® TOOTHPASTE
A gentle, fluoride-free formula that cleanses teeth and freshens breath without harsh, abrasive agents
• Dissolves food film for a clean, bright smile
• Freshens breath
• Offers a refreshing mint flavor and no sugar

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enummi® PERSONAL CARE

enummi SKIN CARE
THE BEAUTY OF SCIENCE

Each product is packed with natural botanicals, antioxidant support, and proven ingredients that give your skin the hydration, nourishment, and protection it needs.

Reveal your most vibrant and luminous complexion in four simple steps:

STEP 1: CLEANSE
enummi® GENTLE FACIAL CLEANSER
A gentle cleanser for a fresh, clean complexion
- Features herbal extracts and vitamins to hydrate and replenish while cleansing
- Includes a botanical blend to make daily care a soothing ritual
- Cleanses gently to help maintain fresh, soft skin

STEP 2: TONE
enummi® REFRESHING TONER
Biotin, antioxidants, and vital moisture to improve skin appearance and prepare it for nutrient-rich treatments
- Fortifies skin with natural humectants to retain hydration and moisture
- Clears impurities and dead skin cells
- Promotes a smooth, fresh, and radiant complexion

STEP 3: TARGET
enummi® LIFE C ENERGIZING SERUM®
A luxurious waterless formulation that creates brighter-looking skin that feels silky
- Helps brighten skin, improve overall skin tone, and diminish the appearance of age spots with vitamin C and other botanicals
- Provides skin with beneficial antioxidants to defend against the elements
- Energizes tired skin for a more luminous appearance

STEP 4: MOISTURIZE & PROTECT
enummi® PROTECTIVE DAY MOISTURIZER
A moisture barrier to hydrate, nourish, and protect skin with SPF 15
- Defends with certified SPF 15 broad spectrum sun protection
- Provides hydration and creates a moisture barrier

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enummi® PERSONAL CARE

enummi® SKIN RECOVERY SUPPLEMENT

PRIMARY SUPPORT: Skin Care*
SECONDARY SUPPORT: Immune System*

Daily supplement to promote skin’s youthful and vibrant look from the inside out and maximize the rejuvenating potential of the topical treatments*
• Features 4Life Transfer Factor immune system support*
• Supports increased moisture levels in skin’s barrier from the inside out in as few as three weeks*1
• Supports skin’s surface firmness and elasticity from the inside out in as few as eight weeks*2
• Significantly improves the appearance of skin lines and wrinkles in as few as eight weeks*3
• Supports skin’s recovery from normal daily environmental exposure*


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enummi® RESTORING EYE CREAM

Formula to reduce the appearance of dark circles, puffiness, fine lines, and wrinkles, and promote a glowing, smooth appearance
• Provides superior moisturizing and skin softening benefits with emollients and deep moisturizing ingredients
• Helps combat dark circles around the eyes with peptides that reduce the appearance of puffiness, fine lines, and wrinkles

enummi® NIGHT RECOVERY CREAM

Nightly cream to rejuvenate, retain moisture, and reduce the signs of aging while you sleep
• Includes a moisture-rich complex that provides hydration and humectants to help skin retain its natural moisture barrier
• Provides powerful antioxidants
• Rejuvenates and improves skin’s radiance while you sleep

enummi® SKIN CARE SYSTEM

Best value! [Contains all six topical products]
ShapeRite by 4Life products support the idea that every individual—no matter the genetics, body size, or goals—can find his or her own “rite shape” through a combination of exercise, healthy eating, and proper supplementation.*

Maintaining a healthy weight can reap great dividends in terms of your overall health and quality of life. Learn how ShapeRite products can help you maintain a healthy weight and meet your lifestyle goals.*

ENERGY GO STIX®

PRIMARY SUPPORT: Energy*
SECONDARY SUPPORT: Weight Management, Immune System*

Energy supplement in ready-to-mix powder packs*

- Features an energy boost from a synergistic amino acid blend and yerba mate, green tea extract, and three forms of ginseng*
- Contains 4Life Transfer Factor to support the immune system*
- Supports memory, alertness, and mood*
- Promotes healthy metabolism and weight management when accompanied by a sensible diet and exercise*
- Is available in berry, orange citrus, pink lemonade, and tropical flavors

