

SUMMIT™

4LIFE® DISTRIBUTOR MAGAZINE • QUARTER ONE • 2017

Renew.
Refresh.
Refocus.

4Life
TOGETHER, BUILDING PEOPLE®





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4LIFE DISTRIBUTOR MAGAZINE
QUARTER ONE • 2017

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"Because 2017 holds so much promise for 4Life as a company, there's even more that you can achieve with your business and your life."

Make This Your Best Year Yet

CORPORATE MESSAGE

4Life® just completed another phenomenal year, filled with fantastic new products and record-breaking growth. Markets across the world experienced all-time sales records, including right here in the United States! And most exciting of all, we held an international convention in October, with 8,000 attendees from 72 countries, sensational product launches, thousands of distributors recognized on stage, and more than 11,000 snack packs assembled for kids in need.

With an outstanding year just finished, it's hard to imagine that 2017 could be any better. However, I'm confident that the best is yet to come! I hope your year is already off to a great start. Here at Global Headquarters, we're planning product launches, new tools, and incentives to help you share 4Life with people around the world.

I'm especially excited about Asia Convention 2017 in Incheon, South Korea, May 19–20. We'll launch great new products, hear from inspiring speakers, and celebrate the accomplishments of 4Life leaders.

Because 2017 holds so much promise for 4Life as a company, there's even more that you can achieve with your business and your life. In this issue, you will learn about the benefit of taking time to renew, refresh, and refocus your 4Life business and your personal life in a message from Founder Bianca Lisonbee on pages 24–29. And there are some great tips about refreshing your business on pages 43–45.

Together, I know that we can make 2017 the best year yet... for 4Life and for each of you!

Sincerely,



Danny Lee
Chief Marketing Officer



Platinum International Diamonds



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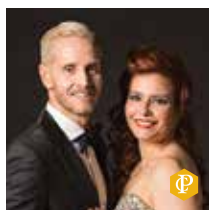
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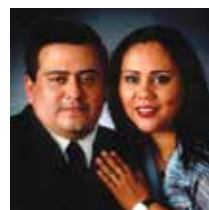
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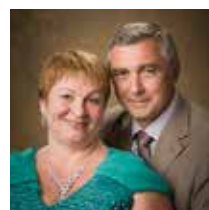
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President's Club qualifier at
International Diamond rank

New Gold International Diamonds

OCTOBER 2016

Juan & Ana Cruz

GOLD INTERNATIONAL DIAMONDS | CALIFORNIA, USA



“After running my own business for 22 years,

I still worked long hours that affected my health and kept me from spending time with my family. I reached a point where I nearly declared bankruptcy, but then I learned about 4Life®. I realized I could build a promising future for myself and my family. Today, my kids enjoy health support from using the products, and they have their own 4Life businesses.”*

“I am so excited for Juan and Ana and all that they have achieved. They are truly an inspiration!”

—Nathan Larsen
Vice President of Field Development

NOVEMBER 2016

Kim Seon Mi

GOLD INTERNATIONAL DIAMOND | SOUTH KOREA



“When I learned about 4Life, I was struggling from a failed business venture and financial loss. Now, I can support my family financially and physically because I have more free time. I achieved success with 4Life after overcoming many challenges, and I believe anyone who is willing to work hard can also succeed. I always encourage my team members to set goals and achieve their dreams.”

“Ms. Kim is an exemplary role model who cares about her team members and always puts their needs first. She is dedicated to helping everyone in the 4Life family achieve their goals and dreams. I’m deeply impressed by everything she has achieved.”

—Tony Lee
Vice President of Northern Asia

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

New International Diamonds

INTERNATIONAL DIAMOND ADVANCEMENTS ARE FOR THE VOLUME MONTHS OF SEPTEMBER 2016–NOVEMBER 2016.



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Oh Hyeon Mi
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International Diamonds

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Shao Mei Jiang
Shao Ting Zhou
Ting Ting Xu
Wang, Rui Juan
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Wen Ting Shi
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Ya Hong Chen
Yan Zeng Shi
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Tantri Yuana
Titin Agustina
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President's Club qualifier at International Diamond rank

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Choi Mi Suk
Choi Pil-Seon
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Choi Suk I
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New Presidential Diamonds

PRESIDENTIAL DIAMOND ADVANCEMENTS ARE FOR THE VOLUME MONTHS OF SEPTEMBER 2016–NOVEMBER 2016.



Alma Herrera
California, USA



**Arturo & Maria
Angelica Carrillo**
California, USA



**Elba Rosa Hernandez
& Aurelio Rodriguez**
Florida, USA



Emillia Heredia
California, USA



Ennio Angel
Florida, USA



Erica Rodriguez
Illinois, USA



**Erick Daniel Zeledon
Rivera**
Emerging Market



Felipe Perea
North Carolina, USA



Gabriela Soto
North Carolina, USA



**German Morales &
Sonia Arango**
Florida, USA



Gladys Saravia
Texas, USA



Gloria Taboada
Florida, USA



Guadalupe Ramirez
Arizona, USA



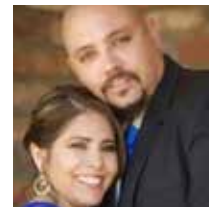
Irene Banuelos
California, USA



**Ivan Saavedra &
Mabel Torres**
Puerto Rico



Luz Carmona
Florida, USA



**Magali &
Pablo Nunez**
Arizona, USA



**Maria De Los
Angeles Peralta
Albarran**
North Carolina, USA



**Maria Del Rosario
Rochel & Carlos E.
Magaña**
California, USA



Maria Salazar
Texas, USA



Maria Saucedo
Texas, USA



Martin Rodriguez
Florida, USA



Oscar Rodriguez
North Carolina, USA



**Pablo Guillermo
Custodio Vasquez**
Emerging Market



Rafael Rodriguez
California, USA



**Rosa Maria
Blasquez**
Washington, USA



**Rosie & Roberto
Flores**
Texas, USA



**Sandy Cuesta Matias
& Natalie Garcia**
Dominican Republic



**Sara & Jorge A.
Saldivar**
Oregon, USA



Vani Pino
Georgia, USA

NEW PRESIDENTIAL DIAMONDS (CONT.)



