

4LIFETRANSFORM[®]

Live your most vibrant life

4LifeTransform represents the promise of a more vibrant, youthful, balanced, and fulfilling lifestyle, through products and programs designed to help you transform your body and your life.*

Your Transformation Starts Here

TOP FIVE REASONS EVERYONE NEEDS PROTEIN

Do you dream of a day when you wake up feeling your best? Not only would you feel healthy and ready to go experience life, but you'd also be proud of your reflection as you look in the mirror. Protein can help you get there! Transform your body with quality protein to help you burn fat, gain muscle mass, and achieve the optimal health needed to live a vibrant life.*

1. FAT BURNING

Protein supports fat burning in healthy adults of all ages. Not only can protein help you achieve your ideal weight, but it can also help you feel fuller between meals and reduce cravings for unhealthy junk food that can derail your efforts.

2. HEALTHY MUSCLE MASS

Protein can help protect healthy muscle in people of all ages by increasing muscle growth and reducing muscle breakdown.¹ Studies show that a diet high in protein provides the greatest benefit for reducing the adverse effects associated with age-related muscle and strength loss—the two factors most highly correlated with quality of life in later years.² This makes protein an essential supplement for older adults who want to age well.

3. ACTIVE LIFESTYLE GOALS

Whey protein can be a powerful and effective tool to help you transform your body and your health. Whether you want to support healthy blood glucose levels and appetite, improve sports performance and recovery, or just look and feel better, fast-acting whey protein can help you achieve your goals.

4. IMMUNE SYSTEM HEALTH

Protein supports healthy muscle mass and a healthy immune system. Muscles release signaling molecules that communicate with the brain, liver, pancreas, bones, fat tissue, and more, so when your muscles are healthy, your overall immune system response is healthy, too.³

5. OPTIMAL BODY COMPOSITION

No matter your body transformation goals—to lose body fat, gain muscle mass, or both—protein can play a significant role in helping you achieve and maintain your ideal body composition.⁴

*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.

¹ Pasiakos, SM et al. *Faseb J* 2013; 27(9):3837-47

² McLean, RR et al. *J Gerontol A Biol Sci Med Sci* 2014;69(5):576-83

³ Pedersen, BK & Febbraio MA. *Nat Rev Endocrinol* 2012; 8(8):457-65

⁴ Miller PE, et al *J Am Coll Nutr* 2014; 33(2): 163-75



Real Transformations



DIAMOND JUAN C. MAYORGA

Lost 25 pounds and 12% body fat

4Life products: PRO-TF® Chocolate, ShapeFast Ultra®, Metabolite™, Super Detox®, BioEFA™ with CLA, Energy Go Stix®, Fibre System Plus™, and 4Life Transfer Factor® RioVida Stix® Tri-Factor® Formula

MY TRANSFORMATION

- I exercise four times a week, mixing cardio and heavy weightlifting.
- I eat a simple diet of mainly protein, carbohydrates, and fat.



4LIFE DISTRIBUTOR DIANA UTRERA

Lost 14 pounds and went from a size 6 to a size 4

4Life products: PRO-TF® Chocolate, 4Life Transfer Factor® RioVida Stix® Tri-Factor® Formula, RiteStart® Women, Energy Go Stix®, and Renuvo®

MY TRANSFORMATION

- I do cardio for 30 minutes a day and lift weights.
- I eat a high-protein, low-fat, low-carbohydrate diet.



PRESIDENTIAL DIAMOND HECTOR AROCHO PEREZ

Lost 24 pounds and 5% body fat

4Life products: PRO-TF®, 4Life® Transfer Factor Plus® Tri-Factor® Formula, MusculoSkeletal Formula™, Flex4Life®, Energy Go Stix®, BioEFA™ with CLA, and 4Life Transfer Factor® RioVida® Tri-Factor® Formula

MY TRANSFORMATION

- I exercise five times a week, doing cycling, kickboxing, and lifting weights.
- I eat plenty of protein and avoid sugar and starchy carbs.