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NUTRASTART®

Low-fat, low-calorie meal replacement drink

- Provides a healthy and delicious meal on the go
- Provides balanced nutrition with whey and soy protein, vitamins, minerals, and dietary fiber
- Includes 4Life Transfer Factor
- Is available in vanilla and chocolate

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*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.*
### CARB BLX™
**PRIMARY SUPPORT:** Weight Management*
Formula that helps reduce the amount of fat and carbohydrates absorbed by the body to help limit the effects of poor meal choices*
- Features Cassia nomame
- Includes polyphenols and flavonoids for potent antioxidant activity*
- Provides green tea to help promote natural fat burning, healthy mood and energy levels, and overall weight management*

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### CATALYST® PLUS
**PRIMARY SUPPORT:** Weight Management*
**SECONDARY SUPPORT:** Glucose Metabolism, Energy*
Formula for maintaining balanced glucose levels*
- Features Gymnema sylvestre to help maintain healthy glucose metabolism*
- Contains chromium to support healthy energy levels and aid weight management*

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### CITRI-SHAPE®
**PRIMARY SUPPORT:** Weight Management*
Non-thermogenic fruit extract that helps control appetite and support metabolism*
- Features Garcinia cambogia, which has been shown to inhibit fat storage and promote the use of body fats as fuel*
- Includes a vitamin B complex to promote healthy energy levels*
- Contains no artificial stimulants and is caffeine free

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### METABOLITE™
**PRIMARY SUPPORT:** Weight Management*
Thyroid support to help promote a healthy metabolic rate and cellular efficiency*
- Features bladderwrack to nourish and promote a healthy functioning thyroid*
- Contains pineapple enzymes to support digestive function*
- Includes a wide spectrum of phytonutrients from spirulina to nourish cells*

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### CHITOLITE®
**PRIMARY SUPPORT:** Weight Management*
Fat-binding formula that discourages absorption of fat in the body*
- Supports weight management by binding fat through the power of chitosan*
- Features l-ascorbic acid, erythorbic acid, and aloe vera

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DIGEST4LIFE

Digest4Life is 4Life’s premier digestive health line that features exclusive and effective products powered by 4Life Transfer Factor.*

PRE/O BIOTICS®
PRIMARY SUPPORT: Digestive Health*
SECONDARY SUPPORT: Immune System*
The only prebiotic/probiotic product in the world with 4Life Transfer Factor*
• Optimizes healthy gut bacteria growth with our exclusive microbeadlet delivery*
• Increases the amount and longevity of beneficial gut flora by up to 1,000 times over standard delivery*
• Supports healthy immune system function*
• Requires no refrigeration

PRE/O BIOTICS®

ALOE VERA
PRIMARY SUPPORT: Digestive Health*
SECONDARY SUPPORT: Immune System, Overall Wellness*
Concentrated aloe vera juice for digestive health support*
• Naturally includes electrolytes to aid recovery from intestinal cleanses and detox diets*
• Promotes healthy gastrointestinal function*
• Soothes the gastrointestinal tract*
• Promotes healthy immune system function*

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PHYTOLAX®
PRIMARY SUPPORT: Cleansing & Detox, Digestive Health*
An effective herbal laxative*
• Contains herbs such as cascara sagrada and ginger to safely activate digestive elimination*
• Promotes healthy regularity*

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FIBRE SYSTEM PLUS™

PRIMARY SUPPORT: Cleansing & Detox, Digestive Health
SECONDARY SUPPORT: Weight Management

A ten-day gastrointestinal cleanse*
- Contains more than 20 herbal ingredients to provide thorough, comfortable intestinal cleansing and purification*
- Provides an excellent gastrointestinal cleanse to start any nutritional regimen*
- Contains key ingredients such as cascara sagrada, frangula, prunes, pineapple, papain, and bromelain

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TEA4LIFE®

PRIMARY SUPPORT: Cleansing & Detox, Digestive Health

Natural cleansing tea for intestinal maintenance and to support regularity*
- Features herbs to support colon health*
- Provides an herbal alternative for healthy digestive cleansing*
- Boasts a tasty apple-cinnamon flavor with no artificial colors, flavors, or sweeteners

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DIGESTIVE ENZYMES

PRIMARY SUPPORT: Cleansing & Detox, Digestive Health

Complete digestive enzyme solution for all of your digestive health needs*
- Supports healthy digestion of food*
- Reduces intestinal discomfort associated with food consumption*
- Supports overall digestive health*

