

# ULTIMATE WORKOUT SUPPORT

WHEN COMPARED TO THE LEADING  
PROTEIN BRANDS, PRO-TF® STANDS ALONE.



## PRO-TF is the most advanced and effective protein for:

- Burning fat\*
- Building muscle\*
- Reducing hunger\*
- Supporting body transformation\*
- Boosting the immune system with 4Life Transfer Factor®\*

We test every batch for  
identity, purity, strength,  
and composition.

## Look how PRO-TF out performs other proteins on the market!

| BRAND   | 4Life Transfer Factor®+ | Essential Amino Acids+ | BCAAs+   | Digestibility Score+ |
|---|-------------------------|------------------------|----------|----------------------|
| PRO-TF® with low-molecular weight hydrolyzed whey protein | Yes                     | 9,858 mg               | 4,717 mg | 0.96                 |
| GNC Pro Performance® 100% Whey Protein                    | No                      | 9,514 mg               | 4,583 mg | 0.93                 |
| Optimum Nutrition Gold Standard 100% Whey™                | No                      | 9,644 mg               | 4,642 mg | 0.90                 |
| Dymatize® Nutrition ISO 100® Hydrolyzed                   | No                      | 9,506 mg               | 4,503 mg | 0.86                 |

\*Typical amount per 20-gram protein serving size

### 4Life Transfer Factor® immune system support

Transfer factor molecules are tiny proteins that offer immune system education to your body.

Enjoy the benefits of an advanced and effective protein source with the added boost of our patented immune system support.\*

### Optimal 2:1:1 ratio

Fitness experts recommend using a protein supplement, like PRO-TF, that has a BCAA 2:1:1 ratio of leucine, isoleucine, and valine. Studies show this as the ideal ratio to increase protein synthesis,<sup>1</sup> boost fat burning,<sup>2-3</sup> and lessen fatigue.<sup>4-5</sup> In short, you'll maintain better strength and endurance at the gym, recover more quickly between sets, and get better results from your workouts.\*

### Digestion and absorbability

In a recent, independent analytical test, PRO-TF received a better protein digestibility score than other proteins on the market. This makes PRO-TF the best option for daily consumption and absorption.<sup>^</sup>

\*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.

## Amino Acids and BCAAs

PRO-TF® offers a more comprehensive amino acid profile than whey concentrate alone. Amino acids are the building blocks of protein. They promote endurance, recovery, strength, and general health. Branched-chain amino acids (BCAAs) are essential amino acids that support healthy energy levels, fat loss, and muscle growth.<sup>1-8</sup>

The three BCAAs are:

- **Leucine**—activates muscle protein synthesis which leads to muscle growth\*<sup>6-8</sup>
- **Isoleucine**—helps regulate fat metabolism\*<sup>9-10</sup>
- **Valine**—keeps you more alert and reduces muscle fatigue\*<sup>11-13</sup>

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## University tested

Academic study results published in the *Journal of the International Society of Sports Nutrition* revealed that Low Molecular Weight PRO-TF® Protein Blend increased muscle protein synthesis—the driving force behind muscle growth. This patent-pending formula is superior to whey protein concentrate in reducing hunger craving markers, stimulating fat burning markers, supporting increased metabolism, and preserving muscle mass.\*<sup>14</sup>

**PRO-TF® is your total protein infusion.**  
**Also available in single-serve packets and bars.**



Use, share, and earn with PRO-TF®! Visit [4lifetransform.com](http://4lifetransform.com) for tips and resources.

\*Protein digestibility-corrected amino acid score (PDCAAS) is a method of evaluating the protein quality based on both the amino acid requirements of humans and their ability to digest it. The PDCAAS rating was adopted by the U.S. Food and Drug Administration (FDA) and the Food and Agricultural Organization of the United Nations/World Health Organization (FAO/WHO) in 1993 as the preferred best method to determine protein quality.

### Resources

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