

SUMMIT™

4LIFE® DISTRIBUTOR MAGAZINE • QUARTER TWO • 2017



4Life
TOGETHER, BUILDING PEOPLE®

MOVING FORWARD
PROPEL YOUR TEAM TOWARD SUCCESS
TRAIN LIKE AN ATHLETE







CONTENTS


CORPORATE MESSAGE	6
RECOGNITION	8
MOVING FORWARD	22
PROPEL YOUR TEAM TOWARD SUCCESS	32
EVERYBODY LOVES A BONUS!	36
4LIFETRANSFORM® CHALLENGE WINNERS	38
TRAIN LIKE AN ATHLETE	43
PRO-TF® + 4LIFETRANSFORM BURN®	48


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TOGETHER, BUILDING PEOPLE™

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4LIFE DISTRIBUTOR MAGAZINE
QUARTER TWO • 2017

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from a healthcare professional.

*"Are you ready to take your
4Life business and life to the
next level?"*



Your Time to Shine

CORPORATE MESSAGE

4Life® is in a fantastic momentum phase! We've got amazing products like the 4LifeTransform® Accelerator System for Men or Women, record-breaking sales, exciting service projects, passionate distributor leaders, and much more.

You can experience this same kind of momentum in your individual business. Once you've set the desired course to achieve your goals, you can start moving forward! Just like any adventure in life, there are bound to be challenges. But when you know where you want to go, that's all they are—bumps along the way as you work to achieve your dreams. They don't have to derail your progress or halt your momentum. And if you do experience a setback, get back on your way as quickly as possible and use your positive energy to progress.

On page 27, read what International Diamond Carlos Padilla Cruz did to change the course of his future and create momentum in his business. Plus, Team 4Life member Pearl Gonzalez is a fantastic example of the hard work it takes to really become a champion. Read more about her story on pages 43–46.

Are you ready to take your 4Life business and life to the next level? Are you ready to re-dedicate yourself to 4Life products and the business opportunity? Are you prepared to truly make your dreams come true? This is your time to shine, and I can't wait to see what you accomplish!

Sincerely,

Bianca P. Lisonbee

Bianca Lisonbee
Founder



Platinum International Diamonds



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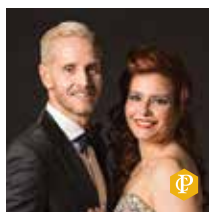
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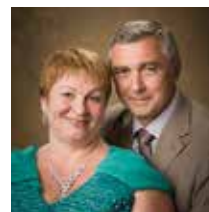
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Kim Jong Won
South Korea



President's Club qualifier at
Gold International Diamond rank



President's Club qualifier at
International Diamond rank

New Gold International Diamond

JANUARY 2017

Kim Jong Won

GOLD INTERNATIONAL DIAMOND | SOUTH KOREA



“Before 4Life®, I thought I was too old to learn new things.

Now, my life is more vibrant than ever before and I have more confidence. I’m surrounded by young and passionate team members. People are sometimes surprised when they learn of the success I’ve achieved in my late 70s. The sense of responsibility I feel to my team members motivates me to work hard every day.”

“Despite being the oldest individual in the history of 4Life to reach the rank of Gold International Diamond, Kim Jong Won has expanded her 4Life business across the country. Her energy is abundant. I offer my congratulations to Mrs. Kim, who has enjoyed a new life through 4Life. I look forward to her continued success.”

—Tony Lee

Vice President of Northern Asia



New International Diamonds

INTERNATIONAL DIAMOND ADVANCEMENTS ARE FOR THE VOLUME MONTHS OF DECEMBER 2016–FEBRUARY 2017.



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Russia



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Ecuador



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International Diamonds

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Puerto Rico



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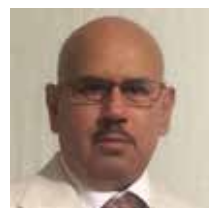
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Pedro Lagunes
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Abraham Johnson
Nevada, USA

Anarkalis Odily Diaz
Cedeño
Panama

Beliza Arlette Arce
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Panama

Dalys Mercedes
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Emerging Market

Maria Gomez
Emerging Market

Mayori Senzano
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Bolivia



New Diamonds

DIAMOND ADVANCEMENTS ARE FOR THE VOLUME MONTHS OF DECEMBER 2016–FEBRUARY 2017.

BOLIVIA

Aleyda Ibañez De
Rodriguez
Arminda Cuellar Pardo
Brenda Rodríguez Ibañez
Carlos Ernesto Bercellesi
Duran
Eddy Juan Veizaga
Jattaco
Guissela Beatriz Ortiz
Dorado
Jeny Bahoquez
Argandona
Johan Friesen Loewen
José Luis Rojas
Castellon
Kevin Rojas
Maria Ines
Primitivo Mamani
Condori

BRAZIL

Adriana Yumi Matsusako
Kano
Claudia L. Lobato

CHILE

William Patricio Lara
Balcazar

COSTA RICA

Iriabel Grant Arana

DOMINICAN REPUBLIC

Elvis Arismendy Polanco
Rosario
Jessica Lisbeth Melo
Mendoza
Jose Hernandez
Migdalia Sanchez