**Victor Manuel &
Silvia Castro**
California, USA



Wendy Soria
Florida, USA



Yasmin Williams
Texas, USA



Yeny Caicedo
California, USA



Yipsy Saez
Florida, USA

Adrian Escalante
California, USA

Alba Torres
Florida, USA

Alda Duran
Florida, USA

Alex Ramos
California, USA

Andres Gonzalez
California, USA

Belkis Eersteling
Florida, USA

Brigida McDonald M
Texas, USA

**Carmelita Garcia
Camacho**
California, USA

Christine Chun
California, USA

**Eleuterio Laura
Chuquimia**
Bolivia

Flor Maria Sepulveda
Florida, USA

**Gabriela Salame
Barriga**
Bolivia

**Gerhard Penner
Peters**
Bolivia

**Gladys Salazar
Veizaga**
Bolivia

**Guadalupe
Hernandez**
California, USA

Jaime Vergara
California, USA

Jessika Cho
California, USA

**Josue Salomon
Ponce Mendoza &
Rebeca Rojas
Arteaga**
Bolivia

Juan Gabriel Sanchez
Emerging Market

Lilian Matos
Texas, USA

**Luis Alberto Figueroa
Romero**
Bolivia

**Luis Mario Martinez
Gonzalez**
Emerging Market

Margarita Campos
Texas, USA

**Maria Guadalupe
Rodriguez & Juan
Carlos Charles**
California, USA

**Maria Saldaña
Marcano**
Puerto Rico

Maria T Henriquez
New Jersey, USA

Mercedes A Peel
Virginia, USA

Ruth Ramirez
Texas, USA

Silvia Velasco
Texas, USA

Sindy Saldaña
Panama

Yang Suk Yu
Georgia, USA

**Yaymi Mailin Chong
Perez**
Panama

Young Sin Im
Arizona, USA

New Diamonds

DIAMOND ADVANCEMENTS ARE FOR THE VOLUME MONTHS OF SEPTEMBER 2016–NOVEMBER 2016.

BOLIVIA

Alvaro Gareca
Urriolagoitia
Amina Rosa Robles Lino
Andrea Alejandro
Angela Mirtha Rodriguez
Aguayo
Betty Mabel Saavedra
Roca
Candelaria Leon Salazar
Carolina Bustillos
Dorado
Christian Pope
Eddy Miguel Alarcon La
Torre
Emilio Rodriguez Pizarro
Etelvina Bascope Duran
Freddy Ortiz
Juan Carlos Arroyo
Oreyay
Lely Maria Justiniano
Aranda
Lidia Llanqui Ortega
Luis Carlos Bernachi
Chavez
Margarida Chaves Torres
Ramalho
Nataly Aguilera Robles
Patria Patricia Bejarano
Tarabillo
Patricia Calderón Vargas
Ronald Justiniano
Paredes
Rudy Romero Suárez
Teofilo Edson Apaza
Morales
Yascara Alhanna Avila
Aramayo

BRAZIL

Antonio Joao Barci

CHILE

Edison Eliecer Cabrera
Troncoso
Jeannette Chicao Peralta
Rosario De Los Angeles
Carrasco

COSTA RICA

Cleivin Viera Rodriguez
Daisy Maria Madrigal
Duran
Roxana Jimenez Ulate
Yahaira Maria Varela
Brenes

DOMINICAN REPUBLIC

Edward Gonzalez Valdez
Gerald Rafael Cuello
Tiburcio
Jose Del Carmen
Fernandez
Jose Peguero Contanzo

Octavio Manuel Ogando
Garcia

EL SALVADOR

David Antonio Turcios
Santos

EMERGING MARKET

Alfredo Jesus Causindo
Alvaro Enrique Salgado
Garcia
Amin Jesus Meza
Castillo
Andre Serge Kouatelin
Constancia Baez
Dayangku Yusrinah Binti
Pengiran Haji Amjah
Dy Hjh Dara Binti Hj
Ahmad/ Ahmed
Enriqueta Geronimo
Eva Isabel Quiroga
Fatima Barrios De
Cabañas
Fidelina Margarita
Saravia
Hajah Norlizan Binti Haji
Mohd Sani
Haji Samuil Mohidin
Hj Md Emmy Shamrry
Bin Hj Kadir
Hjh Kursinah Bte Hj
Mohd Sani
Javier Ezequiel Ponce
Liz Paola Aguilera Ruiz
Lucy Lekwa
Luz Alejandrina Perez
Luz Divina Abeso Edu
Asong
Mabel Fox
Maria Del Pilar Franco
Ceballos
Maria Graciela Gonzalez
Ojeda
Mariano Adrian Rosales
Mariela Barrios Ocampo
Melquix Jheredt Vargas
Michael Leung
Miguel Angel Echave
Covarrubias
Miriam Hernández
Mohammed Siraj Miah
Oddalis Montes
Oscar Abigail Juarez
Flores
Oscar Vicente Parodi
Gonzalez
Raquel Beatriz Zillich
Torales
Raquel Castillo
Roberto Muñoz
Valentin Zamora Bull

HONDURAS

Alvaro Luis Ruiz P

Angel Regino Antunez
Funez
Briana Toro
Carlos Miguel Romero
Matute
Enrique Arturo Alvarado
Molina
Juana Orlandina Ortiz
Martinez
Karla Xiomara Pacheco
Vargas
Nancy Yogani Vallecillo
Fonseca
Nohemy Geraldina
Tinoco Funez
Olga Vanessa Zuniga
Solis
Orfa Fernandez

PANAMA

Aaron Clunie
Basilio A. Acuna Barrios
Carlos Eduardo
Castillero Virzi
Diomedes Serrano
Gregoria Cruz Ortiz
Ivan Eloy Herrera
Joel Rodriguez
Jorge Tolato
Jose Pedrouzo
Mario Quiros
Ricardo E González M
Shaira Poullet Bush Edie
Susy Cheung Lee De Lo
Vivian G Perez

PUERTO RICO

Annelisaury Fernández
Carlos Lugo Ortiz
Carlos Robles Dávila
Eminee Vazquez Negron
Felix Ponce
Ivan Jimenez
Jose Torres
Josue Martínez
Fonalledas
Julio E. Soto Cruz
Luis Angel Gonzalez
Vanessa Juliam Torres
Colon

ARIZONA, USA

Gema Gonzalez
Ma. Magdalena
Castaneda Gamez
Marcelina Solis
Miriam Yanez
Ofelia Mejinez
Victor Escobedo

ARKANSAS, USA

Arturo Magdiel
Hernandez

CALIFORNIA, USA

Adolfo Alberto Pintor
Ruiz
Agueda Marina Lopez
Sanchez
Alma Arredondo
Ana Pullido
Beatriz Perez
Belinda Leiva
Camilo A Caicedo
Cesar Ceballos
Cirenica Marcial Lopez
Danna A Lopez
Edwin Khachtourian
Efrain Garcia Quiroz
Efren Fregoso
Elena Vanegas
Fernando Llamocca
Filemon Gonzalez
Gabreila Huerta
Gabriela Gomez
Giovanna Calderon
Gumerindo Rodriguez
Haw Soo Lee
Idalia G Stevens
Ignacia Torres Hurtado
Irma Godinez
Irma Mendoza
Jorge Villanueva
Jose Alvaro Gutierrez
Cortez
Jose Luis Magallanes
Josie Chavez
Juan Marcelo Erazo
Juana Martinez
Julia Salgado De Herrera
Margarita Villarreal
Maria De Jesus Banuelos
Maria Hernández
Maria Isabel Sanchez
Martha Orozco
Marvin Miguel Arismendi
Mary Lopez
Mayra Lissette Corado
Lopez
Nieves Sedano
Ofelia Montalvo
Oliver Garcia Camacho
Pamela Llamocca
Ricardo Arellano
Rosa A Andrade
Sandra Reyes
Sarita Oscanoa
Sergio Rodriguez
Sonia Lopez
Sook Hei Choi
Soon He Min
Spencer Choi
Suk Man Lee
Vincent Servin
Vitelio Francia
Yeon Ja Jeon
Yolanda Bahena

COLORADO, USA

Brandelia Cardenas

CONNECTICUT, USA

Micheal Nance Jr.

