Great Health Never Felt So Good

Picture it: another long day at the office and you can’t even wrap your brain around making a healthy dinner or getting on the treadmill. Your family history has you concerned about supporting the health of your cardiovascular system, but you don’t have a clue where to start. Achieving good health might seem an uphill battle, but it doesn’t need to be. Here are several tips to help you get on your way to feeling good and looking great.

Make good food choices. When you take care of your body with healthy food, it shows. Good nutrition supports healthy energy levels, provides nutrients for the immune system, and promotes healthy sleep patterns. Choose easy-to-prepare items such as fruits, vegetables, whole grains, low-fat dairy products, lean protein, nuts and seeds, and healthy fats.

Get moving. Eating healthy food is great, but you’ve got to get moving as well. Even just a 20-minute walk around your neighborhood several times a week can improve your mood, help you maintain a healthy weight, and promote optimal energy levels. Plus, it’s a great way to blow off steam after a long workday.

Take quality supplements. Is eating healthy food and getting plenty of exercise enough to support your body? A study published in the *Journal of the American Medical Association* stated, “...it appears prudent for adults to take vitamin supplements.”* Promote specific body systems and overall good health with high-quality supplements from 4Life.

Support your immune system. When your immune system is performing at A+ capacity, your whole body benefits. As The Immune System Company™, 4Life knows that immune system support should be the first and most important step in any plan for healthy lifestyle. Our 4Life Transfer Factor® products educate and support a balanced immune system.

So, get started with a few healthy lifestyle changes and include quality supplements from 4Life. Great health never felt so good!


4 Reasons to Choose 4Life® Products

- **Immune system support**
  Transfer factors are “smart” messenger molecules that provide intelligence to the immune system. Nanofraction molecules help ensure the appropriate response for each situation encountered by the immune system. 4Life Transfer Factor products utilize these amazing molecules.

- **Anti-aging protection**
  Premature cell aging can contribute to a variety of conditions. However, research suggests that consuming a variety of nutrient-rich and immune system support foods—such as those found in 4Life products—can sustain optimal cellular health.

- **Antioxidant power**
  4Life Transfer Factor® RioVida® Tri-Factor® Formula and 4Life Transfer Factor® RioVida Burst® Tri-Factor® Formula both contain several terrific sources of antioxidant firepower, including açai, pomegranate, blueberry, and elderberry. Antioxidants help neutralize free radicals, which can cause premature aging.

- **Patent protection**
  Due to its groundbreaking research and formulation, 4Life owns a total of nine U.S. and international patents on its products, ingredients, and processes, with dozens of patents pending.
One-Two Immune System Punch

4Life Transfer Factor® products

For more than a decade, 4Life has been the leader in providing what works best for the immune system. 4Life has pioneered the field with 4Life Transfer Factor® and NanoFactor® extracts that give your body the information it needs to support the immune system.

4Life Transfer Factor® products help your immune system to:
- Alert immune cells to potential problems
- Fight daily threats to the immune system
- Support natural healing intelligence
- Ensure the appropriate immune response

4Life Transfer Factor® Tri-Factor® Formula

This groundbreaking product educates and supports your immune system. Plus, it boosts Natural Killer cell activity (all-important cells on the front lines of your immune system) up to 283%.

4Life Transfer Factor® Plus®

Our top seller offers you prime immune system support for phenomenal overall wellness. This formula includes Transfer Factor E-X® and NanoFactor extracts, plus the Cordyvant® blend of immune-boosting ingredients, such as broccoli and lutein, in addition to vitamins, minerals, and betas glucans. And, it boosts Natural Killer cell activity up to 437%!

A preliminary scientific test suggests that 4Life Transfer Factor® Tri-Factor® Formula strengthens your immune system guard by increasing the number of protective salivary IgA antibodies.

Increased Production of Salivary IgA Antibodies

AFTER taking 4Life Transfer Factor® Tri-Factor® Formula for four consecutive weeks *

- 100% of participants saw an increase in the IgA Antibody level
- 73% saw an increase in IgA Antibody production levels
- Only 27% of baseline. A brief drop occurred at the transition between the two products.