EMERGING MARKET

Alfredo Montes
Alice Andrew Mallo
Angela Mendoza
Angelina Ortiz Mejia
Carlos Alfonso Hugues
Stanzola
Clara Urbina
Edmundo Omar Toro
Vallecillo
Eneldith Maestre
Eric Cedeño
Gabriel Gomez
Gilberto R. Jara
Gladis Natividad Trochez
Diaz
Gonzalo Montes
Hilton Edmundo Toro
Juarez
Jennifer Jerez Exteny
José Angel Bernal
Gomez
Julio Garcia

Leonice Fleck Ramos
Lesmer Josue Jurado
Rodriguez
Lucy Limachi Carrillo
Luis A Limachi Carrillo
Lupe Perez
Marcos Josue Juarez
Lopez
Maria Elena Arce
Valbuena De Valbuena
Maria Elena Limachi
Carrillo
Mariana Guerrero
Marlene De Las
Mercedes Regla
Huaiquiñir
Marybelle Juarez Erazo
Melissa Villalta
Mohammad Muliady Bin
Haji Mesli
Natalia Romanach
Acosta
Norma B. Arrua
Omar Rivera
Oscar Alfredo Cisneros
Oscar Rafael Perez Garay
Rodolfo Gill Navarro
Rosa B. Valenzuela
Roxana Muller De Walker
Sandra Ocampo
Serafin Javier Gaona
Ruiz
Sergio Banque
Sibelt Gonzalez Galeano
Sol Diaz
Sonia Villegas
Wendy Zenith Goodridge
Murgas De Lazo
Will Montes
William Garcia

PANAMA

Ariel Estrada
Beliza Arlette Arce
Valbuena
Dalys Cano
Eiribeth Del Carmen Ng
Villar
Fredesvinda Diaz
Hector Anibal Guerra
Hernandez
Ignacio Benitez
Ioannis Pilides
Jafet Enoc Linares
Rodriguez
Jamal E Snape A
Jan Carlo Flores Brome
Karoll Chong
Mauricia Neblett
Milicen Frageiro De
Guerra

PUERTO RICO

Alfredo Torres
Jennifer Colón
Joao Hernandez Algarin
Jose O Batista Medina
Lourdes Ivelisse Pagan
Perez
Luz Negron
Myrna Rodriguez
Orlando Orta
Taeiss Mojazza
Xavier Sánchez

CALIFORNIA, USA

Alan Lua
Alejandro Mendoza
Alice Ortiz
Allexander Infante
Ana L. Lepe
Antonio Delgadillo
Eduardo Elias Vasquez
Filadelfa Gallegos
Gerardo Alvarez-Lopez
Humberto Grajeda
Jaime Ovando
Juan Saldana
Kyung Ae Byun
Maria Aguilar
Maria Elena Lopez
Maria Lena Infante
Mario Ramirez
Rebeca Sanchez
Rosa Esther Barreto
Hernandez
Rosa Maria Fragoso
Salome Mazariegos
Vasquez
Sergio Flores
Yu Mi Kim
Zulma Consuelo Carrero
Melo

COLORADO, USA

Luz Maria Serrano
Almeida

CONNECTICUT, USA

Joung Choul Rho
Maria Alvear
Maria Polanco
Vania Guerra

FLORIDA, USA

Gloria Leon
Idalmis Pedrero
Isabel Mena
Jhon Jimenez
Juan Restrepo
Kowyen Ye
María Hernández
Misael Ramos
Olga Ortiz
Ricardo Andres Morales
Solorzano

Teresa Belalcazar
Ximena Lopez M.

GEORGIA, USA

Arely Valenzuela
Chi Soo Kim
Oak Joo Kim
Oksoon Kim
Wellness 4Life

ILLINOIS, USA

Arlene Valentin
Dolores Flores
Elizabeth Bustamante
Leonila Toledo
Lucjan Tomalski
Margarita Brito
Maribel Arias
Marlen Melgar

IOWA, USA

Damasio Vazquez Perez

MARYLAND, USA

Manuel D Cruz

MASSACHUSETTS, USA

Ana M Lopez
Maria Leonor

NEVADA, USA

Cecilia Renteria
Gaspar Marroquin
Juana De Santiago
Luciana Benitez
Luis W Manzo
Mario Rodriguez
Martha E Silva

NEW JERSEY, USA

Christopher Peralta
Elizabeth Arteaga
Fabio Sosa
Kelvin Jimenez
Lucas Sosa
Ramon Suriel
Raúl Vargas Torres
Reina Funes
Tiara Anderson

NEW YORK, USA

Belkys Bernard
Byungjae An
Frankelly & Elizabeth
Veras
Miralba Henao Arias
Pablo Arce

NORTH CAROLINA, USA

Alejandro Castro Torres
Jose Paulino Jimenez
Raymond Vega Canela

OREGON, USA

Josefina Diaz

SOUTH CAROLINA, USA

Félix Cortes
Herminia Moreno
Romero

TEXAS, USA

Amalia Lopez
Ana Maria Rojas
Elsy Flores
Graciela Castillo
Guaira Elvira Gomez
Jose Nevarez
Lennie Ko Strong
Mario Melendez

VIRGINIA, USA

Cristabel Contreras
Idalia Andrade
Nolvia Aricely Contreras
Roxamer Cruz

WASHINGTON, USA

Batmunkh Jambaldorj
Luis Solorio
Maria Luisa Martinez





Moving Forward

Creating momentum in your 4Life® business





In the last issue of *Summit*[™] magazine, we shared the value of renewing your commitment to your dreams, refreshing your life with new ways to succeed, and refocusing your course when necessary. Now, let's get moving toward your goals!

