

# PRO-TF™

## YOUR TOTAL PROTEIN INFUSION



## TOP FIVE REASONS EVERYONE NEEDS QUALITY 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, and achieve the optimal health needed to live a vibrant life.

There's a good chance you're already consuming some protein in your diet every day—but are you consuming enough of the right kind of protein to help you meet your goals? Learn how supplementing your diet with high-quality protein such as PRO-TF™ can help you transform your body and your life.

### HERE'S A LOOK AT FIVE REASONS YOU NEED QUALITY PROTEIN:

#### 1. FAT BURNING

Protein **supports fat burning in healthy adults of all ages**. It's a great addition to any healthy eating and exercise program. Not only can protein help you achieve your ideal weight, 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**. A diet higher in protein than carbohydrates has been reported to provide 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.<sup>1</sup> **This makes protein an essential supplement for older adults who want to age well.**

<sup>1</sup>McLean RR et al. *J Gerontol A Biol Sci Med Sci* 2014;69(5):576–83.

<sup>2</sup>Pedersen BK & Febbraio MA. *Nat Rev Endocrinol* 2012;8(8):457–65.

<sup>3</sup>Helms ER et al. *Int J Sport Nutr Exerc Metab* 2014;24(2):127–38.

#### 3. ACTIVE LIFESTYLE GOALS

Embrace an active and healthy lifestyle. Whey protein can be a powerful and effective tool to transform both 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**, protein can help you achieve your goals.

#### 4. IMMUNE SYSTEM HEALTH

Protein supports healthy muscle mass and a **healthy immune system**. Because muscles release signaling molecules that communicate with the brain, liver, pancreas, bones, fat tissue, and many other organs, the healthier and more active your muscles, the healthier your overall immune system response will be.<sup>2</sup>

#### 5. OPTIMAL BODY COMPOSITION

Ever dream of the day when you were truly happy with your body—not just for a few weeks of strict calorie deprivation and beating yourself up at the gym—but for the rest of your life? No matter your body transformation goals—**to lose body fat or to gain muscle**—protein can play a significant role in helping you **achieve and maintain your ideal body composition**. Even people who consider themselves to be “too skinny” can add more quality muscle (in combination with a healthy diet and exercise) versus those who primarily eat high glycemic carbohydrates or fat.<sup>3</sup>

**\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

## HOW MUCH PROTEIN DO YOU NEED?

Step 1: Choose your goal weight  
Step 2: Use the following calculation(s):

#### TO LOSE BODY FAT AND WEIGHT:

Goal weight x 1 = Total daily grams of protein

#### TO GAIN MUSCLE AND STRENGTH:

Goal weight x 1.33 = Total daily grams of protein

#### EXAMPLE:

Jane's goal weight is 155 pounds.  
She wants to lose body fat and weight.

$155 \times 1 = \text{up to } 155 \text{ total daily grams of protein}$

Mike's goal weight is 210 pounds.  
He wants to gain muscle and strength.

$210 \times 1.33 = 279 \text{ total daily grams of protein}$

PRO-TF™ is a great way to meet your daily protein goals, while helping you burn fat and build and protect muscle.\*

For help calculating and tracking your daily protein intake, download the free 4LifeTransform™ App available from the App Store or Google Play. Visit [www.4lifetransform.com](http://www.4lifetransform.com) for details.



# BEST IN CLASS PROTEIN



**TARA LEE**  
"Early morning warrior"



BEFORE



AFTER

**RESULTS:** Lost 14.5 pounds and 7% body fat

**4LIFE® PRODUCTS:** PRO-TF™, RiteStart® Women, MultiPlex™, 4Life Transfer Factor Renuvo®, PBGS+®

**MY TRANSFORMATION:**

- Increased protein, decreased carbohydrates, ate six healthy meals per day
- Worked out (cardio and weights) four–six times per week for an hour each session



**NADZRUL SALIM**  
Gold International Diamond  
"Walk the talk"



BEFORE



AFTER

**RESULTS:** Lost 7% body fat

**4LIFE PRODUCTS:** PRO-TF™, Energy Go Stix®, 4Life Transfer Factor Renuvo®, BioEFA™ with CLA, 4Life® Transfer Factor Plus® Tri-Factor® Formula