**Immunoglobulin A (IgA) test results obtained from a preliminary, open-label study on 21 reportedly healthy adults. Participants took 4Life Transfer Factor® Tri-Factor® Formula® for two weeks, followed by 4Life Transfer Factor® RioVida® Tri-Factor® Formula®.**

RiteStart®

Life done right.

It doesn’t matter how many birthdays you celebrate—every year has meaning. And, you want to enjoy each and every one with great health. It takes proactive effort to wake up feeling as young as you want and to be there for all the people who depend on you—your family, your friends, and your community. RiteStart® from 4Life® makes support for healthy living as simple as twice-daily packs.

With RiteStart® you will receive:

- A complete multi-vitamin and mineral formula
- The immune system support of 4Life® Transfer Factor Plus® Tri-Factor® Formula
- A quality source of essential fatty acids (EFAs)
- Antioxidant support
- Support for healthy cardiovascular and circulatory function
- Vision and eye health support
- Ingredients that support healthy joints
- Life C®, a proprietary blend of seven forms of vitamin C

With RiteStart®, you can:

- Fight daily threats to the immune system
- Support natural healing intelligence
- Ensure the appropriate immune response
- Alert immune cells to potential problems
- Support your immune system

For additional information on this great product visit 4LifeRiteStart.com

*For additional information on this great product visit 4LifeRiteStart.com

Richard Bennett, PhD
Microbiologist and Immunologist
4Life Health Sciences Advisory Board Member
You’re Good to Go!
Immune system support for busy lifestyles

Products that zero in on your immune system and make your life easier! Perfect! 4Life offers three wellness-packed products that support immune system function for those of us who barely have time to eat, let alone take a supplement. 4Life Transfer Factor® RioVida offers the ultimate immune system and health support.

Nutrition for a Healthy Life
Balanced good nutrition is a critical component to a healthy lifestyle, and an important part to making sure your body is getting all the nutrients it needs. Because this can sometimes be difficult to accomplish through diet alone, 4Life offers a comprehensive arsenal of products to aid in glucose balance, brain and cardiovascular support, and digestion.

Hit the Mark with Targeted Technology
Producing a healthy immune system really does affect everything else in your body... including your cardiovascular system, brain, endocrine system, metabolic system, and more. Give your body a healthy dose of targeted support that really hits the mark. Targeted Transfer Factor® products provide you with focused nutritional and immune system support—along with added nutrients—to help you meet your system specific health goals.

Rob Robertson, Jr., MD
Health Sciences Advisory Board Member

The future of medicine will necessarily concentrate on our natural defenses—our immune system. And 4Life products offer the ultimate immune system and health support.

Duane Townsend, MD, FACOG, Board Certified in Gynecologic Oncology
4Life Health Sciences Advisory Board Member

I have witnessed amazing results from Targeted Transfer Factor, focused for specific body systems, combination of transfer factors in the lives of my patients. The combination of transfer factors, focused for specific body systems, plus the addition of dandelion leaf, juniper berry, dandelion juice, saw palmetto, huperzine A, and gingko biloba to benefit the entire body.

Diana Townsend, MD, FACOG, Board Certified in Gynecologic Oncology
4Life Health Sciences Advisory Board Member

Products that zero in on your immune system and make your life easier! Perfect! 4Life offers three wellness-packed products that support immune system function for those of us who barely have time to eat, let alone take a supplement. 4Life Transfer Factor® RioVida® Tri-Factor® Formula, 4Life Transfer Factor® RioVida Burst® Tri-Factor® Formula, and 4Life Transfer Factor® Immune Spray provide powerful support to augment the production of beneficial salivary IgA antibodies. When you take these powerful, multi-nutrient, and convenient products as part of your busy lifestyle... you’re good to go!

4Life Transfer Factor® RioVida® Tri-Factor® Formula
• Provides the immune system benefits of Factor® Formula, 4Life Transfer Factor® RioVida® Burst® Tri-Factor® Formula, and 4Life Transfer Factor® Immune Spray to the powerful 4Life Transfer Factor products as part of your busy lifestyle... you’re good to go!