Momentum is defined as movement in a forward direction. In your 4Life[®] business, building momentum means taking consistent actions to accomplish objectives. In other words, you have to work hard to achieve your dreams. Once you get going, you won't need to expend as much energy to continue moving. Pushing a boulder uphill requires constant effort, but your work is rewarded when you reach the top!

Start now and create a plan of action.

It doesn't matter where you are in your 4Life business. Start today—at your current rank—and move toward your dreams. It's not necessarily about reinventing the wheel. Build on what you're already doing, but find new ways to look at your challenges and generate a sense of excitement to drive toward the finish line.

Focus on short-term goals.

It can sometimes feel overwhelming to set big targets for yourself. If you're a Diamond right now, it's daunting to picture yourself as a Platinum International Diamond. Instead, start with short-term goals and take real steps to get there. Increase the number of days you normally spend working on your 4Life business each week. Add a few more meetings, or increase the number of contacts you make each day. If you have an extra 30 minutes a day to devote to your business, that's 45 extra hours during a three-month period! As you build momentum, you're bound to experience days of discouragement,



frustration, and backward movement. That's ok! Just don't let those days affect your overall progress in the right direction.

Energize your team members.

If you want to reach a goal in a certain time frame, you won't succeed alone! Get all of your team members on the same page with regular events, rallies, and team-building exercises. Send encouraging emails to your team members. Call distributors who could use extra encouragement. Your energy and excitement will help keep your team on track to accomplish those big dreams.

Make yourself accountable.

Tell your family members and friends about your business objectives. If you want to quit your full-time job, set a date and get everyone around you on board. When other people know what you want to achieve, they will remind you, cheer you on, and help you take the steps necessary to get there.

Reward hard work.

Celebrate all victories, big and small. When you reach one of your smaller goals, reward yourself. When a team member reaches one of his dreams, make sure he knows you're proud of what he's accomplished. Honoring hard-earned victories helps re-energize everyone and keeps the team moving in the right direction.

Once you achieve an objective for yourself and your team, raise the bar again. Set a new short-term goal just out of reach, so that everyone on your team will keep moving forward.





Tips to create momentum

1. Welcome new team members, and make everyone feel appreciated.
2. Follow up with your leaders on their own daily, weekly, and monthly targets.
3. Track the progress of your team members.
4. Communicate with your team members on a regular basis.
5. Hold weekly meetings with team members and new prospects.
6. Train your key leaders to duplicate your efforts.



Don't wait to create momentum in your business. Don't wait to work hard with your team members to achieve the next big goal. Start today. Your 4Life® achievements await!

Get Moving on Your Health Goals

4LifeTransform® Accelerator System for
Men or Women

The Accelerator System is the perfect way to help you gain momentum for your healthy lifestyle goals. It includes proprietary, patented, and scientifically proven products, plus a daily guidebook to help you achieve real and lasting body transformation.*

Read the article on pages 32–35 to learn how to use the Accelerator System to create momentum in your business.



*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.



Fully Invested

**International Diamond
Carlos Padilla Cruz**

"I wanted to prove that I could achieve my goals and dreams if I focused, believed in myself, and worked hard."



When my brother talked to me about the 4Life® business opportunity, I had three jobs, including working as a garbage collector. My wife and I were making payments on nine loans. We were in debt, and we didn't see a way out of our problems. It was hard to focus on our dreams when all of our paychecks went to our debts.

In January 2003, my wife had just achieved the Diamond rank, but I wasn't fully invested yet because of my poor life choices. My son begged me to change my life. That's when I started going to 4Life meetings and taking the opportunity seriously.

During a 4Life meeting, a presenter told us that if we wanted to see results, we had to have very specific objectives. One of the goals I established was to quit all of my jobs in 18 months, by June 28, 2004. I told my wife, "We're going to take this seriously."

My friends and coworkers made fun of me when I shared my goals with them. When you write down your goals and focus on them, it doesn't matter the obstacles you encounter. I wanted to prove that I could achieve my goals and dreams if I focused, believed in myself, and worked hard. I quit all of my jobs within 18 months!

In the 15 years since I began my 4Life journey, I've changed the course of my family's future. I could never have achieved this type of lifestyle with my previous three jobs combined. I'm very thankful for 4Life!





How far will
you reach for
success?

Help Your Team Members **SUPERCARGE** Their Businesses



Encourage your new team members to purchase the Fast Start Accelerator 400 Pack. New distributors who purchase it save \$195 over buying pack components individually and supercharge their businesses from day one. Plus, it helps them qualify for the 4Life® Loyalty Program.




The Fast Start Accelerator 400 Pack includes:

- 1-4LifeTransform® 30-Day Accelerator System for Men
- 1-4LifeTransform® 30-Day Accelerator System for Women
- 2-4Life® Transfer Factor Plus® Tri-Factor® Formula
- 1-4Life® Welcome Kit (English or Spanish)



Encourage your new team members to purchase the best option at sign-up—the **Fast Start Accelerator 400 Pack!**

CUSTOMER/DISTRIBUTOR PRICE:

GOOD	BETTER	BEST
		
Accelerator System \$226	250 Accelerator Pack \$315	Fast Start Accelerator 400 Pack \$540

QUALIFY INSTANTLY FOR LOYALTY PROGRAM BENEFITS:

Bonus product of the month	✓	✓	✓
Product Credits from first purchase	17	50	100
Loyalty Program earning level	10%	20%	30%

AMAZING VALUE!

