

4LIFETRANSFORM™ PROGRAM

Optimize your body and embrace a youthful, vibrant life.

THREE MONTH KICK START...

For a new you!



110 LP

MONTH 1: CLEANSE PACK

SAVE \$76



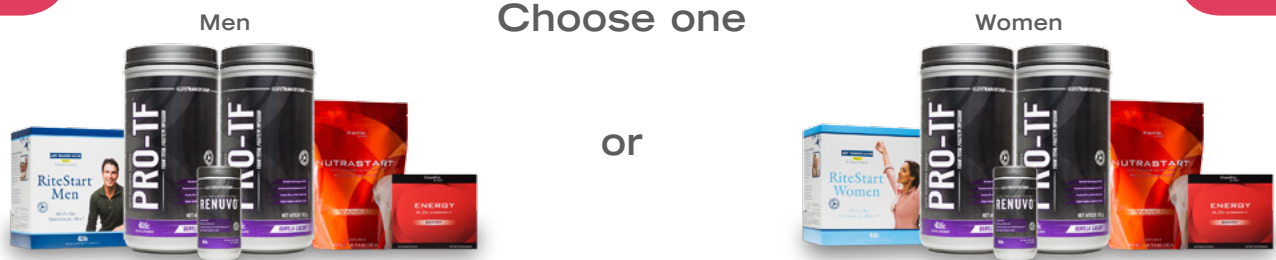
+FREE SHIPPING*

Item #: 30053081

200 LP

MONTH 2: 4LIFETRANSFORM PACK

SAVE \$86



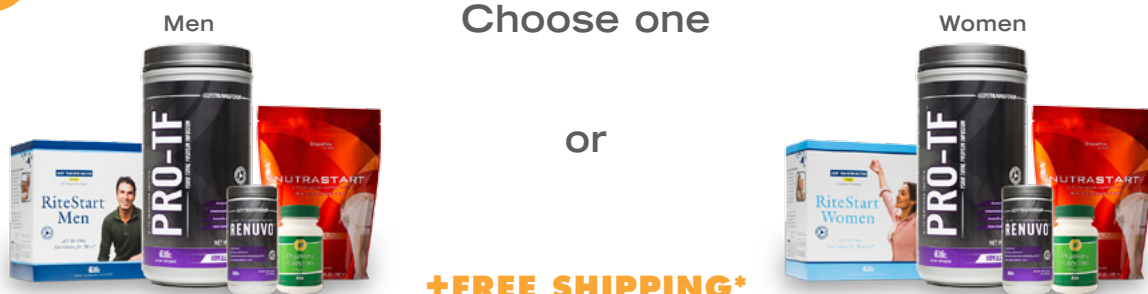
+FREE SHIPPING*

Men Item #: 30053085 Women Item #: 30053082

140 LP

MONTH 3: MAINTAIN PACK

SAVE \$75



+FREE SHIPPING*

Men Item #: 30053086 Women Item #: 30053083

*Free shipping is offered in New Zealand and Australia only.

4LIFETRANSFORM™ PROGRAM

110 LP

MONTH 1: CLEANSE PACK

SAVE \$76

140 LP

MONTH 3: MAINTAIN PACK

SAVE \$75

Are you ready to live a more youthful, vibrant life? Start off the process with a clean slate!

Nutrition recommendations: Support your overall wellness with fresh fruits and vegetables, nuts, seeds, whole grains, and legumes.

Breakfast	Snack	Lunch	Snack	Dinner
Digestive Enzymes	PRO-TF™ Consume as a snack or 30 minutes before and after exercise.	Probiotics + Digestive Enzymes	PRO-TF	Tea 4Life™
2 PRO-TF, 1 Tea 4Life, 1 Probiotics, 1 Digestive Enzymes				
\$304.35 excl. GST \$350 incl. GST				
+FREE SHIPPING*				

Breakfast	Snack	Lunch	Snack	Dinner
NutraStart™ Meal replacement + RiteStart™	PRO-TF™ + 4Life Transfer Factor Renuvo®	Digestive Enzymes	PRO-TF + 4Life Transfer Factor Renuvo®	NutraStart Meal replacement + RiteStart
Consume as a snack or 30 minutes before and after exercise.				
1 PRO-TF, 1 4Life Transfer Factor Renuvo, 1 NutraStart Vanilla, 1 RiteStart Men or RiteStart Women, 1 Digestive Enzymes				
\$354 excl. GST \$407.10 incl. GST				
+FREE SHIPPING*				

200 LP

MONTH 2: 4LIFETRANSFORM™ PACK

SAVE \$86

It's time to take the next step forward in your journey to a better you! The products in this pack will support your overall wellness. Plus, PRO-TF contributes to muscle growth and helps maintain healthy muscle mass.