DELAWARE, USA

Maria G Lara

FLORIDA, USA

Angel Joseph Martinez
Angela Singh
Angie Marina Dorado
Antonio Berdion
Blanca Barrera
Eduardo Sierra
Elizabeth Melendez
Jose E Muniz
Jose G Rodriguez
Jose Prieto
Jose Ramon Rodriguez
Kachelle Yolandra
Marshall
Leticia Acuna
Magalys Munoz
Maira Obregon Camejo
Maria Del Pilar Arbelaez
Maria E Silverio
Maria Victoria Antonetti
Noemi Cruz
Nyria Nunez
Rafael Duran
Rafael Vazquez
Raysa Nivar
Roberto Gutierrez
Ros De La Nuez
Sandro Castro
Sonia Morales
Tania Martinez
Teodora Vargas Guerrero
Yamira Gonzalez
Yolanda Herrera

GEORGIA, USA

Blanca Bonilla
Elena Brito Aleman
Gina Sernaque
Heasuk Kim
Hee Chung Kim
Heriberto Abraham
Mijangos Martinez
Jason Sungki Yu
Juana Isabel Hernandez
Hernandez
Kee Sun Kang
Marbelly D Rugama
Ordonez
Maria J Garcia
Soon A Lim
Velia Jobeh

ILLINOIS, USA

Aida E Pino
Alma Perez

NEW DIAMONDS (CONT.)

Amanda Salazar
Cesar Roman
Gloria Quiroz
Maria Sanabria
Sergelen Vanganjal
Silvia Rodriguez
Sofia Huerta
Teresa Vidal
Viviana Tapia

LOUISIANA, USA

Maria R Brito
Pedro Ramirez
Sanchez

MARYLAND, USA

Gloria Espinal
Joe David Diaz
Marizol M Gillett
Pilar Marulanda
Vasquez
Roberto E Flores

MASSACHUSETTS, USA

Ana Maria T. Fidalgo
Maria Filomena
Gonzales
Pedro Villafana

MICHIGAN, USA

Ivonne Martinez

MINNESOTA, USA

Ricardo Garcia

MISSOURI, USA

Blanca Cazarez
Urcino

NEBRASKA, USA

Joann Ortega

NEVADA, USA

Miriam Margarita
Orozco

NEW JERSEY, USA

Abel Chacon
Alvaro & Adriana
Tellez
Eduard O. Santana
Herrera
Ester Herrera
Fidel Paulino
Giovanni Arenas
Rodriguez
Luis Gonzales
Oralia Mercado
Sandra & Milton
Rivera

NEW YORK, USA

Caroline Concepcion
Glenda Gutierrez
Guaman
Honorio Cabrera
Hernandez
Jeffrey Balbuena &
Alexandra Payan
Maria Garcia
Olga L. Caguenas

NORTH CAROLINA, USA

Alejandra Estrada
Barbara Cambara
Dora Maria Monge
Emma Canas Perez
Julissa Archaga
Juvenal Rodriguez
Vazquez
Luis Angel Lopez
Fuentes
Maria Marquis
Mariana De Jesus
Godoy
Ofelia Hernandez
Pacheco
Viridiana Vanegas
Hernandez

OREGON, USA

Jonathan Galeano
Maria Mendoza
Ramon Lua

PENNSYLVANIA, USA

Ada Crespo
Alvaro Almeda
Susana Almeda

SOUTH CAROLINA, USA

Felicitas Flores
Aguilar

TEXAS, USA

Abraham Rivera
Alberto Grau
Anita Olvera
Anthony J Reyes
Beatrice Martinez
Betty Hernandez
Carmen Beranza
Celia Salmeron
Coral Almanza
Dixiana Zelaya
Drusila Gomez Leon
Elideth Fernandez
Evelia Fernandez
Febe Serrano

Florencio Campos
Gaudencio Garcia-
Espinoza
Hilaria Reyes
Jane Velasco
Janet Serrano Leon
Jesus E Duarte
Cordoba
Johanna Portillo
Jose A Martinez
Kevin Matos
Maria Guevara
Maria Parada
Maria Refugio
Rodriguez
Maria Vergara
Marianella Arias
Maritza Martinez
Michelle Hernandez
Miguel Ipina
Nora & Fidel Vega
Norma Leticia
Quintero
Patricia Gozalez
Prudencia M Lozano
Robinson Cabrera
Rosa Maria Castor
Salvador Matias
Sandra Isabel
Trochez
Sandra Marin

Sara Atehortua
Silvia Requena
Victor H. Guzman

UTAH, USA

Blanca Alvarez

VIRGINIA, USA

Jesusa C. Huamani
Luna

WASHINGTON, USA

Alexander Vasquez
Brenda Pulido
Daniel Castillo





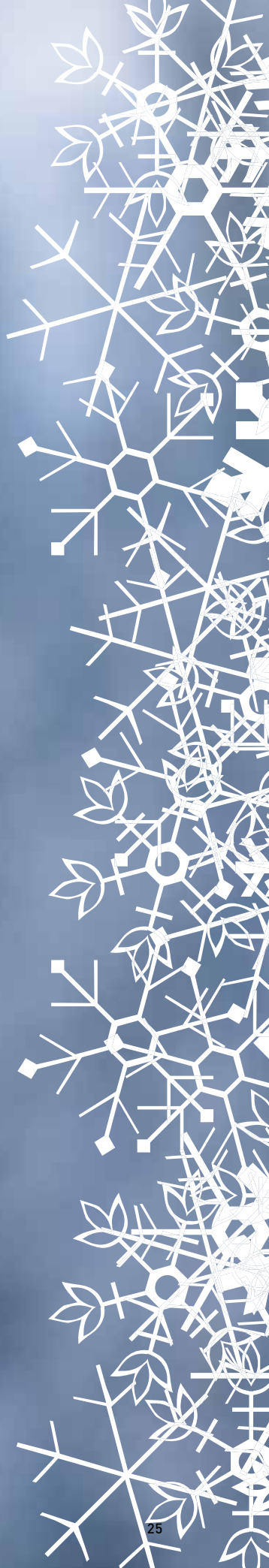
IN LOVING MEMORY

We are saddened to announce the passing of Enrique Balboa, the first Gold International Diamond in Mexico. Enrique achieved many of his dreams through 4Life®, and his greatest joy was spending time with his wife Ángeles and their four daughters. Our thoughts and prayers are with Enrique's family at this time. He will be deeply missed.