Customer/Distributor price:	\$226	\$315	\$540
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BONUSES AND SAVINGS

Value of Product Credits	\$20	\$60	\$120
Product savings with purchase	\$70	\$93	\$195
Bonus product next month	\$40	\$40	\$40
TOTAL BONUSES AND SAVINGS	\$130	\$193	\$355



Propel Your Team Toward Success

With a phenomenal system for transformation*

When you look and feel your best, you're a walking advertisement for the many benefits provided by 4Life® products and the business opportunity. Use the 4LifeTransform® 30-Day Accelerator System for Men or Women to achieve real and lasting body transformation and build your business at the same time!*

The Accelerator System:

- Helps you take advantage of the \$60 billion weight management industry in the United States¹
- Offers world-class products to help you achieve health and fitness goals*
- Is simple to share with customers and prospects
- Comes in an attractive and easy-to-transport box
- Offers a detailed guidebook with step-by-step instructions

People will notice when you achieve positive changes in your life and they will ask questions, opening the door to a productive conversation about your favorite products and the freedom you enjoy as a distributor. When you become a product of the 4LifeTransform products, you can create a culture of success in your organization. The success you achieve, both personally and professionally, will inspire other members of your team and invite customers to consider joining 4Life as a distributor. This strategy is also a great way for new distributors to achieve health and professional results. Results increase retention and help new distributors feel good about their decision to join 4Life.*



1. Marketdata Enterprises, 2014.

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Pearl Gonzalez
MMA Fighter and
Team 4Life® Member

When you and your team members add the Accelerator System to your monthly 4Life® Loyalty Program orders, you can increase your group success!

- **\$93 savings versus purchasing the products individually**
- **Bonus product of the month and up to 30% in Product Credits[^]**
- **Next-day Rapid Rewards payments⁺**

Visit 4life.com to learn more about the 4LifeTransform 30-Day Accelerator System.

The 4LifeTransform® 30-Day Accelerator System contains everything you need for your transformation journey.*

Cleanse your body and get ready to transform with Tea4Life®.*

Ignite fat loss with 4LifeTransform Burn®.*



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Protect lean muscle mass with
PRO-TF®.*

Support total body recovery with
Renuvo®.*

Get multivitamins and more with
RiteStart® Men or RiteStart® Women.*

Experience sexual intimacy and physical
health with 4LifeTransform® Man or
4LifeTransform® Woman.*

Enjoy on-the-go energy support with
Energy Go Stix®.*

Track your progress with the daily
guidebook.

*You must maintain a 4Life Loyalty Program order of 125
LP or higher to receive the bonus product of the month.
To advance (or maintain) your levels and keep your earned
Product Credits, you must remain an active participant in
the Loyalty Program by meeting the minimum requirements
outlined in the Terms and Conditions.

+Rapid Rewards payments are only available for distributors
who qualified at the Leader level or above during the
previous calendar month.





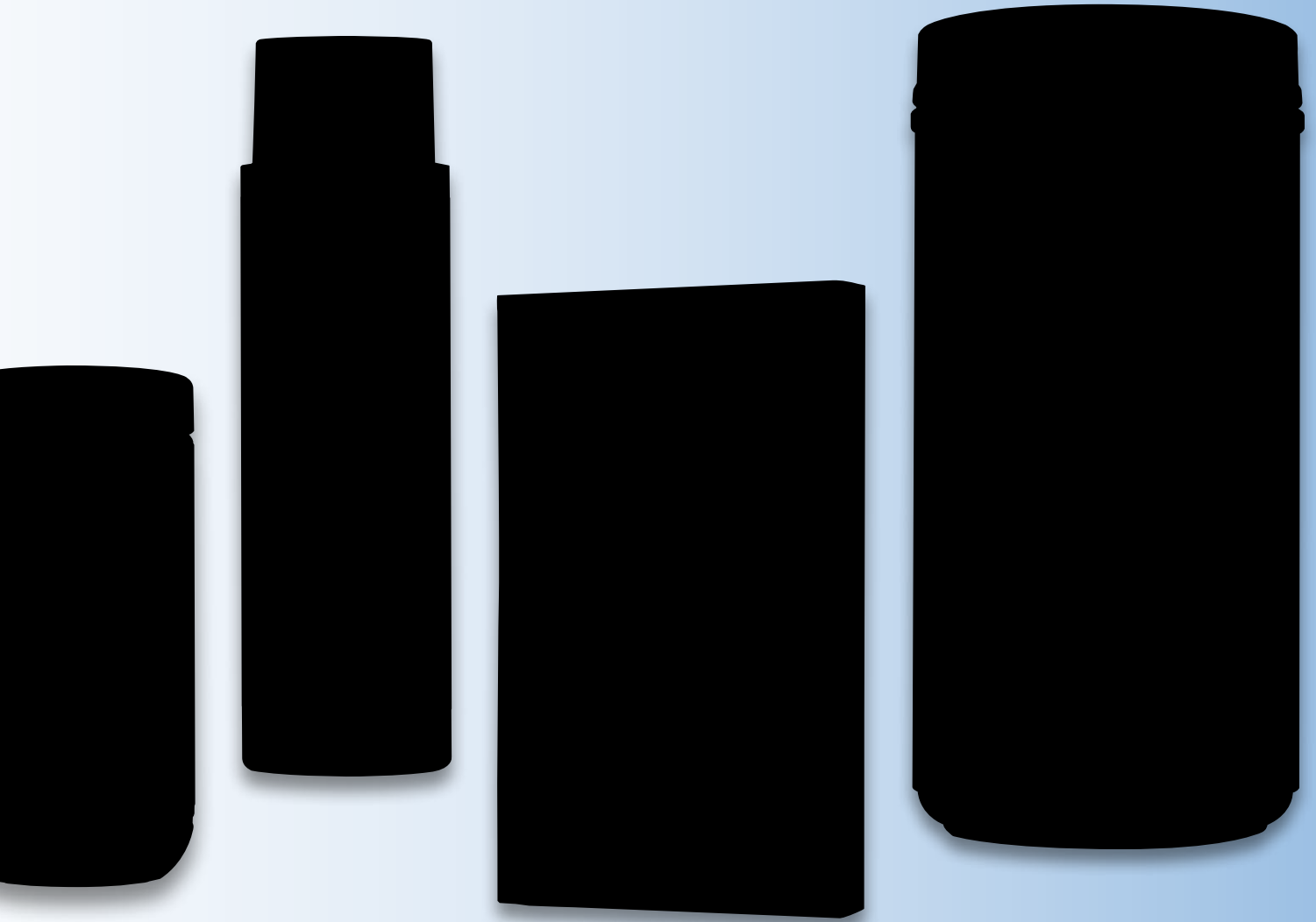
EVERYBODY LOVES A BONUS!