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DIGEST4LIFE®

PRIMARY SUPPORT: Cleansing & Detox, Digestive Health

Complete digestive enzyme solution for all of your digestive health needs*
- Supports healthy digestion of food*
- Reduces intestinal discomfort associated with food consumption*
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SUPER DETOX®

**PRIMARY SUPPORT:** Cleansing & Detox, Digestive Health*

Support for healthy liver function*

- Includes milk thistle, known to support healthy liver function*
- Contains red clover and artichoke to aid in detoxification and liver strength*
- Provides antioxidant support through n-acetyl-l-cysteine*

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**DIGEST4LIFE® RESET SYSTEM**

**PRIMARY SUPPORT:** Digestive Health*

**SECONDARY SUPPORT:** Immune System*

- 2 Pre/o Biotics
- 1 4Life Transfer Factor Tri-Factor Formula
- 1 Fibre System Plus
- 1 Super Detox
- 1 Digestive Enzymes
- 1 Aloe Vera
- 1 QuickStart Guidebook

- Cleans and purifies a clogged gastrointestinal tract*
- Nourishes liver function, supporting its role in the digestive process*
- Soothes and supports the gastrointestinal tract*
- Optimizes healthy gut bacteria growth with our exclusive microbeadlet delivery*
- Increases the amount and longevity of beneficial gut flora by up to 1,000 times over standard delivery*
- Supports healthy immune system function and digestive health with the power of 4Life Transfer Factor*

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*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.*
4Life General Health and Wellness products complement our 4Life Transfer Factor line to provide extensive health support for your body’s varied needs. These products include vitamins, nutrients, powerful antioxidants, and more to help you on your path to wellness.*

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**BIOEFA™ WITH CLA**
**PRIMARY SUPPORT:** Brain Health, Heart Health*
**SECONDARY SUPPORT:** Weight Management, Overall Wellness*
Essential fatty acids for healthy heart, brain, and respiratory function*
- Features potent omega-3 and omega-6 fatty acids from fish oil, borage seed oil, flaxseed oil, and sunflower seed oil
- Promotes overall cardiovascular health and strong cell membranes*
- Contains CLA (conjugated linoleic acid) for cardiovascular and circulatory health*

**BIOGENISTEIN ULTRA®**
**PRIMARY SUPPORT:** Female Health*
**SECONDARY SUPPORT:** Sleep, Mood, & Stress*
Hormone- and mood-balancing blend for basic female support*
- Contains soy isoflavones, black cohosh, and chaste tree for female health support and healthy hormone levels*
- Supports a positive mood with black cohosh, l-theanine, and chaste tree*
- Includes antioxidants from quercetin and turmeric*

**BOUNTIFUL HARVEST® PLUS**
**PRIMARY SUPPORT:** Overall Wellness*
**SECONDARY SUPPORT:** Antioxidant, Multivitamin & Mineral, Immune System*
Daily serving of nutrient-rich greens from whole-plant sources
- Provides concentrated vitamins, minerals, and other phytonutrients
- Contains superfood concentrates from blue-green algae and spirulina
- Contains alkaline-forming properties that help balance pH levels*

**CHOICE 50®**
**PRIMARY SUPPORT:** Antioxidant*
**SECONDARY SUPPORT:** Immune System, Healthy Aging, Heart Health, Skin Health, Overall Wellness*
Superior blend of antioxidants that promotes healthy aging benefits*
- Includes a blend of potent antioxidants*
- Supports cardiovascular and circulatory system health*
- Provides additional support for joint, muscle, brain, and eye health*

**CM SUPER™**
**PRIMARY SUPPORT:** Muscle, Bone, & Joint Health*
Calcium and magnesium support for healthy bone metabolism and structural system health*
- Contains a potent daily serving of more than 400 mg of calcium, 400 IU of vitamin D, and 270 mg of magnesium to support bone health*
- Contains vital ingredients to support bone growth in people of all ages*

**FIBRO AMJ® DAY-TIME FORMULA**
**PRIMARY SUPPORT:** Muscle, Bone, & Joint Health*
Scientifically advanced support for structural and nervous system health*
- Contains powerful metabolites—magnesium and vitamin B6—essential to energy production*
- Includes glucosamine hydrochloride and methylsulfonylmethane (MSM) for joint support*
- Includes Boswellia serrata for additional support*
See page 61 for SleepRite AMJ.