Renew. Refresh. Refocus.

By Founder Bianca Lisonbee





Feliz Ano Novo! That means “Happy New Year” in Portuguese. I am so grateful for the milestones that 4Life® achieved in 2016. The growth of the company has been phenomenal, thanks to all of you. I hope that each of you is closer to realizing the hopes, dreams, and goals that you set last year at this time. And, I look forward to the lives that will be changed in 2017 through the *science, success, and service* of 4Life.

We all love new beginnings, right? It’s a time to start fresh, evaluate the last year, and set goals for the year ahead. In fact, the start of every year is just like the beginning of a great hiking adventure. David and I love to hike together. We always discover something new! Just like a hike, when you take time to thoughtfully plan out a route to achieve your goals, you create a great future for yourself.

At the start of every year, many of us create New Year’s resolutions. Unfortunately, we often don’t progress very far. To be more successful, break resolutions down into specific, measurable, and time-based segments. Make them challenging, but not impossible! Also, it’s ok if some of the same things are on your list every year. This just means that some things in life are important enough that they require extra time and effort. Plus, it’s great that you have another chance and another year to do better!

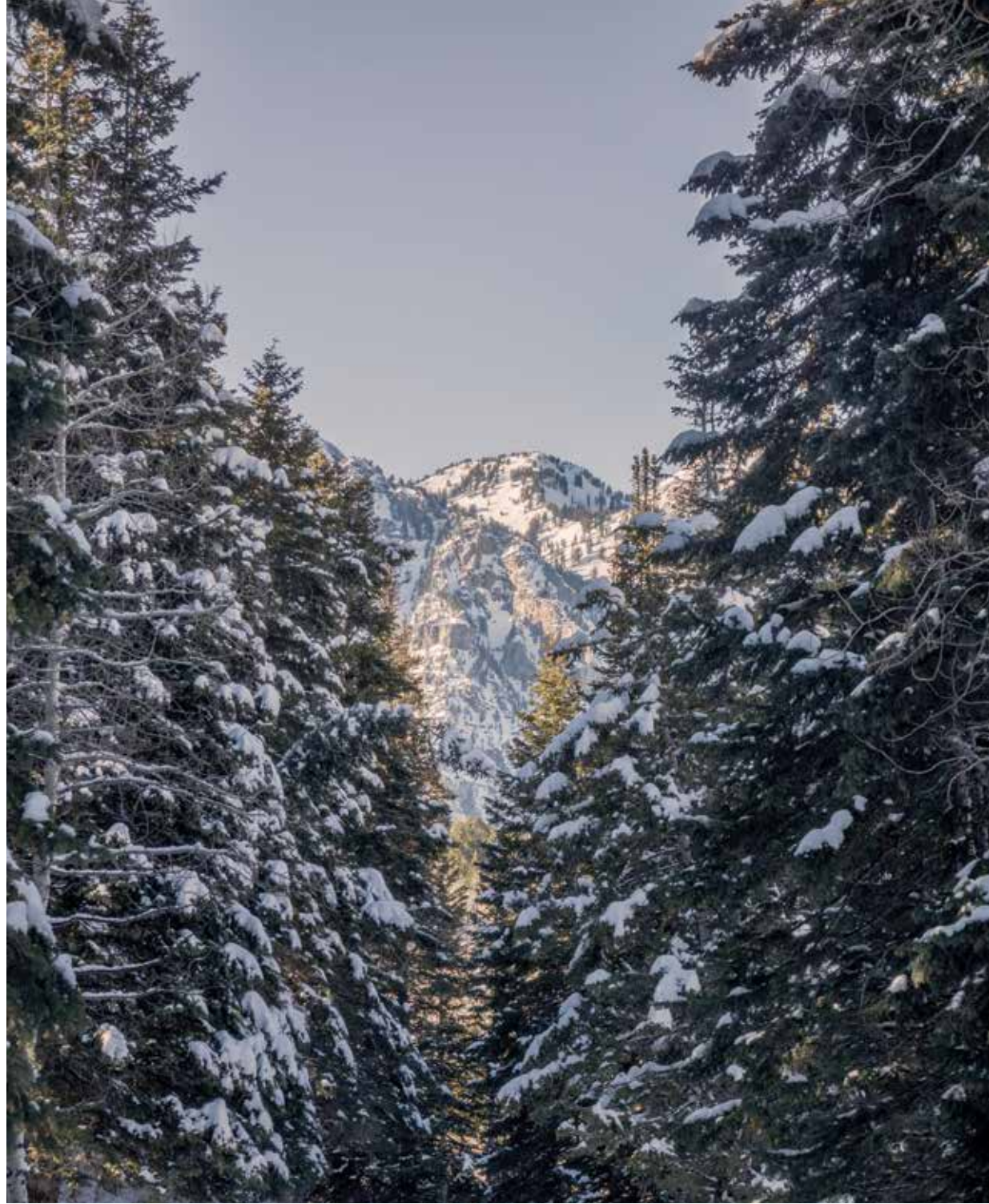
As you make your goals for 2017, start with these ideas in mind: renew, refresh, and refocus.

Renew.

Close your eyes for a second and think back to when you signed up as a 4Life® distributor. What was your driving motivation? What were the dreams you set out to accomplish? Simply, what's your "why" for sharing 4Life products with others and building a business? Is it the chance to go on a dream vacation with your family? Is it the opportunity to have more than enough money in your bank account at the end of the month? Or, is it more time in the day to jump rope with your daughter, visit with loved ones, and enjoy the fruits of your labors?

Meditate, pray, and talk with those closest to you about how you can experience greater personal growth this year. Determine the most important desires of your heart and then set some reachable and realistic goals that will take you closer to those dreams. Whether it's a picture on your desk or a letter to yourself posted on the fridge, keep your "why" close by. And, whenever you need a pick-me-up, you'll have something tangible to help you renew your commitment all over again.





Refresh.

The beginning of a new year is a great time to breathe new life into old ways of doing things. If you've been "doing just fine" and "getting by" on a few 4Life® meetings every other month and a webinar here and there, how much more success could you achieve if you exerted just a little more effort? What rank advancements or financial goals could you accomplish if you pumped an infusion of energy into your business? Small energy boosts can

reap big results in motivation, commitment, and overall team success.