Since April 2016, 4Life® Loyalty Program participants worldwide have received nearly 400,000 bonus products.





Start taking advantage of the Loyalty Program today, and enjoy receiving the bonus product of the month!***^



**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.

^You must maintain a Loyalty Program order of 125 LP or higher to receive the bonus product of the month.

4LifeTransform® Challenge Winners

This year, a record-breaking 1,200 people set out to transform their bodies by participating in the 4LifeTransform Challenge. Here are the top men and women winners.*

\$5,000 grand prize winner



Iyolexis Saez Cantillo

Diamond
Florida, USA

Results:

I lost 14 pounds and dropped from 35% body fat to 29%.

4Life® products:

4LifeTransform Burn®, PRO-TF®, NutraStart®, 4Life® Transfer Factor Plus® Tri-Factor® Formula, and BioEFA™ with CLA



My transformation:

I started exercising in a park, but later got a gym membership to take weightlifting and spinning classes five or six times a week. I cut out all sodas, processed foods, and sugars from my diet and replaced them with vegetables, fruits, and healthy fats. I used all of the supplements in the 4LifeTransform® 30-Day Accelerator System for Women for 90 days. Now, I'm in the best shape of my life!*

These results are not typical and were achieved through the 4Life independent distributor's commitment to exercising consistently and consuming a healthy diet. Consult with your physician before you begin any lifestyle program that includes a change in diet and/or exercise.

\$5,000 grand prize winner



Roberto Carlos Hernandez

Diamond
Texas, USA

Results:

I lost 10 pounds.

4Life® products:

4LifeTransform® Man, Renuvo®, BioEFA™ with CLA, 4LifeTransform Burn®, Energy Go Stix®, PRO-TF®, and RiteStart® Men



My transformation:

I exercise six days a week for an hour and a half, and I do high-intensity interval training (HIIT) for 15–20 minutes three times a week. I switch between high- and low-carbohydrate intake every other day. On low-carbohydrate days I eat more good fats, including omega-3 essential fatty acids. Stay focused on your goals, and you can complete the challenge!

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\$2,500 first runner-up winners



Karla Patricia Martinez

4Life distributor
Texas, USA

Results:

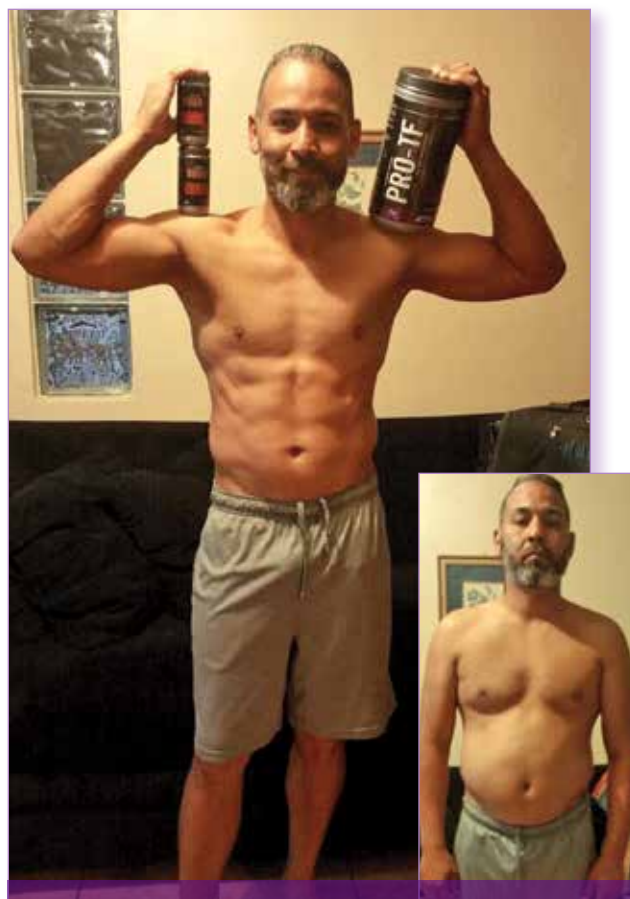
I lost 15 pounds.