4Life Transfer Factor® Immune Spray
• Supplies the revolutionary immune system support of 4Life Transfer Factor® Tri-Factor® Formula, plus RioVida’s antioxidant juice blend
• Provides the convenience of handy one-ounce gel packs (no refrigeration necessary!)
• Supports your natural energy levels with antioxidant rich fruits, amino acids, trace minerals, and flavonoids

4Life Transfer Factor® RioVida Burst® Tri-Factor® Formula
• Supplies the revolutionary immune system support of 4Life Transfer Factor® Tri-Factor® Formula, plus RioVida’s antioxidant juice blend
• Provides the convenience of handy one-ounce gel packs (no refrigeration necessary!)
• Supports your natural energy levels with antioxidant rich fruits, amino acids, trace minerals, and flavonoids

4Life Transfer Factor® Cardio
Provides Targeted Transfer Factor and a proprietary blend that includes coenzyme Q-10, gingko biloba, garlic, red rice yeast extract, and ginger oil to benefit the cardiovascular and circulatory systems.

4Life Transfer Factor® GlucoCoach
Includes Targeted Transfer Factor, plus minerals, herbs, and phytonutrients to promote healthy glucose levels and overall endocrine and metabolic system support.

4Life Transfer Factor® ReCal
Contains Targeted Transfer Factor and proven ingredients such as vinpocetine, huperzine A, and gingko biloba to support cognition to the brain and cognitive function.

4Life Transfer Factor® Belle Vie
Provides innovative support for breast and gynecologic health with Targeted Transfer Factor and a blend of herbal antioxidants, phytoestrogens, indoles, and lycopene to support health and reproductive function.

4Life Transfer Factor® MalePro
Provides support for the bladder and general urinary tract with Targeted Transfer Factor and ingredients like cranberry, blueberry, lingonberry, and maca. Supports healthy kidney function in both men and women with the addition of dandelion leaf, juniper berry, dandelion juice, saw palmetto, IP-6, and a pH balancing blend.

4Life® NanoFactor® Glutamine Prime™ Contains a rich energy source that provides the fuel your cells need and generates the building blocks of glutathione, a powerful antioxidant produced by the body. Also contains 4Life’s exclusive NanoFactor® extract for a more coordinated immune response.

4Life Transfer Factor® KBU
Provides support for the bladder and general urinary tract with Targeted Transfer Factor and ingredients like cranberry, blueberry, lingonberry, and maca. Supports healthy kidney function in both men and women with the addition of dandelion leaf, juniper berry, dandelion juice, saw palmetto, IP-6, and a pH balancing blend.

4Life Transfer Factor® Belle Vie
Provides innovative support for breast and gynecologic health with Targeted Transfer Factor and a blend of herbal antioxidants, phytoestrogens, indoles, and lycopene to support health and reproductive function.

4Life Transfer Factor® MalePro
Provides support for the bladder and general urinary tract with Targeted Transfer Factor and ingredients like cranberry, blueberry, lingonberry, and maca. Supports healthy kidney function in both men and women with the addition of dandelion leaf, juniper berry, dandelion juice, saw palmetto, IP-6, and a pH balancing blend.

4Life® NanoFactor® Glutamine Prime™ Contains a rich energy source that provides the fuel your cells need and generates the building blocks of glutathione, a powerful antioxidant produced by the body. Also contains 4Life’s exclusive NanoFactor® extract for a more coordinated immune response.

4Life Transfer Factor® KBU
Provides support for the bladder and general urinary tract with Targeted Transfer Factor and ingredients like cranberry, blueberry, lingonberry, and maca. Supports healthy kidney function in both men and women with the addition of dandelion leaf, juniper berry, dandelion juice, saw palmetto, IP-6, and a pH balancing blend.

4Life® NanoFactor® Glutamine Prime™ Contains a rich energy source that provides the fuel your cells need and generates the building blocks of glutathione, a powerful antioxidant produced by the body. Also contains 4Life’s exclusive NanoFactor® extract for a more coordinated immune response.
Any person who has a pair of skinny jeans waiting in the closet understands the challenges of healthy weight management. Practically everyone at one time or another has tried to lose weight. You might even be on a diet right now. But, is it working? If so, congratulations! You’re one of the few who has found a program that works for you.

If those heart-breaking jeans still aren’t making it up over your hips, you’re definitely not alone. In fact, the Centers for Disease Control and Prevention (CDC) reports that about one-third of U.S. adults (33.8%) are obese.*

So, what can you do? First, recognize that successful weight management takes a comprehensive personal approach. Along with well-balanced and nutritious meals, portion control, and exercise, there are excellent supplements available to support your weight management efforts and promote your body’s ability to maintain a healthy weight.