Try these ideas:

- Host or attend a 4Life meeting every week and bring a new prospect.
- Organize a local get-together, conference call, or weekly web meeting for your team members.
- Give your time and attention to team members on the cusp of rank advancements.

“The great thing about 4Life® is that you don’t have to do it alone! Surround yourself with people who know how to reach goals and their energy will rub off on you.”

Refocus.

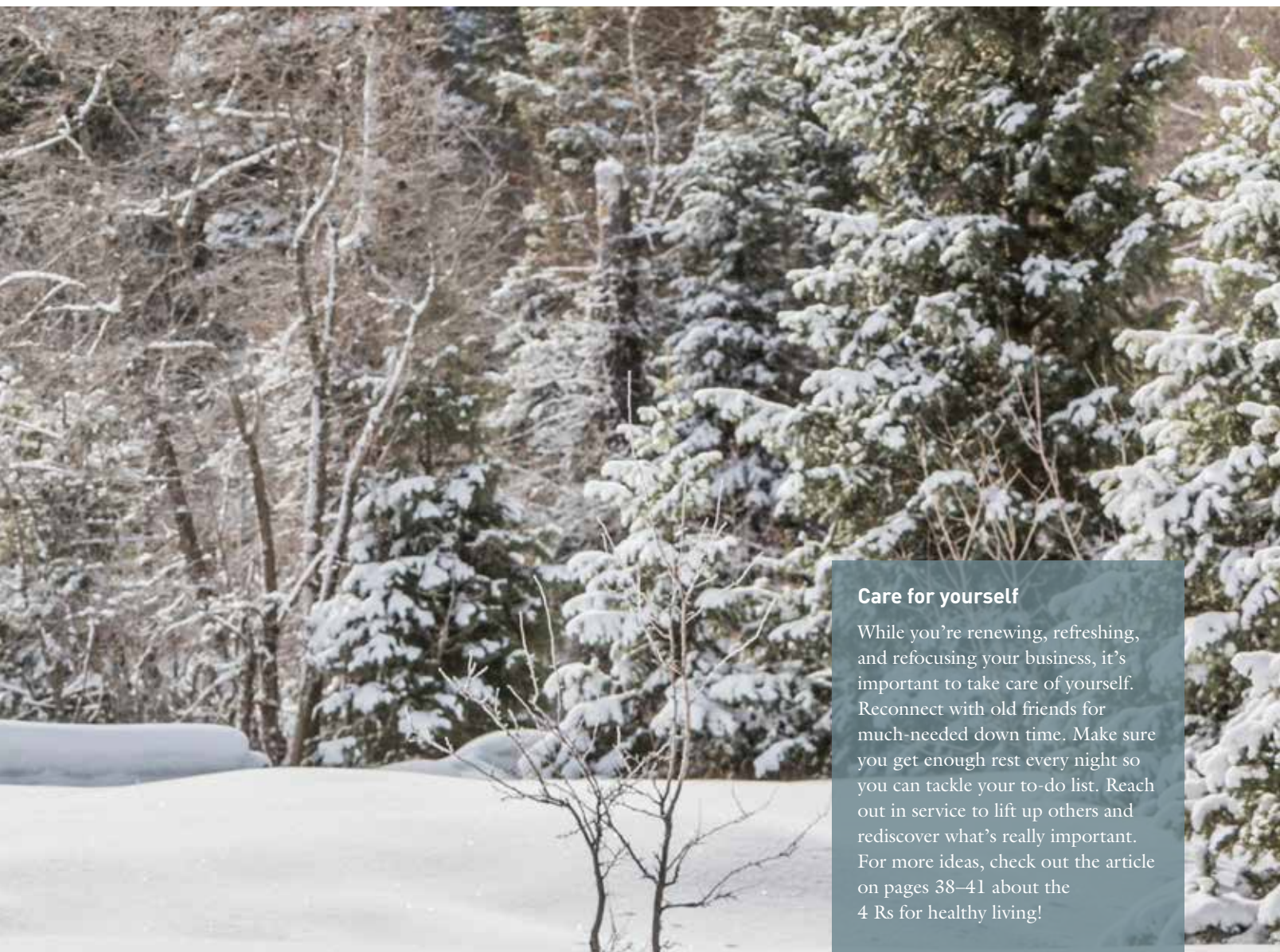
The course to success is never a perfectly straight line. Life will throw you a fair amount of hiccups, disappointments, struggles, and heartaches. But, no matter what obstacles you may face, it doesn’t have to be the end of the world. What can you do? Refocus. What you refocus on depends on your personality, current life situation, and goals for the year. Is your current route taking you toward your dreams or away from them? Do you sometimes feel like you’re going in circles, doing seemingly worthwhile tasks that don’t appear to get you anywhere? Make sure your course lines up with where you want to be at the end of 2017.



As you refocus, celebrate your strengths and use them to overcome your weaknesses. Often, your weaknesses can be the means through which your strengths become even stronger. And when you refocus, you're once again dedicated to your dreams. You've got your course set out in front of you and your priorities right where they should be.

While the destination and journey may be different for each of us, 4Life® provides a path that can help take you to where you want to be. The great thing is that you don't have to take this journey alone! Surround yourself with people who know how to reach goals and their energy will rub off on you. Build into your calendar dates to review your progress and evaluate what

you can do to make more significant headway. I promise that you will be astounded by the results. When you renew your commitment to your dreams, refresh your life with new ways to accomplish things, and refocus your course when necessary, you'll be well on your way to an exciting new destination. It's time to go exploring!



Care for yourself

While you're renewing, refreshing, and refocusing your business, it's important to take care of yourself. Reconnect with old friends for much-needed down time. Make sure you get enough rest every night so you can tackle your to-do list. Reach out in service to lift up others and rediscover what's really important. For more ideas, check out the article on pages 38–41 about the 4 Rs for healthy living!