**MY TRANSFORMATION:**

- Ate five–six small meals per day with a primary emphasis on protein and fiber
- Worked out (cardio and weights) three times per week and regularly practiced various sports



**SHAWN ALFORD**  
Gold International Diamond  
"Protein transformer = Business transformer"



BEFORE



AFTER

**RESULTS:** Lost 24 pounds and 4 inches from waist

**4LIFE PRODUCTS:** PRO-TF™, 4Life Transfer Factor Renuvo®, Energy Go Stix®, RiteStart Men®, Bio EFA™ with CLA, Shape-Fast Ultra®

**MY TRANSFORMATION:**

- Enjoyed PRO-TF™ first thing every morning and included healthy protein at every meal
- Worked out (cardio and weights) four days per week, 20-40 minutes per session

The before and after photos and testimonials contained herein are provided by 4Life® independent distributors or individual customers. 4Life's independent distributors earn bonuses based upon product sales. Other than bonuses for product sales, no compensation has been given to 4Life's independent distributors or individual customers for their testimonials. Results of consuming 4Life's products vary. Results are dependent upon varying degrees of lifestyle modifications, including diet and exercise programs. As with any diet and exercise program, consult your physician before implementing changes to make certain you are healthy enough to participate.

## PRO-TF™

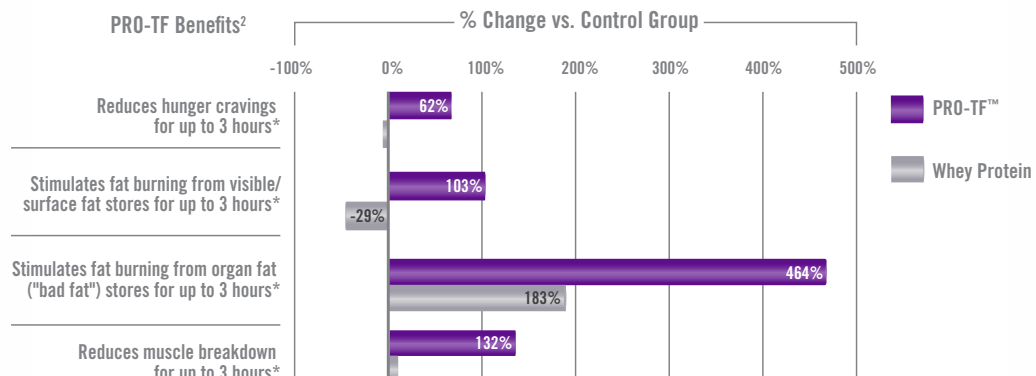
PRO-TF™ is a great-tasting way for you to safely and effectively burn fat, build muscle, and support your immune system. Optimize your body and embrace a vibrant life!\*

PRO-TF™:

- Provides 20 grams of patent-pending PRO-TF™ Protein Blend in every two-scoop serving, the most effective protein available to help you transform your body

- Powered by a patent-pending blend containing High DH (absorbed faster, more easily digested, and more effectively utilized by the body than other forms of protein) and ultra-fast absorption whey and egg protein\*
- Includes a critically essential protein source for your body, plus 600 mg of 4Life Transfer Factor® in every two-scoop serving
- Only 140 calories per two-scoop serving

PRO-TF was tested in an independent, university study and shown to significantly increase muscle protein synthesis (muscle growth) by 74%, and was more effective than the leading whey protein in the following areas:<sup>1</sup>



<sup>1</sup> 4Life Research, Chris Lockwood, PhD, CSCS, and Auburn University's Molecular and Applied Sciences Laboratory in the College of Education, School of Kinesiology, conducted research to demonstrate the safety and efficacy of PRO-TF™, a patent-pending product [FASEB J 2014;28(1):LB440; FASEB J 2014;28(1):LB439]. To learn more, visit 4Life.com.  
<sup>2</sup> Results, as observed under fasted and controlled conditions, and as occurred directly within the samples. Actual results may vary.