4Life® products:

4LifeTransform Burn®, PRO-TF®, Tea4Life®, Renuvo®, and RiteStart® Women

My transformation:

I exercise six times a week, alternating between lifting weights and running three miles. Every day, I eat three meals and three snacks. I gained muscle, I look fit and strong, and I am definitely more confident. My previous attempts to manage my weight always had poor results. Using all of the products in the 4LifeTransform® 30-Day Accelerator System for Women, I achieved better results than I have with any other program. Now, I have a new way to talk about 4Life products and the business opportunity.*



Hipolito Cotto Rodriguez

Diamond
Puerto Rico

Results:

I went from a 34 pants size to a 32.

4Life® products:

4LifeTransform Burn®, PRO-TF®, PRO-TF® Protein Bar, 4LifeTransform® Man, Renuvo®, Energy Go Stix®, and RiteStart® Men

My transformation:

I changed my diet and cut out junk food. I consume three full meals and use PRO-TF Protein Bar to help control sugar cravings. My transformation is a testament that 4Life products work and brings credibility to my business.*

These results are not typical and were achieved through the 4Life independent distributor's commitment to exercising consistently and consuming a healthy diet. Consult with your physician before you begin any lifestyle program that includes a change in diet and/or exercise.

\$1,000 second runner-up winners**Irenne Rodriguez**

Diamond
Florida, USA

Results:

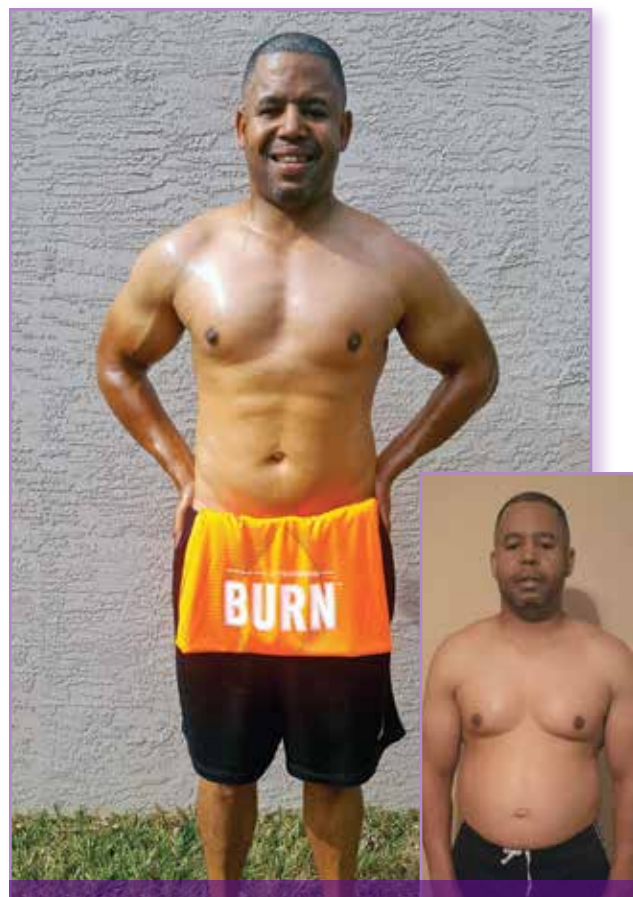
I lost four pants sizes and went from 37% body fat to 33%.

4Life® products:

PRO-TF®, 4LifeTransform Burn®, 4LifeTransform® Woman, and Energy Go Stix®

My transformation:

I used the 4LifeTransform™ App and the guidebook in the 4LifeTransform® 30-Day Accelerator System to build my meal plan. I followed the guidebook's suggestion to limit white bread and white rice and replaced them with colorful vegetables in all of my meals. I exercise five times a week and try to avoid meals late at night. I have always struggled with my weight, and I credit the Accelerator System for my success.*

**Joel Rivera**

Gold International Diamond
Florida, USA

Results:

I lost 36 pounds and 10% body fat.

4Life® products:

4LifeTransform Burn®, PRO-TF®, RiteStart® Men, 4LifeTransform® Man, Renuvo®, 4Life® NanoFactor® Glutamine Prime®, BioEFA™ with CLA, and Fibre System Plus™

My transformation:

I used the 4LifeTransform® Challenge as the perfect platform to change my lifestyle. I lift weights three to four days a week, limit myself to three meals and three snacks a day, and consume high-protein and low-carbohydrate meals. I also consume PRO-TF® Chocolate to build muscle and as a healthy snack before bedtime.

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Go Tropical!