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FLEX4LIFE® (CAPSULES)

**PRIMARY SUPPORT:** Muscle, Bone, & Joint Health*

**SECONDARY SUPPORT:** Antioxidant*

Capsules with nutrients designed to lubricate joints and support a full range of motion*
- Supports healthy joint tissue, fluids, and overall joint flexibility*
- Helps maintain mobility for a comfortable, full range of motion*
- Supports muscle and joint health*
- Features Terminalia chebula, hyaluronic acid, and turmeric to support healthy knee function*

**FLEX4LIFE™ (CREAM)**

Skin cream with a soothing formula
- Has a soothing topical blend
- Contains menthol, peppermint extract, and natural vitamin E
- Provides great support when used in combination with Flex4Life capsules

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**FEMRITE®**

A unique cream formulated for women that contains a rich blend of wild yam extract, aloe, jojoba, and avocado extract
- Includes cucumber extract and aloe
- Includes wild yam extract

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**GURMAR**

**PRIMARY SUPPORT:** Glucose Metabolism*

**SECONDARY SUPPORT:** Weight Management*

Ancient Indian herb famous for helping maintain healthy glucose levels*
- Supports the endocrine system to balance glucose in the body*
- Helps maintain healthy glucose levels*

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**INNER SUN®**

**PRIMARY SUPPORT:** Sleep, Mood, & Stress*

Proprietary formula designed to promote a positive mood and healthy energy levels*
- Features a blend of St. John’s wort, chamomile, rosemary, and hawthorn to promote a positive mood*
- Includes potent vitamin B complex to support healthy energy levels*

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**LIFE C®**

**PRIMARY SUPPORT:** Antioxidant, Multivitamin & Mineral*

**SECONDARY SUPPORT:** Immune System*

Proprietary blend of vitamin C for enhanced absorption and antioxidant support*
- Features seven active forms of natural vitamin C*
- Uses varied forms to provide antioxidant protection*
- Supports the healthy function of multiple body systems*

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**MALE FORMULA™**
**PRIMARY SUPPORT:** Male Health*
Basic prostate and hormonal support combined with the protection of potent antioxidants*
- Supports healthy sexual function, energy levels, and strength*
- Contains saw palmetto to promote prostate health, urinary health, and energy levels*
- Includes zinc for antioxidant support*

**MULTIPLEX™**
**PRIMARY SUPPORT:** Multivitamin & Mineral, Overall Wellness*
Basic daily dose of fundamental vitamins and minerals
- Features essential vitamins and minerals for general health and wellness*
- Contains herbal extracts and citrus bioflavonoids to boost energy levels*

**MUSCULOSKELETAL FORMULA™**
**PRIMARY SUPPORT:** Muscle, Bone, & Joint Health*
Key ingredients that support muscle repair*
- Includes ingredients to support overworked muscles, tendons, ligaments, and nerves*
- Supports bone structure by reducing bone breakdown*
- Supports healthy connective tissue*

**PBGS+®**
**PRIMARY SUPPORT:** Antioxidant*
SECONDARY SUPPORT: Immune System, Healthy Aging*
Antioxidant formula that combines the power of pinebark and grapeseed extracts*
- Includes pinebark and grapeseed extracts
- Helps neutralize cells from the aging effects of free radicals*
- Promotes healthy circulation*

**SLEEPRITE AMJ®**
**PRIMARY SUPPORT:** Sleep, Mood, & Stress*
SECONDARY SUPPORT: Muscle, Bone, & Joint Health*
Proprietary blend of natural ingredients for a restful night of sleep*
- Combines melatonin, a proven alternative to naturally aid sleep, with 5-Hydroxytryptophan, vitamin B6, and a proprietary blend of herbs*
- Supports healthy sleep patterns to help your body function at its best*
- Includes hops flower, which supplies important nutrients to support healthy muscles, bones, and joints*

**STRESS FORMULA™**
**PRIMARY SUPPORT:** Sleep, Mood, & Stress*
A calming evening herbal formula to promote relaxation*
- Contains valerian root to support a calm nervous system*
- Includes peppermint to soothe stomach discomfort that may be associated with stress*

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4LIFE FORTIFY®
GOOD WORKS THROUGH GOOD NUTRITION

All over the world, parents and caregivers struggle to provide nourishing food for children to sustain a carefree and healthy life. As part of our commitment to service, and in order to foster long-term sustainable partnerships with families, orphanages, and communities, 4Life offers 4Life Fortify, a complete nutritional complex of vitamins, minerals, and 4Life Transfer Factor Tri-Factor Formula.