Nutrition recommendations: Enjoy lean protein and colorful fruits and vegetables, raw nuts, and whole grains.

Breakfast	Snack	Lunch	Snack	Dinner
NutraStart™ Meal replacement + RiteStart™	PRO-TF™ + 4Life Transfer Factor Renuvo® Consume as a snack or 30 minutes before and after exercise.	Energy Go Stix® Berry	PRO-TF + 4Life Transfer Factor Renuvo®	NutraStart Meal replacement + RiteStart
2 PRO-TF, 1 4Life Transfer Factor Renuvo, 1 NutraStart Vanilla, 1 RiteStart Men or RiteStart Women, 1 Energy Go Stix Berry				
\$500 excl. GST \$575 incl. GST				
+FREE SHIPPING*				

STEP 1
Order the month 1 product pack, followed by month 2 and month 3 packs.

STEP 2
Calculate your daily protein needs. The RDA for protein for adults is 0.8 g protein per kg of body weight per day. Athletes should consume about 1.2 to 1.8 g protein/kg body weight.

Example: Adult (150 kg) x 0.8 = 120 g of protein per day.

PRO-TF provides a high-quality source of protein to help you reach your goals. (Gropper et al, 2013).

STEP 3
Download the 4LifeTransform™ App for the entire 4LifeTransform Program, including workout plans and healthy meal ideas.

START YOUR JOURNEY TODAY!

*Free shipping is offered in New Zealand and Australia only.

FEEL FREE TO REPEAT ANY PACK AT ANY TIME.

NUTRITION TIPS

To increase your metabolism, you need to feed it! Eating small, protein-rich meals and snacks throughout the day will actually speed up your metabolism, burn more fat, provide sustained energy, and shrink the size of your stomach over time.

Aim for five to seven high-protein meals throughout the day or every two to five hours. Include essential fatty acids in your diet.

Good sources are fish and raw seeds and nuts. Supplement with BioEFA™ with CLA.

Colorful fruits and vegetables, like blueberries, blackberries, raspberries, spinach, kale, broccoli, asparagus, and peppers, supply important nutrients and beneficial bioflavonoids for a healthy diet.

Include at least 20 grams of protein and essential fatty acids in your breakfast to supercharge your energy levels, enjoy better mental acuity, and make better food choices throughout the day.



HEALTHY MEAL IDEAS

EGG OMELET

Large whole eggs or egg whites
Leafy green vegetable like spinach (fresh or frozen)
Fat-free cheddar or other cheese
Fresh salsa on top (no sugar added)

GRILLED CHICKEN SANDWICH

Whole grain bun
Grilled skinless chicken breast
Mozzarella or other low-fat white cheese
Grilled pineapple slices
Fresh tomato salsa

GRILLED SALMON (OR OTHER FISH) AND KALE SALAD

Kale or other dark leafy green vegetable
Chopped red beets
Black beans
Fresh blueberries or other colorful fruits
Citrus or extra virgin olive oil
Red wine vinegar

For more great healthy meal ideas, download the 4LifeTransform™ App from the App Store or Google Play. Visit www.4lifetransform.com for details.

EXERCISE TIPS

Want a healthier heart and less body fat? You can benefit by adding regular cardiovascular exercise to your lifestyle. Choose from options like running, cycling, swimming, hiking, or walking. It doesn't matter what you do. Just get active!

HIIT (High Intensity Interval Training) workouts can improve your cardiovascular fitness and jumpstart fat burning in as little as 20 minutes, three times per week.

The benefits of strength training include increased strength, improved bone health, increased energy, and an overall increase in self-confidence.

You don't have to belong to a gym to do strength training. Bodyweight exercises—like push-ups, planks, and squats—can be done virtually anywhere.

Exercise is key to transforming your body and your life!

Whether you're a beginner, intermediate or advanced exerciser, the 4LifeTransform App has an exercise plan that's right for you! Download the 4LifeTransform App from the App Store or Google Play. Visit www.4lifetransform.com for details.



For more information, visit us online at newzealand.4life.com or australianfr.4life.com or call: NZ Office: +64 9 475 5329 AU Office: +61 2 8848 1300

The duration of each month of the 4Life Transform™ Program is a guide only and will be dependant on your personal wellness goals. Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label. Always seek the advice of a healthcare professional if you change your diet, begin an exercise program, are pregnant or lactating, have allergies, or take medications. As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight control. Results will vary.