Make every day a beach day with Energy Go Stix® Tropical—
a delicious blend of passion fruit, pineapple, and mango flavors.



Item #27587
Cust/Distr: \$21.95 (17 LP)
Order on 4life.com.

Train Like an Athlete with 4LifeTransform® Products

Pearl Gonzalez

MMA Fighter and Team 4Life® member

What are your greatest challenges?

My biggest challenges are to simplify my life, stay focused, and adhere to consistent routines. Through training, studying high-level athletes, reading books, and listening to podcasts, I've learned that success lies in a set, everyday routine that includes daily food planning and mental preparation. This routine has helped me evolve as an athlete and stay focused and disciplined.

⬡ What keeps you motivated?

I lost my debut professional fight, and that was a wakeup call. My competitor had more experience, but I wasn't mentally or physically prepared. I never wanted to feel that way again, and it pushed me to be a better fighter. Today, I'm competing at the highest level of my sport.

⬡ What are your go-to healthy meals?

I love making smoothies and protein bowls with PRO-TF® Protein. If I crave something sweet, I blend PRO-TF Chocolate with cherries, bananas, cacao nibs, and chia seeds. I put it in a glass with unsweetened coconut flakes, candied pecans, goji berries, and cinnamon on top with a fancy straw. For the protein bowls, I blend PRO-TF with frozen fruit and almond milk so it's thick and creamy. I top it with bananas, strawberries, blueberries, granola, coconut flakes, honey, and cinnamon.

⬡ What's your guilty food pleasure?

I love pizza! I allow myself to have it once a month. My favorite is Chicago-style. I make it myself so I can add all of my favorite ingredients, and I know exactly what's going into my body.

⬡ How do 4Life® products support your success?

I drink Energy Go Stix® Berry every morning on the way to the gym. I train for up to eight hours a day, six days a week. Energy Go Stix gives me an extra push to get through the week. I also rely on 4LifeTransform Burn® to support my progress. I drink PRO-TF® every morning and before and after my workouts. It's great because it's a clean, high-quality protein.*





What are your transformation goals?

My current goal is consistency with weight and recovery. I had to lose approximately 20 pounds to reach the correct weight for my first UFC fight. That can be dangerous if not done correctly. It's hard to cut portion sizes and limit snacking. Recovery is always a struggle, but it's important to keep performance high and injury at bay. I get enough rest and do foam roller exercises and stretching. Water intake and PRO-TF® help my body recover and prepare for the next day's training.*

What are your best body transformation tips?

First, becoming healthy is a lifestyle, and transformation doesn't happen overnight. Start with clean eating and exercise. Stick to your goals 100% four days per week, and allow leniency for the other three. After a few weeks, add another day. I give myself one cheat meal per week so I can stay focused the rest of the week.

Second, even if you fall off your diet and exercise regimen, keep up your water and supplement intake to maintain your progress. Drink at least half of your body weight in ounces of water each day. If you're more active, drink a gallon daily. Water also helps keep your digestive tract moving, which is key for maintaining good health. Supplements like PhytoLax® and 4Life's Probiotics can help.*

Becoming healthy is a lifestyle, and transformation doesn't happen overnight.

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BE VICTORIOUS

Combine the fat-burning power of **4LifeTransform Burn®** and **PRO-TF®** to achieve your knockout body.*



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Achieve real transformation like Team 4Life® member Pearl Gonzalez!*

Give Stubborn Fat and Slow Metabolism a One-Two Punch

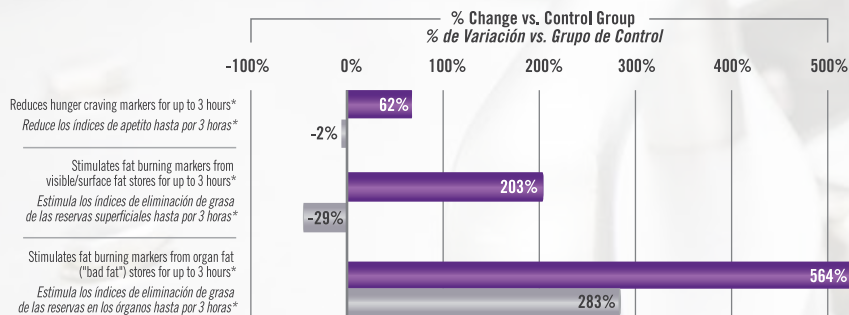
With the combination of PRO-TF® and 4LifeTransform Burn®*

Individually, PRO-TF and 4LifeTransform Burn accelerate metabolism and support weight management goals. Together, they produce even better results. With both of these products in your corner, you can tackle all of your transformation goals.*

Backed by research: PRO-TF®

The proprietary PRO-TF formula provides vital protein and amino acids that are easy to digest, without a bloated calorie count. Each serving is only 70 calories and contains 10 grams of protein—including low molecular weight, high DH[^], ultra-fast absorption whey and egg protein—plus certified 4Life Transfer Factor®.

PRO-TF offers a more comprehensive amino acid profile than whey protein concentrate alone, or rice, soy, pea, or casein proteins. Plus, PRO-TF includes only naturally-occurring amino acids. It offers more than 4,900 milligrams of essential amino acids (EAAs) and over 2,350 milligrams of branched chain amino acids.