With your monthly 4Life Fortify support, you earn 25 LP for your business and help ensure a child doesn’t go hungry. Plus, shipping is free! Get your organization involved, and watch your business grow!

Each bag purchased will be donated to children in need around the world by our partner, Feed the Children, a third-party distribution company.*

4LIFE FORTIFY
12–24 great-tasting meals of rice, lentils, and beans, along with a complete nutritional complex of vitamins, minerals, and 4Life Transfer Factor Tri-Factor Formula

• Provides a protein-rich meal with the texture of a true meal, not simply porridge
• Provides proper nutrition for individuals of all ages
• Tastes great and can be enjoyed by different cultures worldwide

*For donation through Feed the Children. Not for personal use.

“4Life Research™ offers an incentive to buy, donate, and promote 4Life Fortify meal packs. Commission is included in the price of the pack and allows distributors to invest their time and resources to encourage others to join the 4Life legacy of service. 4Life Fortify is created and supported by 4Life Research, a for-profit company that facilitates donations of purchased 4Life Fortify meal packs to non-profit partners such as Feed the Children. Charity partners distribute 4Life Fortify to children in need without charge or fees.

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-12-24 servings/bag
- Family Pack/5 bags
4LIFE PRODUCT INGREDIENT INDEX

4LIFE TRANSFER FACTOR

4Life Transfer Factor Classic: UltraFactor XF, 4Life Transfer Factor Chewable Tri-Factor Formula 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor].

4Life Transfer Factor Immune Spray—Mint and Orange: Zinc, 4Life Transfer Factor Blend (UltraFactor XF and NanoFactor), and Proprietary Blend (colloidal silver, marshmallow, aloe, and lactoferrin).

4Life Transfer Factor Plus Tri-Factor Formula: Zinc, 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor], and Cordyvant Proprietary Polysaccharide Complex (IP-6, β-Sitosterol and other phytoesterols, mycelium (Cordyceps sinensis) extract, baker’s yeast extract, fruiting body (Agaricus blazeii) extract, Aloe vera (Aloe barbadensis) leaf extract, oat fruiting body extract, and shiitake fruiting body extract).

4Life Transfer Factor RenewAll: Purified water, UltraFactor XF, aloe vera [Aloe barbadensis] leaf juice, lavender (Lavandula angustifolia) flower extract, chamomile (Anthemis nobilis) flower extract, rosemary (Rosmarinus officinalis) leaf oil, eucalyptus (Eucalyptus globulus) leaf oil, eucalyptus, caryaggeana, yeast polysaccharides, panthenol, allantoin, sodium PCA, PPG-2 isoceteth-20 acetate, PEG-12 dimethicone, carborner, triethanolamine, butylene glycol, polysorbate 20, disodium EDTA, phenoxyethanol, caprylyl glycol, ethlyhexylglycerin, hexylene glycol, propylene glycol, and citric acid.

4Life Transfer Factor RioVida Tri-Factor Formula: Vitamin C, 4LifeTri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor] and RioVida Juice Blend (apple, purple grape, blueberry, acai, pomegranate, and elderberry juices from concentrate).

4Life Transfer Factor RioVida Burst Tri-Factor Formula: 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor] and RioVida Juice Blend (apple, purple grape, blueberry, acai, pomegranate, and elderberry juices from concentrate).

4Life Transfer Factor RioVida Stix Tri-Factor Formula: 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor] and RioVida Proprietary Blend (açai, blueberry, elderberry fruit powder, grape seed extract, and pomegranate hull extract).

4Life Transfer Factor Tri-Factor Formula: 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor].

4Life Transfer Factor Tri-Factor Formula: 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor].

RiteStart: Vitamin A, vitamin C, vitamin D, vitamin E, vitamin K2, thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, biotin, pantothenic acid, calcium, iron, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum, boron, vanadium, 4Life Transfer Factor Plus Tri-Factor Formula, BioEFA with CLA, Proprietary OPC Blend (grapesed extract and pine bark extract), Proprietary Antioxidant Blend (fruits, marigold petals extract, green tea leaf extract, alpha lipic acid, coenzyme Q10, and bilberry fruit extract), and Proprietary Support Blend (glucosamine hydrochloride, calcium d-glucarate, n-acetyl-l-cysteine, hyaluronic collagen powder, and Ginkgo biloba leaf extract).

