Support Healthy Aging with

PRO-TF®

The negative impact of aging can begin as early as your 40s!* In fact, individuals may lose up to 8% of muscle mass per decade after their 40th birthday.¹

PRO-TF can help! Minimize the impact of aging tomorrow by taking pro-active measures today to build a greater reservoir of vital muscle mass.*

HEALTHY MUSCLE MASS

Loss of healthy muscle mass, strength, and function are a natural part of the aging process. The loss occurs at different rates for each person, and the reasons can vary. Some include:

- Genetics
- Decreased physical activity³,⁵
- Nutritional deficiencies³,⁴,⁵

HEALTH RISKS

It’s important to preserve healthy muscle-mass as much as possible. Poor muscle health can lead to:

- Progressive disabilities and other physical challenges¹
- Higher mortality rate²
- Reduced personal independence³
- Consequent increase in healthcare costs³

PRESERVING MUSCLE MASS

- Supplement your daily protein intake with PRO-TF®.
- Consume 20–30 grams of high-quality protein at each meal.⁴,⁵
- Maintain an active lifestyle with cardio and strength exercises.⁴,⁵
- Consume an additional 40 grams of high-quality protein (such as PRO-TF®) following resistance exercise.⁵

IN INDEPENDENT PRE-CLINICAL UNIVERSITY TESTS, LOW MOLECULAR WEIGHT PRO-TF PROTEIN BLEND HAS BEEN SHOWN TO INCREASE MUSCLE DEVELOPMENT BY UP TO 74%!⁶

RESOURCES


*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.