The ShapeRite® by 4Life product line includes quality supplements that perfectly complement a healthy diet and exercise program. With metabolic, digestive, and immune system support, plus healthy appetite and energy support, you’ll find the products that will help you achieve weight management success.

The Weighting Game

**Energy Go Stix®**
Energy-filled powder packets that go anywhere you go. Simply mix one citrus-orange flavored pack with eight ounces of water for:
• A natural energy boost any time of day
• 4Life Transfer Factor® immune system support

**Shape-Fast Ultra®**
Includes guarana, ginseng, chromium, green tea, and cocoa almond extract. Shape-Fast Ultra:
• Aids in fat metabolism
• Promotes stamina and healthy energy levels
• Provides nutritional support during weight management

**NutraStart®**
Great-tasting vanilla-flavored drink mix that’s perfect as either a meal replacement or an in-between-meal snack. Each serving of NutraStart contains:
- Only 160 calories
- 18 grams of protein
- 10 grams of dietary fiber

**ReZoom®**
Ideal for people who exercise regularly, ReZoom helps promote peak performance and replenishes nutrients lost during vigorous activity:
• Supports stamina and endurance
• Promotes cardiovascular health
• Restores essential nutrients

**ChioLife®**
Balanced weight management formula that features the power of chitosan. Chitosan has been shown to:
• Discourage the absorption of consumed fat
• Supports healthy regularity

**Carb BLX™**
The perfect complement to any weight management program, Carb BLX includes a proprietary blend of cassia nomame, cocoa almond extract, green tea, and other ingredients:
• Shown to inhibit starch breakdown
• Provides antioxidant benefits

*http://www.cdc.gov/obesity/data/trends.html

To learn more about the entire Shaperite by 4Life product line, visit 4life.com.

**enummi® Skin Care**

The Beauty of Science

When you look in the mirror and find clear, smooth, and radiant skin, you feel confident and ready to take on the world. And, when someone compliments you on your beautiful complexion, you can’t help but smile. Let your natural beauty shine through with enummi® Skin Care products. The only complete skin care system that includes 4Life Transfer Factor®, each product is packed with natural botanicals, anti-aging and antioxidant support, and proven ingredients that give your skin the hydration, nourishment, and protection it needs.

“I host a product training call for 4Life distributors. I always hear great feedback from distributors all over the United States who love enummi Skin Care products. They are grateful for a skin care system that provides gentle and effective ingredients for healthy skin, including 4Life Transfer Factor.”

**Cynthia Champion-Olson ND, CN, CTN**
Naturopathy and Clinical Nutrition
4Life Health Sciences Advisory Board Member

4Life
The Power of Life
We’ve Got You Covered

From the very beginning of 4Life®, we’ve backed up the science of our products with patented products, methods, and techniques that protect your business opportunity. With nine patents worldwide and 48 patents pending, 4Life’s patent philosophy provides 4Life distributors with exclusivity, protection, and longevity.

• **Exclusivity:** No other company can copy 4Life products, so you enjoy long-term exclusive rights to share 4Life products with others.

• **Protection:** Our patents reinforce 4Life’s credibility in the wellness industry and demonstrate the company’s long-term commitment to providing one of the most rewarding and competitive network marketing opportunities in the world.

• **Longevity:** Unlike many competitors, 4Life’s Research and Development team focuses on designing patentable techniques and compositions.

4Life is the category creator and world leader of Transferceutical™ Science. No other company can compete when it comes to the expertise, quality, and immune system support of 4Life Transfer Factor® products. Our patents help ensure that every 4Life family member can maximize the wellness and financial rewards of our scientific innovations.

“Transfer factors’ greatest value is in their ability to help optimize the immune system. Take care of your immune system with 4Life Transfer Factor support and it will take care of you.”

Calvin McCausland, PhD
4Life Chief Scientific Officer

“There is an old truism that tells us, ‘An ounce of prevention is worth a pound of cure.’ After 42 years of practicing medicine, I’ve found that 4Life Transfer Factor provides wonderful preventive support for the immune system.”

Edgar A. Guess Jr., MD
4Life Health Sciences Advisory Board Member

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