RiteStart Men also includes: Men’s Health Blend (turmeric root extract, broccoli sprout extract, tomato fruit extract, soybean seed extract, and d-methionanethanol.

RiteStart Women also includes: Women’s Health Blend (spirulina, thyme, soybean seed extract, broccoli, and d-methionanethanol.

RiteStart Kids & Teens: Vitamin A, vitamin C, vitamin D, vitamin E, vitamin K, thiamin, riboflavin, niacinamide, vitamin B6, folate, vitamin B12, biotin, pantothenic acid, calcium, iron, iodine, magnesium, zinc, selenium, copper, manganese, chromium, and 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor].

4LIFEETRANSFORM

4LifeTransform Burn: Proprietary 4LifeTransform Blend (bitter orange with other citrus (citrus spp.) fruits extract, Coleus forskohlii root extract, African mango (Irvingia gabonensis) seed extract, and dihydrocapsaicin).

4LifeTransform Man: Performance Blend (l-citrulline, creatine, and Korean ginseng (Panax ginseng) root extract).

4LifeTransform Woman: Performance Blend (l-citrulline, evening primrose (Oenothera biennis) defatted seed extract, and velvet bean (Mucuna pruriens) seed extract).

PRO-TF Chocolate and Vanilla Cream: 4LifeTransform Protein Formula [Low Molecular Weight PRO-TF Protein Blend (extensively hydrolyzed whey protein concentrate, extensively hydrolyzed egg white protein, and 4Life Tri-Factor Formula [UltraFactor XF [ ultra-filtered colostrum powder], OvoFactor [egg yolk powder], and NanoFactor [nano-filtered colostrum powder]].

Renovo: 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor], and 4Life Adaptogenics Blend (Rhaponticum carthamoides) root extract, Schisandra chinensis fruit extract, OCAIR, green tea leaf extract, ashwagandha root extract, turmeric rhizome extract, resveratrol, and black pepper fruit extract.

TARGETED TRANSFER FACTOR


4Life Transfer Factor Belle Vie: 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor], Antioxidant Proprietary Blend (green tea leaf extract and grape seed extract), Phytoestrogen Proprietary Blend (flax seed extract, kudzu root extract, and red clover plant extract), and Cruciferous Proprietary Blend (broccoli, cabbage, kale—containing indole-3-carbinol, diindolyl methane, ascorbigen, and calcium d-glucarate).

4Life Transfer Factor Cardio: Vitamin A, vitamin C, vitamin E, niacin, vitamin B6, folate, vitamin B12, magnesium, zinc, selenium, copper, potassium, OvoFactor, and Proprietary Blend (garlic bulb extract, hawthorn leaf/flower extract, butcher’s broom root extract, red rice yeast extract, Ginkgo biloba leaf extract, ginger root oil, reseveratrol, and coenzyme Q10).

4Life Transfer Factor GluCoach: Chromium, 4Life Transfer Factor Blend (UltraFactor XF and OvoFactor), vanadium, alpha lipic acid, and Proprietary Blend (Pterocarpus marsupium heart wood extract, gymnema leaf extract, fenugreek seed extract, Morinda charantia fruit extract, and Korean ginseng root extract).

4Life Transfer Factor KBU: 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor], Bladder Support Blend (cranberry fruit powder and extract, d-mannose, blueberry fruit, and lingonberry fruit), Kidney Support Blend (IP-6, Chancapiedra herb, juniper berry, dandelion leaf, and varuna stem bark extract), and pH Balancing Blend (apple cider vinegar, sodium bicarbonate, potassium bicarbonate, and calcium carbonate).

4Life Transfer Factor MalePro: Zinc, selenium, 4Life Transfer Factor Blend (UltraFactor XF and OvoFactor), saw palmetto fruit extract, lycopen, and Proprietary Blend (nettle root extract, kudzu root extract, soy bean extract, broccoli whole plant extract, and calcium d-glucarate).

4Life Transfer Factor ReCal: Magnesium, 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor], and Proprietary Blend (soy seed extracts, lemon balm herb extract, aipertals (Bacopa monnieri) extract, n-acetyl-l-tyrosine, n-acetyl-l-cysteine, Ginkgo biloba leaf extract, Huperzia serrata herb extract, and vinpocetine).