PRO-TF®: Your Total Protein Infusion

The flagship product of the 4LifeTransform® product line, university-tested PRO-TF® contains the most advanced and effective protein available.* Gram for gram, PRO-TF is superior to the gold standard whey protein on the market for:

- Burning fat*
- Building muscle mass*
- Reducing hunger*
- Supporting body transformation*
- Boosting the immune system*

PRO-TF®:

- Provides 10 grams of patent-pending, Low Molecular Weight PRO-TF® Protein Blend in every serving
- Contains optimal 2:1:1 BCAA ratio to increase protein synthesis, boost energy levels, burn fat, and lessen fatigue during and after exercise*
- Includes an essential protein source, extensively hydrolyzed (high DH) whey and egg protein, plus 300 milligrams of 4Life Transfer Factor® in every serving*
- Stimulates fat burning markers from "bad fat" stores by up to 564% for up to three hours*
- Stimulates muscle protection synthesis (muscle growth) by up to 74% for up to three hours*†

As observed in a pre-clinical research study under fasting and controlled conditions [Mobley CB et. al., J Int Soc Sports Nutr 2015, 12:14]. Actual results may vary.

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DID YOU KNOW?

Using 4LifeTransform Burn in combination with PRO-TF® yields remarkable results. An independent, pre-clinical laboratory study demonstrated that using 4LifeTransform Burn in combination with PRO-TF provides support for weight management, enhanced thermogenesis, and improved body composition.[^]

[^]Results as observed in an independent, four-week pre-clinical laboratory study. Actual results may vary.



GOLD INTERNATIONAL DIAMOND GUSTAVO ALDOFO MOREIRA

Lost 6% body fat and went down four pant sizes

4Life products: PRO-TF®, 4Life Transform Burn™, Energy Go Stix®, and 4Life® NanoFactor® Glutamine Prime®

MY TRANSFORMATION

- I exercise three times a week for an hour.
- I eat a healthy diet that includes my favorite foods.



PRESIDENTIAL DIAMOND ERIKA JIANELLA CELI

Lost 26 pounds and two dress sizes

4Life products: PRO-TF®, 4LifeTransform Burn™, 4Life® Transfer Factor Plus® Tri-Factor® Formula, Energy Go Stix®, Tea4Life®, 4Life Transfer Factor® RioVida® Tri-Factor® Formula

MY TRANSFORMATION

- I exercise five times a week for an hour.
- I eat balanced meals (protein, carbohydrates, vegetables, and good fats) five times a day.



4LIFE EMPLOYEE VERONICA ZAVALA

Lost 7% body fat and gained four pounds of muscle

4Life products: PRO-TF®, 4LifeTransform Burn™, 4Life® Transfer Factor Plus® Tri-Factor® Formula

MY TRANSFORMATION

- I go to the gym three times a week, and I do yoga and walk regularly.
- I eat mostly home-cooked meals and snack on yogurt and fruit.

4LifeTransform **BURN**™ Ignite your body transformation!*

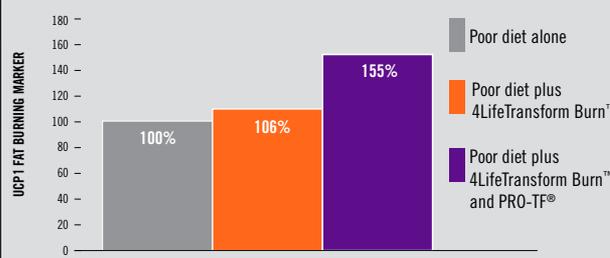


4LIFETRANSFORM BURN™ is a patent-pending and proprietary thermogenic blend that supports an accelerated approach to body transformation.*

- Stimulates fat burning and induces thermogenesis*
- Improves exercise performance*
- Enhances fat loss and assists with weight management*
- Stimulates metabolism and reduces appetite and cravings*
- Supports a healthy circulatory system*

INCREASED MOLECULAR FAT BURNING MARKER BY 50%*

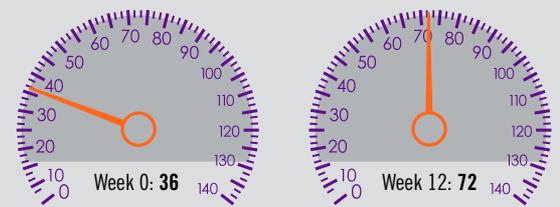
4LifeTransform Burn™ combined with PRO-TF® increased the molecular fat burning marker, UCPI, by more than 50%.^*



4LIFETRANSFORM STUDY RESULTS

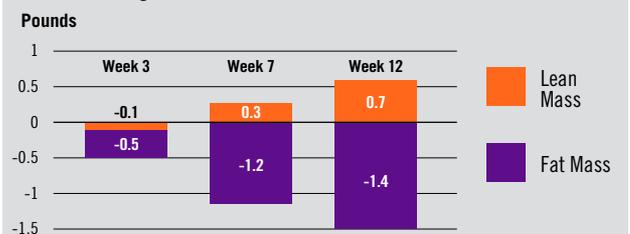
ACCELERATED METABOLISM*

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.*



Results as observed in a pilot sponsored study. Actual results may vary.