RENEW AND REVITALIZE YOUR RELATIONSHIP

4LifeTransform® Man

4LifeTransform® Woman





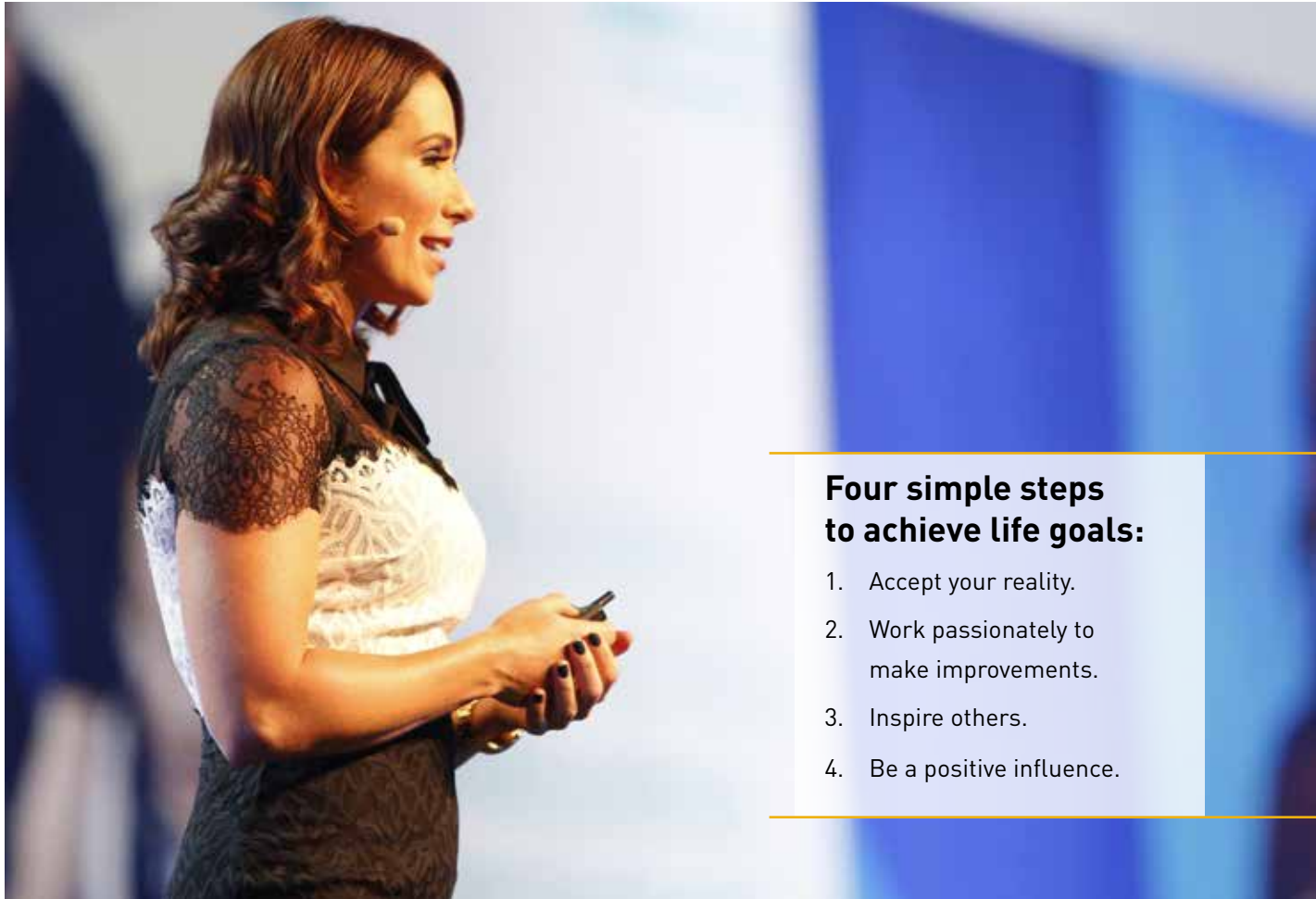


*"It's important to show up—
united—fighting every day to
achieve your goals."*

Laura Posada
Convention 2016 Guest Speaker

ACHIEVE YOUR LIFE GOALS

At Convention 2016, more than 8,000 people from around the world gathered to hear guest speaker Laura Posada deliver a message of hope and inspiration. She told distributors, “There’s always a path forward, even if you can’t see it right away.”



Four simple steps to achieve life goals:

1. Accept your reality.
2. Work passionately to make improvements.
3. Inspire others.
4. Be a positive influence.

While growing up in San Juan, Puerto Rico, Laura’s parents taught her that she could achieve anything if she worked hard. She reminded the audience that as children, we rarely put limitations on what we can do. Yet, the vast majority of people never reach their life goals. Laura said that the key is to take life’s challenges as encouragement to work harder and achieve more, and to keep the creativity and openness you had as a child. Overcoming her own struggles is what inspired Laura to become a life coach and motivational speaker.

Laura was happily married and working as a successful lawyer, but everything changed when she had her son. He

was born with craniosynostosis, a condition that affects the growth pattern of the skull, which can lead to sight, sleep, and mental impairments. Before her son underwent his first of nine surgeries, Laura swore that if he got well, she would do everything in her power to help others.

Laura encouraged distributors to think about what they want in life and never give up until they achieve it. She said to make your priorities clear and remove negative thoughts and toxic people from your life. She emphasized, “It’s important to show up—united—fighting every day to achieve your goals.”

A photograph of a brown cow and a smaller calf in a field of tall grass. The cow is in the foreground, looking towards the camera, and the calf is behind it, also looking forward.

DECODING NATURE'S WISDOM IN 4LIFE® PRODUCTS

Throughout the history of 4Life, we have harnessed the wisdom in nature to create innovative products that support overall health.*

A MOTHER'S PROTECTION

Almost 20 years ago, 4Life Founders David and Bianca Lisonbee began searching for ways to support their health. They uncovered research about the way that animal mothers transfer immune knowledge to their vulnerable offspring in the first days of life. First observed by Dr. H. Sherwood Lawrence in 1949, transfer factors help educate immune cells and support the immune system's ability to more effectively recognize, respond to, and remember potential health threats. 4Life Transfer Factor® products incorporate transfer factors found in cow colostrum and chicken egg yolks.*

FIND 4LIFE TRANSFER FACTOR®
IN PRODUCTS LIKE: 4Life®
Transfer Factor Plus® Tri-Factor®
Formula, 4Life Transfer Factor®
RioVida® Tri-Factor® Formula,
and 4Life® Transfer Factor Plus®
Chewable Tri-Factor® Formula.