4Life Transfer Factor Reflexion: 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor], and Proprietary Blend (wild green oat (Avena sativa) extract, and l-theanine).

4Life Transfer Factor Vista: Vitamin A, vitamin C, vitamin E, zinc, 4Life Tri-Factor Formula [UltraFactor XF, OvoFactor, and NanoFactor], lutein, zeaxanthin, and Ocular Health Proprietary Blend (Haematococcus pluvialis microalgae extract, bilberry fruit extract, Spirulina microalgae, citrus bioflavonoids peel extract, black currant fruit extract, Ginkgo biloba leaf extract, blackberry fruit extract, and ascorbigen).

DIGEST4LIFE

Aloe Vera: Aloe vera gel concentrate, ascorbic acid, ethanol, erthorobic acid, sodium benzoate, potassium sorbate, and monoglycerides.

Fibre System Plus: Fiber Blend (psyllium husk, rice seed bran, apple fruit fiber, slippery elm inner bark, prune fruit, marshmallow root, locust bean gum, and xanthan gum), Cleansing Blend (black walnut hull, cascara sagrada bark, gentian root, licorice root, and buckthorn bark), Nutrition Blend (cranberry fruit, pineapple fruit, papaya fruit, sage leaf, parsley leaf, Irish moss whole plant, bee pollen, and spirulina), and Herbal Blend (ginger root, hops flower, and chamomile flower).

Digestive Enzymes: Proprietary Enzyme Blend (amylase, protease 4.5, glucosamylase, acid maltase, α-galactosidase, pectinase, cellulase, peptidase, protease 3.0, bromelain, lipase, inverstase, hemcellulase, β-glucanase, xylanase, and papain).

PhytoLax: Proprietary Blend (cascara sagrada bark, ginger root, buckthorn bark extract, parsley leaf, xanthan gum, and black walnut hull).
**4Life Essential Oils**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carb BLX</td>
<td>Weight Management</td>
<td>Tri-Factor Formula, fruit oil, root oil, tarragon (Coriandrum sativum) fruit oil, ginger (Zingiber officinale)</td>
</tr>
<tr>
<td>Tea4Life</td>
<td>Proprietary Blend (green tea leaf extract, echinacea aerial parts, root, rosehip leaf, and leaf, astragulus root, and bitter orange fruit)</td>
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<tr>
<td>4Life Essential Oils CoolTouch</td>
<td>Wintergreen (Gaultheria procumbens) leaf oil, peppermint (Mentha x piperita) leaf oil, camphor white (Cinnamomum camphora) bark oil</td>
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<tr>
<td>4Life Essential Oils CalmaVida</td>
<td>Mint (Mentha citrata) herb oil, lavender (Lavandula angustifolia) oil, camphor white (Cinnamomum camphora) bark oil, and lavandin (Lavandula hybrid) oil</td>
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<tr>
<td>4Life Essential Oils Carrier Oil</td>
<td>Fractionated coconut (Cocos nucifera) oil</td>
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</tr>
<tr>
<td>4Life Essential Oils CoolTouch</td>
<td>Wintergreen (Gaultheria procumbens) leaf oil, peppermint (Mentha x piperita) leaf oil, camphor white (Cinnamomum camphora) bark oil, chamomile (Chamaomilla recutita) flower oil, and sweet olive (Olmanshtra fragrans) flower absolute</td>
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</tr>
<tr>
<td>4Life Essential Oils Digestive Blend</td>
<td>Peppermint (Mentha x piperita) leaf oil, fennel (Foeniculum vulgare) oil, coriander (Coriandrum sativum) fruit oil, ginger (Zingiber officinale) root oil, tarragon (Artemisia dranunculus) oil, and caraway (Carum carvi) fruit oil</td>
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<tr>
<td>4Life Essential Oils Lemon</td>
<td>Lemon (Citrus limon) oil</td>
<td></td>
</tr>
<tr>
<td>4Life Essential Oils Peppermint</td>
<td>Peppermint (Mentha x piperita) oil</td>
<td></td>
</tr>
<tr>
<td>4Life Essential Oils SweetShine</td>
<td>Lemon (Citrus limon) peel oil, peppermint (Mentha x piperita) leaf oil, grapefruit (Citrus paradisi) peel oil, bergamot (Citrus bergamia) peel oil, juniper (Juniperus communis) fruit oil, cinnamom (Cinnamomum zeylanicum) leaf oil, and ginger (Zingiber officinale) root oil</td>
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<tr>
<td>4Life Essential Oils Tforce</td>
<td>Orange (Citrus aurantium dulcis) peel oil, patchouli (Pogostemon cablin) leaf oil, peppermint (Mentha x piperita) leaf oil, clary sage (Salvia sclarea) leaf oil, and 4Life Tri-Factor Formula</td>
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**GENERAL HEALTH & WELLNESS**