Supplement your diet with PRO-TF[®] to achieve your daily protein intake goals in three easy steps:*



You're likely already consuming some protein in your daily diet—but are you consuming enough of the right kind of protein to help you meet your goals? Here's how to calculate your daily protein needs.

STEP 1: Determine your goal body weight in pounds.

STEP 2: Determine your activity level.

STEP 3: Multiply your activity level times your goal body weight in pounds to determine your optimal amount of protein.

Low activity (weight in lbs x 0.5-0.7)

Moderate activity (weight in lbs x 0.6-0.8)

High activity (weight in lbs x 0.7-0.9)

Competitive athletes (weight in lbs x 1-1.33)

Increase your protein intake to the upper end of each range if you are 15-25 years of age or over 45 years of age.

For help calculating and tracking your daily protein intake, download the free 4LifeTransform™ App from the App Store or Google Play.

1. Goal body weight:

2. Activity level:

3. Total daily protein needs:

USE, SHARE, AND EARN WITH 4LIFETRANSFORM[®]

Transform your body—and your business—with 4LifeTransform products. Here's how:

1. Be your own example. Use the products. When people see your body transformation, they'll want to hear what you've been doing. Take the opportunity to tell them all about 4LifeTransform products and how they can transform their bodies and start down a path to youthful, vibrant living, too!*

2. Share 4LifeTransform products with your friends and family. Who needs 4LifeTransform? Everyone! These people are all excellent candidates for 4LifeTransform products:

- People who want to lose fat
- People who want to increase strength and muscle mass
- Athletes who want to increase sports performance
- People who want to maximize their workouts and quicken recovery
- Aging adults who want to maintain muscle mass
- "Hard gainers" who want to add muscle mass
- People who want to optimize their health
- People who want to enhance their personal relationships

3. Introduce people to 4Life[®] with the 4LifeTransform 30-Day Accelerator System. This system includes everything your customers need to accelerate their goals, including instructions on what to do every day. Read the insert for more details!

FOR MORE INFORMATION ABOUT 4LIFE PRODUCTS AND THE BUSINESS OPPORTUNITY, CONTACT:

THE 4LIFETRANSFORM™ APP

The 4LifeTransform App can also help you, your customers, and your downline distributors meet your transformation goals. You'll love these features:

- A protein calculator that will calculate and recommend your custom protein goals
- A daily check-in feature and dashboard to help you stay mentally focused on reaching your goals
- Instant fitness and nutrition recommendations based on your personal profile
- An easy-to-use "before," "during," and "after" photo upload feature
- A leader board that allows you to enjoy friendly competition with friends

In addition, you can easily recruit and enroll new customers through the 4LifeTransform App. Just invite people to join you by downloading the App. As customers, they can instantly take advantage of all of the free tools offered within the App and purchase 4Life products to support their healthy lifestyle goals.



Get your body and life transformation started with 4LifeTransform products today! www.4life.com www.4lifetransform.com

Follow us on:      www.4lifetransform.com

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4LifeTransform® Products

RENUVO®

Renuvo® is a patent-pending adaptogenic formula that targets healthy aging by supporting a more youthful response to daily life stressors, such as an unhealthy diet, intensive exercise, or mental stress. 4Life Transfer Factor®, 4Life's proprietary immune system support ingredient, is at the core of Renuvo.*

RENUVO IS FORMULATED TO SUPPORT:

- Total body recovery*
- Mental acuity*
- Sexual vitality*
- Energy*
- Mood*
- Metabolism*

4LIFETRANSFORM® WOMAN

4LifeTransform® Woman is a healthy aging and vibrant living supplement engineered specifically to support physical health and sexual experience in women. The product targets a woman's unique brain and body systems to support healthy libido and enhanced sexual intimacy. It also promotes healthy hormone levels that tend to decline with age. 4LifeTransform Woman is the essential support for every woman's transformation journey to enjoy a more youthful, vibrant body and fulfilling life.*

4LIFETRANSFORM WOMAN:

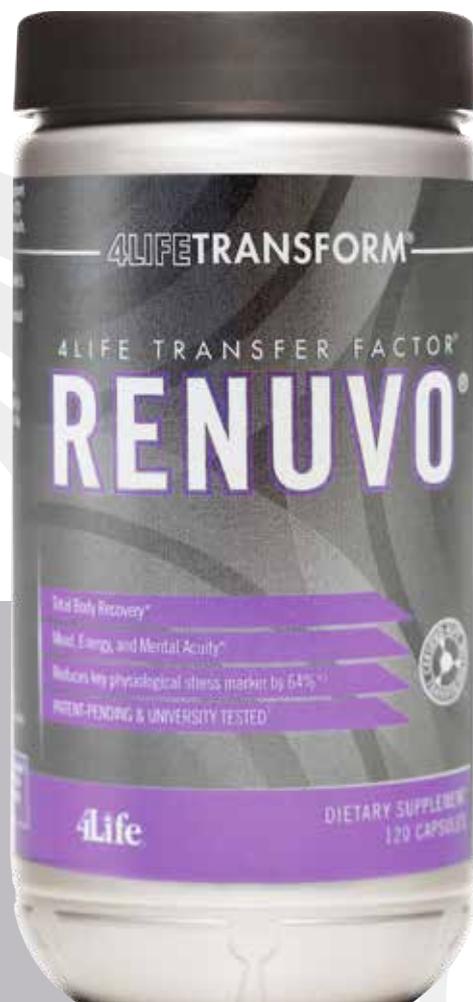
- Supports sexual health*
- Protects the body from age-related declines in hormone levels*
- Targets brain and body systems for enhanced intimacy*
- Supports energy and vibrant living*
- Supports healthy aging*

4LIFETRANSFORM MAN®

4LifeTransform® Man is a healthy aging and vibrant living supplement designed especially for men. It features a proprietary blend of potent plant extracts and vitamin D3 to boost sexual performance and experience and support a healthy endocrine system. It also optimizes lean muscle growth, mass, and strength, and promotes body vitality. 4LifeTransform Man is the total solution for every man's journey to enjoy a more powerful body and rewarding life!*

4LIFETRANSFORM MAN:

- Supports healthy sexual performance*
- Increases physical stamina*
- Supports a healthy endocrine system*
- Optimizes lean muscle growth, mass, and strength*
- Supports healthy testosterone levels*
- Supports a more powerful body and rewarding life*



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4LifeTransform® 30-day Accelerator System



4Life® scientists and fitness experts have done all the research, so you'll have everything you need to accelerate through your 30-day transformation. This complete and easy-to-follow system for men and women includes proprietary and scientifically proven products that can help you achieve real and lasting body transformation.* **Order today at 4life.com.**

NUTRITION

To increase your metabolism, you need to feed it! Eating small, protein-rich meals and snacks throughout the day will help you increase your metabolism, burn more fat, enjoy sustained energy, and shrink the size of your stomach over time.

Aim for five to seven high-protein meals throughout the day, or every two to five hours.

Include essential fatty acids in your diet. Good sources are fish and raw seeds and nuts. Supplement with BioEFA™ with CLA.*

Colorful fruits and vegetables, like blueberries, blackberries, raspberries, spinach, kale, broccoli, asparagus, and peppers, supply important nutrients to a healthy diet. Include 4Life Transfer Factor® RioVida® Tri-Factor® Formula, which offers nutrient-rich and antioxidant-rich ingredients.*

Include at least 20 grams of protein and essential fatty acids in your breakfast meal to supercharge your energy levels, give you more mental acuity, and help you make better food choices throughout the day.

EXERCISE

Exercise is critical to help you achieve your body and health transformation!

Add regular cardiovascular exercise to your lifestyle. Try different options like running, cycling, swimming, hiking, or walking. It doesn't matter what you do. Just be active!

HIIT (High-Intensity Interval Training) workouts can improve your cardiovascular fitness and jumpstart fat burning in as few as 20 minutes, three times per week.

Strength training can promote increased strength, improved bone health, increased energy, and increased confidence.

You don't have to belong to a gym to do strength training. Bodyweight exercises, like push-ups, planks, and squats, can be done virtually anywhere.

4LIFE PRODUCT SOLUTIONS

Include supplements in your transformation program to address common nutritional deficiencies that can otherwise hinder your progress.

Provide your body with quality protein every few hours to support fullness, metabolism, and immune system health.* 4Life solution: PRO-TF®

Ignite your body transformation with a scientifically-proven fat burner.* 4Life solution: 4LifeTransform Burn™

Support healthy sexual performance, healthy hormones, lean muscle mass, healthy aging, and vibrant living.* 4Life solution: 4LifeTransform® Woman or 4LifeTransform® Man

Support healthy metabolic processes with a daily multi-vitamin/multi-mineral supplement.* 4Life solution: RiteStart® Men or RiteStart® Women

Additional 4Life products may be added as needed for your body. Visit 4life.com to learn more.

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