

# Find Your Rite Shape

with ShapeRite® by 4Life®



**4Life**

TOGETHER, BUILDING PEOPLE®



# Find Your Rite Shape

We've all heard the experts say it over and over again—to maintain a healthy weight, you need to eat healthy foods and exercise regularly. But it's not always easy to control your appetite, ignore cravings, find the energy to exercise, or cook up a healthy meal.

ShapeRite® by 4Life® products support the idea that every individual—no matter 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 big 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.



# Keep Calories in Check

Have you ever wanted to be one of those people who can eat when you're hungry and stop when you're full? If so, there are a few things you can do to keep those calories in check. You can regulate your portion sizes, keep your glucose levels balanced, control your appetite, and even substitute a protein shake for a regular meal.

Did you know that portion sizes have gotten larger over the last few years? Large portions can easily lead to significant excess calorie intake, especially when eating high calorie foods. When eating at a restaurant, share a meal or take half of your food home with you. At home, choose smaller plates and skip second portions.

[http://www.cdc.gov/healthyweight/healthy\\_eating/portion\\_size.html](http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html)



## Shape-Fast Ultra® Helps control appetite\*

- Contains green tea and chromium to help maintain balanced glucose levels\*
- Features 4Life Transfer Factor® for immune system support\*
- Includes guarana, ginseng, chromium, green tea, and cocoa almond extract to help support healthy energy levels and stamina\*



## NutraStart®

Provides balanced nutrition as a replacement meal or snack\*

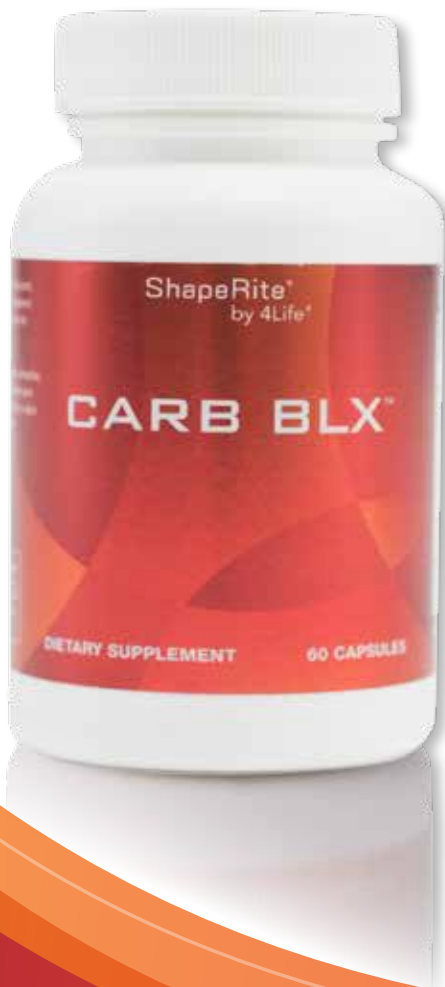
- Contains only 170 low-carbohydrate calories per serving
- Provides balanced nutrition for healthy weight management\*



- Includes 4Life Transfer Factor® immune system support\*
- Contains 18 grams of protein and 11 grams of dietary fiber per serving

# Block Calories from Carbs and Fat

Whether we like it or not, calories do count. Even people with near perfect willpower occasionally eat a few too many chips or cookies. With these products, you can block those calories before they hit your waistline!



## Carb BLX™

Inhibits carbs and fat from being absorbed\*

- Features cassia nomame, a plant extract that helps inhibit the digestion of fat\*
- Includes polyphenols and flavonols for potent antioxidant activity\*
- Provides green tea to help promote natural fat burning, healthy mood, and energy levels and overall weight management\*



## ChitoLite®

Binds up fat\*

- Supports weight management by binding fat through the power of chitosan\*
- Features l-ascorbic acid, erythorbic acid, and aloe vera\*
- Incorporates patented technology to maximize the fat-binding ability of standard chitosan\*



# Neutralize Sugar Cravings

It's the middle of the afternoon, and you're craving a freshly baked pastry. Giving into your cravings can derail your healthy eating efforts. Fight those cravings instead!



## Catalyst<sup>®</sup> Plus Neutralizes sugar cravings\*

- Features *Ggymnema sylvestre* to help maintain healthy glucose metabolism\*
- Includes *Lagerstroemia speciosa* and *momordica*\*
- Contains chromium to support healthy energy levels and aid weight management\*



# Support Metabolism

Keep your metabolic rate humming with all-natural products that support your body's ability to burn fat and maintain thyroid function.\*



## Citri-Shape®

Burns body fat as fuel\*

- Features *Garcinia cambogia* which has been shown to inhibit fat storage and burn body fats as fuel\*
- Includes a Vitamin B complex to promote healthy energy levels\*
- Contains no artificial stimulants and is caffeine free



## MetaboLite™

Promotes a healthy functioning thyroid\*

- 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\*

# Get Energized

If you don't have the energy to make healthy choices, you'll probably struggle to meet your goals. Whether you need a boost of energy to make it through the afternoon or a way to amp up your workout, we've got the energy products for you.\*

## Energy Go Stix®

Helps you zip through your day\*

- Improves energy and stamina\*
- Supports memory, alertness, and mood\*
- Promotes healthy metabolism and weight management when accompanied by a sensible diet and exercise\*
- Supports healthy immune system function\*



## ReZoom®

Promotes peak performance\*

- Supports stamina and endurance through yerba mate, ginseng, and other natural energy boosters\*
- Aids cardiovascular health through a complex of B vitamins\*
- Works well as part of a weight management program\*

# Your Daily Regimen

Need a starting point? Here's an example of a healthy eating and supplementation plan. Make sure to add 30–60 minutes of daily exercise to help you achieve and maintain your goals.

Healthy Eating Plan			
Breakfast:	NutraStart®		
Mid Morning Snack:		Shape-Fast Ultra®	
Lunch:	ChitoLite®		
Afternoon Snack:		Shape-Fast Ultra®	
Dinner:	ChitoLite®		Or, enjoy a NutraStart shake!
Evening Snack:			

Optional anytime: Energy Go Stix®!

Other optional products: ReZoom®, MetaboLite™, Carb BLX™, Catalyst® Plus, and Citri-Shape®

## Exercise for weight management

How many calories can you burn in an hour? These examples are based on an individual who weighs about 160 pounds.

Activity	Calories	Activity	Calories
Basketball game	584	Swimming laps	423
Bowling	210	Tennis	584
Bicycling (10 mph)	292	Walking (3.5 mph)	314
Hiking	438	Weight training	365
Running (5 mph)	606	Source: <a href="http://www.mayoclinic.com/health/exercise/SM00109">http://www.mayoclinic.com/health/exercise/SM00109</a>	

“In the billion dollar energy drink industry, I have yet to encounter a better tasting, broader spectrum, and energy-blasting product than Energy Go Stix®. I love the fact that I can get immune system support in a product that also helps support my energy levels.”\*

**Marcos R. Rivera Tellado**

4Life distributor  
Florida, USA

“I used to be an active person, but it’s become harder to handle my busy life as I’ve aged. I joined a gym, but I had trouble keeping up in the aerobics class. I’ve tried many other energy products on the market, but Energy Go Stix® is the only one that gave me results. I am now able to keep up with my daily activities and still have enough energy to work out.”\*

**Lupe Briseño**

4Life distributor  
California, USA

For more information about 4Life® products and the  
4Life opportunity, contact:

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4life.com

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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.**



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