**BioEFA with CLA:** Fish Oil Blend (with 500 mg EPA and DHA) and Plant Oils Blend (flax seed oil (alpha linolenic acid), borage seed oil (gamma linolenic acid), and safflower seed oil (conjugated linoleic acid)).

**BioGenistein Ultra:** Hormone Balance Blend (soy seed extract, black cohosh root extract, dong quai root extract, chaste tree fruit extract, and turmeric rhizome extract) and Proprietary Female Blend (magnolia bark extract, eleuthero root extract, quercetin, and l-theanine).

**Bountiful Harvest Plus:** Super Food Blend (chia seed, spirulina, chlorella, and blue-green algae), Whole Food Nutrient Blend (red pepper fruit, spinach leaf, purple butterbur leaf extract, acerola fruit, pumpkin fruit, carrot root, cucumber fruit, flax seed, brown rice seed flour, asparagus shoots, spearmint leaf, peppermint leaf, and bladderwack herb), and pH Balancing Blend (apple cider vinegar, sodium bicarbonate, potassium bicarbonate, and calcium carbonate).

**Choice 50:** Vitamin C, vitamin E, and Proprietary Blend (citrus bioflavonoid fruit complex, fo-ti root, grape seed extract, turmeric rhizome extract, rutin, milk thistle fruit extract, quercetin, bilberry fruit extract, and resveratrol).

**CM Super:** Vitamin C, vitamin D, vitamin K, vitamin B6, calcium, magnesium, zinc, copper, manganese, and Proprietary Blend (boron glycinate, l-lysine, soy lecithin, horsetail aerial parts, and strontium chloride).

**Fibro AMJ Day-Time Formula:** Vitamin B6, magnesium, and Proprietary Joint Blend (glucosamine hydrochloride, methylsulfonylmethane, bovine cartilage powder, Boswellia serrata tree resin extract, bromelain, and devil’s claw root extract), and Antioxidant Blend (malic acid, n-acetyl-l-cysteine, l-cysteine, grape seed extract, and alpha lipioic acid).

**Flex4Life (capsules):** Joint Support Blend (avocado (Persea americana) fruit/soy, L-glutamine) seed extracts, and hyaluronic acid) and Mobility Support Blend (Termitinea chebula fruit extract, bromelain and trypsin enzymes, turmeric (Curcuma longa) root extracts, Boswellia serrata gum extract, and black pepper (Piper nigrum) fruit extract).
SleepRite AMJ: Vitamin B6, Sleep Blend (valerian root extract, hops flower, 5-HTP, chamomile aerial parts, and melatonin), and Repair Blend (creatine monohydrate, n-acetyl-l-cysteine, grapeseed extract, and alpha lipoic acid).

Stress Formula: Proprietary Blend (peppermint leaf, chamomile flower, passion flower, Ginkgo biloba leaf, linden flower, lemon balm leaf, and valerian root), and Stress Proprietary Extract Blend (chamomile flower extract, Ginkgo biloba leaf extract, hops flower extract, peppermint leaf extract, passion flower herb extract, and valerian root extract).

Note: For ingredient listings for 4Life Fortify, enummi Personal Care, and 4Life Animal Health products, please visit 4life.com.

UltraFactor XF: A proprietary concentrate of ultra-filtered 4Life Transfer Factor proteins and other peptides from cow colostrum.

OvoFactor: A patented concentrate of 4Life Transfer Factor proteins and other peptides from chicken egg yolk.

NanoFactor: A proprietary concentrate of nanofiltered cow colostrum.
DO life DIFFERENTLY
Think about your life. Are you where you want to be? Do you dream of greater success, but find yourself repeating the same steps that have failed in the past? When will you decide that enough is enough and make a change?

NOW IS THE TIME TO CHANGE YOUR LIFE FOR THE BETTER. WE INVITE YOU TO DO LIFE DIFFERENTLY WITH 4LIFE.