Protein can help protect healthy muscle in people of all ages, by increasing muscle growth and reducing muscle breakdown.*

PRO-TF® Protein Blend Mezcla protéica PRO-TF Whey Protein Concentrate Concentrado de proteína de suero de leche

In a pre-clinical research study, PRO-TF reduced hunger cravings and stimulated fat burning markers for up to 3 hours.**

With two delicious flavors—Vanilla Cream *and* Chocolate—you can use PRO-TF in recipes for low-calorie, hunger-busting desserts.*

Check out the 4Life YouTube channel for delicious PRO-TF recipe videos.



[^]High degree of hydrolysis

⁺Results, as observed in a pre-clinical research study conducted at Auburn University under fasting and controlled conditions, and as occurred directly within the samples. Actual results may vary.

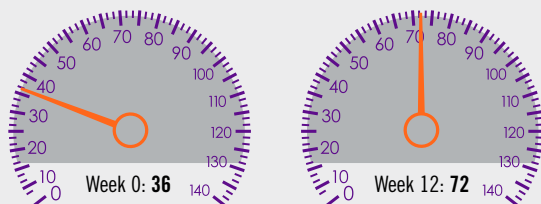
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Scientifically-proven: 4LifeTransform Burn®

4LifeTransform Burn boasts 50 years of collective research, two independent pre-clinical studies, and two 4Life sponsored pilot studies that show how the product fires up metabolism and improves body transformation.*†

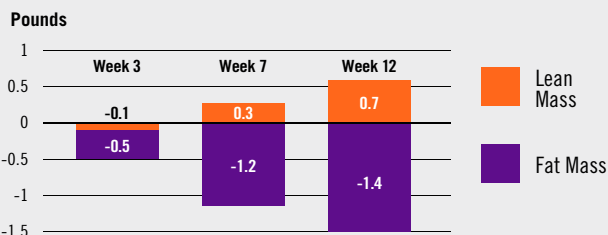
ACCELERATED METABOLISM*

Over a 12-week period, 4LifeTransform Burn® accelerated metabolism and doubled the body's ability to burn fat.*



TRIGGERED BODY FAT LOSS*

Over a 12-week period, 4LifeTransform Burn® triggered body fat loss without altering lean muscle.*



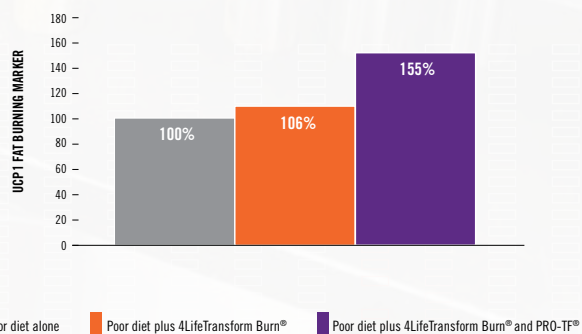
Study participants were asked to maintain the same diet and exercise regimen over the course of the study to ensure any effects were based on 4LifeTransform Burn supplementation.*

Combined excellence: PRO-TF® and 4LifeTransform Burn®

While each of these products improves body transformation, together, even greater things are possible. Results from a pre-clinical trial showed a significant increase in fat burning markers and reduced body weight gain.*§

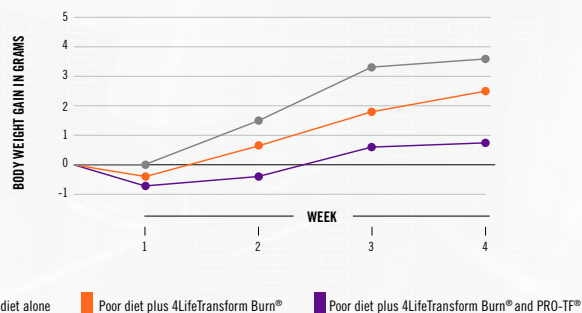
INCREASED MOLECULAR FAT BURNING MARKER BY MORE THAN 50%*

4LifeTransform Burn® combined with PRO-TF® increased the molecular fat burning marker, UCPI, by more than 50%.^



REDUCED BODY WEIGHT GAIN*

4LifeTransform Burn® reduced body weight gain by 8% in four weeks, with significant effects observed in as few as three weeks. 4LifeTransform Burn and PRO-TF® reduced body weight gain by 11% in four weeks, with significant effects observed in as few as two weeks.*



Whether you want to get stronger, be leaner, or feel unstoppable, PRO-TF and 4LifeTransform Burn, together with a healthy diet and exercise regimen, offer an excellent combination to further your transformation goals.*

†Results as observed in a 12-week pilot sponsored study. Actual results may vary.

^UCPI is a key fat burning protein found in the body.

§Results as observed in an independent, four-week pre-clinical laboratory study conducted at Jackson Labs. Actual results may vary.

*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.



“2017 is the year of momentum. I believe we have the best compensation plan, the best products, and the best tools, plus the 4Life® Loyalty Program and the 4LifeTransform® Accelerator System for Men or Women. **4Life is ready.** With everything we have at our fingertips, **now is the time to accelerate!”**

Dr. Herminio Nevárez
Platinum International Diamond
Puerto Rico

4Life
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Your Transformation!*



Coming soon!

Next 4LifeTransform® Challenge
August 1–October 31, 2017

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