PLANT WISDOM

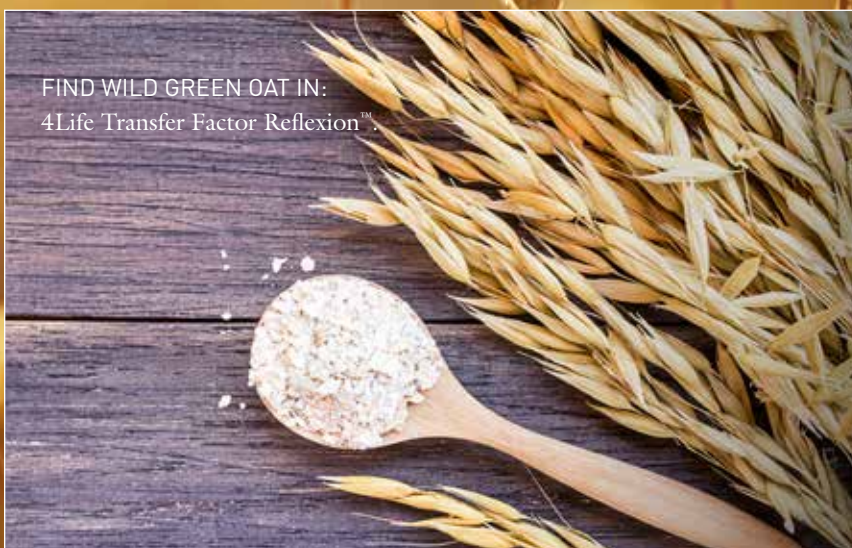
Just as animals pass protection from mother to offspring, plants also have vital protective properties. This protection keeps animals from eating plants, while brightly-colored blossoms and luscious scents attract pollinators like bees and butterflies. 4Life® has also harnessed plant wisdom to create wholesome products that support overall health.*

The leaves of the green tea plant (*Camellia sinensis*) have been used as the central ingredients for beverages, foods, and supplements for thousands of years. Incorporated into 4Life products, green tea leaf extract kick starts metabolism and supports healthy energy levels.*



FIND GREEN TEA LEAF EXTRACT IN PRODUCTS LIKE: Energy Go Stix®, Renuvo®, and Carb BLX™.

Wild green oat (*Avena sativa*) is the young plant of the commonly consumed oat grain. Many historical cultures used the plant to create foods and health supplements. Incorporated into 4Life products, wild green oat provides support for a positive mood.*



FIND WILD GREEN OAT IN: 4Life Transfer Factor Reflexion™.

EXPLORE MORE INGREDIENTS IN THE 4LIFE PRODUCT CATALOG AND ON 4LIFE.COM.

*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.



Harnessing Nature's Wisdom Since 1998

Discover wholesome products on [4life.com](https://www.4life.com).





THE 4RS FOR HEALTHY LIVING

When Founders David and Bianca Lisonbee started 4Life®, they set out to provide more than just phenomenal supplements. They wanted to address all aspects of healthy living. In fact, did you know that the “4” in 4Life stands for four areas of healthy living? At 4Life, we call them the 4 Rs: **replenish** (nutrition), **reinforce** (supplementation), **rejuvenate** (exercise), and **reflect** (meditation).

Each area must be addressed in order to achieve overall well-being. As you strengthen one area, it

is easier to fortify the others, creating an upward spiral of progress. Likewise, if you’re weaker in one area, it may cause a downward spiral. For example, supplementing with 4Life products can support your overall energy levels, which may mean you exercise more often. Regular exercise helps you maintain a healthy mental state, and can even encourage you to make better food choices. When you make a first step toward total well-being in one area, it’s easier to improve the others.*

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REPLENISH nutrition

It's important to eat a healthy diet with plenty of fruits and vegetables, lots of water, whole grains, and lean protein. That doesn't mean that you have to give up all of the treats that you love. However, it's a good idea to control your portion sizes and cut back on fatty and sugary foods. And don't forget to drink plenty of water every day!

REJUVENATE exercise

Support your energy levels, fitness, and overall wellness with 30 minutes or more of moderate exercise every day. Think you don't have enough time? Take a brisk walk around your neighborhood or park your car farther away from the store. Skip the elevator and take the stairs instead.

REINFORCE supplementation

4Life® provides superior supplements that can help you support your immune system, maintain a healthy weight, and enjoy overall wellness. Start with RiteStart® Men or RiteStart® Women for a great foundation, and then add in products like PRO-TF® and 4LifeTransform Burn™.*

REFLECT meditation

Take time out of each day to care for your mental health. When you reflect on what's most important in your life, you take better care of yourself and your body. Start by unplugging from your electronic devices for ten minutes each day to breathe deeply, meditate, and dream.

THE 4 Rs FOR DAILY STRESS MANAGEMENT

The 4 Rs can help you find balance in all areas of your life, including helping you deal with the daily stresses of life. Here's how:

REPLENISH: Healthy nutrition fuels and replenishes your body, providing the energy you need to tackle each day effectively.

REINFORCE: Packed with natural goodness, supplements give you vital nutrients that support and revitalize your body. Take 4Life Transfer Factor Reflexion™ to promote relaxation, a positive mood, and your ability to cope with the daily stresses of life.*

REJUVENATE: Both relaxing and rejuvenating, exercise can clear your head and prepare your mind for what lies ahead.

REFLECT: Finding time to reflect has invaluable restorative powers. Whether it's 15 minutes with your favorite book or an hour-long massage, make sure to recharge your batteries before you jump back into your regular life.

If you effect positive changes in any of these four areas, it's easier to make positive changes in the other areas. Take stock of which of the 4 Rs you're already addressing well and which ones could use more attention. 4Life was created to help you improve your life and address your individual needs. 4Life is **4** your **Life**!



4Life is for you and
your individual needs.
4Life is **4** your **Life**!

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START TRANSFORMING ON DAY ONE*

Fast Start Accelerator 400 Pack

Item #53742

\$539.95 (400 LP)

THE BEST
OPTION AT
SIGN-UP!



Help your prospects:

- Save \$195 on their first order.
- Earn 100 LP in the Loyalty Program.
- Jump start their businesses.
- Start their body and life transformations right away.*
- Maximize Loyalty Program rewards at the 30% level.†



*To advance (or maintain) your levels and keep your earned Product Credits, you must remain an active participant in the 4Life Loyalty Program by meeting the minimum requirements outlined in the Terms and Conditions. Visit www.4life.com/loyalty 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.



Refresh Your Business in

2017

Focus on team unity

Cultivating a strong team is important for building a successful 4Life® business. Do you have regular trainings and networking events planned for your team throughout the year? Are there team members who need special attention? Paying individual attention to people will help your entire group grow.

Grow your network

If you feel like your business isn't growing at the rate you would like, consider joining professional

organizations, participating in social events, and volunteering with organizations you believe in. Successful networking is about building trust, nurturing relationships, and helping others.

After events, organize your business leads to ensure you're following up in the most effective way. In the September 2016 issue of *Direct Selling News*, the "State of Social Selling" survey showed that people who purchased a product from a direct

seller did so after the seller reached out at least three times, on average.

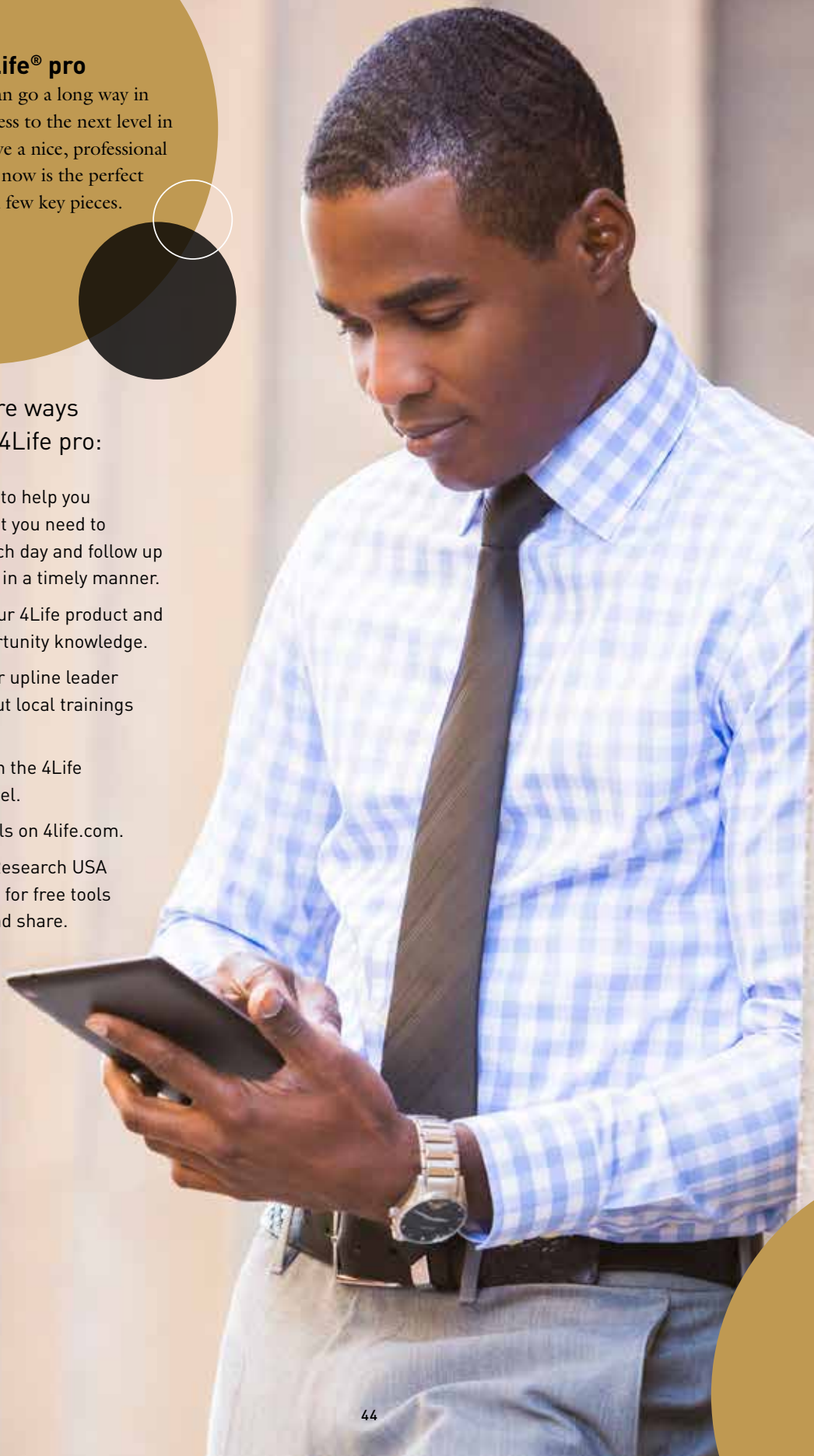
Persistence is key, but knowing when to move on from a prospect is equally important. The survey also showed that 64% of respondents made a purchase because of peer pressure, not actual interest. Learn to read the social cues of your potential customers, which will help you manage your time and effort in the long run.

Become a 4Life® pro

Professionalism can go a long way in taking your business to the next level in 2017. Do you have a nice, professional wardrobe? If not, now is the perfect time to invest in a few key pieces.

Here are more ways to become a 4Life pro:

- Use a calendar to help you determine what you need to accomplish each day and follow up with prospects in a timely manner.
- Brush up on your 4Life product and business opportunity knowledge.
- Check with your upline leader to find out about local trainings and meetings.
- Watch videos on the 4Life YouTube channel.
- Order sales tools on 4life.com.
- Visit the 4Life Research USA Facebook page for free tools to download and share.



Get social

Facebook, Twitter, YouTube, Pinterest, and Instagram are powerful tools for every 4Life® distributor. And with mobile devices, everyone has constant access to social platforms. When it comes to social media, be genuine and develop your unique voice. Build relationships and interact with your audience daily. Showcase how 4Life products have helped you transform your life and enjoy a great lifestyle.* Share the financial freedom you've achieved with the help of the business opportunity. Offer information such as sales tools, instructional product videos, personal testimonials, and business trainings.

Organize your finances

The start of a new year means it's time to prepare for tax season. Keep receipts for all business-related expenses, including gas and office supplies. Your home office, internet, and phone line expenses are also tax deductions. If you didn't maintain organized records last year, now's the perfect time to develop a new system for 2017.

Follow these ideas to refresh your business and accomplish your goals each day!



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Every aspect of your life
has the potential for

vibrant transformation.

Dance around your world with
4LifeTransform® products.*



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LIP-SMACKIN' GOOD!



PRO-TF® Smoothie

- ½ banana
- 1 orange, peeled
- 1 cup of frozen strawberries or raspberries
- 2 scoops of PRO-TF® Vanilla Cream
- 12 oz of water (Add more water to your taste.)

Directions: Mix all of the ingredients in a blender. Enjoy!



Supplementation with PRO-TF® should be done according to your daily protein needs. Download the 4LifeTransform™ App from the App Store or Google Play for a protein needs calculator.



Power-Packed Oatmeal

- 1/2 cup of oatmeal
- 1 cup of water
- 2 scoops of PRO-TF® Vanilla Cream
- 2 oz of water
- 1 cup of berries (fresh or frozen)

Directions: Cook oatmeal with 1 cup of water until it has a sticky consistency. Dissolve PRO-TF powder in 2 oz of water. Mix the oatmeal with the PRO-TF mixture until it's creamy. Add berries. Note: This recipe tastes great with any type of berries!

Late-Night Craving Buster

- 2 oz of water
- 2 scoops of PRO-TF® Chocolate
- 1 cup of strawberries, sliced

Directions: Mix PRO-TF and water in a bowl until it has a pudding-like consistency. Mix the sliced strawberries with the PRO-TF pudding. Yummy!



Mango Madness

- 2 cups of diced frozen mangoes
- 1 cup of fresh raspberries
- 2 scoops of PRO-TF Vanilla Cream
- 12 oz of water

Directions: Mix all of the ingredients in a blender. Enjoy!



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