# REAL TRANSFORMATIONS



**SANDRA JIMÉNEZ**  
Gold International Diamond  
"Dream builder and mother of three!"



BEFORE



AFTER

**RESULTS:** Lost 11 pounds and 8% body fat

**4LIFE® PRODUCTS:** PRO-TF™, RiteStart® Women, MultiPlex™, 4Life Transfer Factor Renuvo®, PBGS+®

**MY TRANSFORMATION:**

- Focused on quality nutrition
- Worked out (cardio and weights) five times per week for an hour and a half per session

**SHARE YOUR TRANSFORMATION WITH US, VISIT [WWW.4LIFETRANSFORM.COM](http://WWW.4LIFETRANSFORM.COM) TO LEARN HOW!**



**DAVE DAUGHTREY**  
Platinum International Diamond  
"Declare yourself and become fit!"



BEFORE



AFTER

**RESULTS:** Lost 8% body fat

**4LIFE PRODUCTS:** PRO-TF™, 4Life Transfer Factor Renuvo®, 4Life® NanoFactor® Glutamine Prime®, Energy Go Stix® 4Life Transfer Factor® RioVida Stix® Tri-Factor® Formula, BioEFA™ with CLA, 4Life® Transfer Factor Plus® Tri-Factor® Formula

**MY TRANSFORMATION:**

- Calculated protein requirements for aggressive muscle-building goals and used PRO-TF™ for half of daily protein needs
- Did HIIT cardio and weight training three times per week



**LOURDES GARCÍA**  
Gold International Diamond  
"Future 4Life® Platinum distributor."



BEFORE



AFTER

**RESULTS:** Lost 5 inches from waist

**4LIFE PRODUCTS:** PRO-TF™, 4Life Transfer Factor Renuvo®, RiteStart® Women, 4Life Transfer Factor® RioVida® Tri-Factor® Formula, Shape-Fast Ultra®, MetaboLite™, ChitoLite®, Carb BLX™, Tea4Life®

**MY TRANSFORMATION:**

- Committed to a healthy eating plan
- Worked out (cardio and weights) five days per week, plus ran three–four miles daily

## PRO-TF™ PROTEIN BAR

Healthy, filling, and delicious, PRO-TF™ Protein Bars are a high-protein, low-sugar choice for any healthy eating or weight management program.\*



PRO-TF™ Protein Bars:

- Features patent-pending PRO-TF™ Protein Blend
- Contains 12 total grams of protein
- Offers a delicious double chocolate flavor with a chewy and satisfying crunch
- Includes 300 mg of 4Life Transfer Factor® in every bar
- Easy to consume on-the-go and easy to share!
- Great high-protein snack

## 4LIFETRANSFORM™

A brand-new product line to help you reach your transformation goals and enjoy optimal health.\*

**PRO-TF™**

Transform your body with PRO-TF™ and live a youthful vibrant life!\*

**PRO-TF™ Protein Bar**

A delicious way to enjoy and share PRO-TF™

**4Life Transfer Factor Renuvo®**

Formulated to support total body recovery, mental acuity, sexual vitality, energy, mood, and metabolism.\*



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# TRANSFORM MORE THAN YOUR BODY WITH PRO-TF™!

Interested in a product that can transform your body and your business? PRO-TF™ can do both. You've already read about why protein is important and why PRO-TF™ is so unique. Now let's take a look at how sharing and selling this product can help make your 4Life® business stronger!

## 1. EVERYONE NEEDS PROTEIN.

Any person who falls into these categories is an excellent candidate for protein supplementation:

- People who want to burn fat
- People who want to increase strength and muscle
- Athletes who want to increase sports performance
- Aging adults who want to maintain muscle mass
- Lean people who struggle to gain weight
- People who want to optimize their health

## 2. RECRUIT AND SELL MORE WITH PRO-TF™.

Once your customers try PRO-TF™, there's a good chance they'll want to stock up each month, which means recurring product orders for you! Your customers may even decide to join your team and use PRO-TF™ to build their own businesses.

## 3. PRO-TF™ PROTEIN IS 100% UNIQUE AND CAN ONLY BE PURCHASED EXCLUSIVELY FROM 4LIFE INDEPENDENT DISTRIBUTORS.

While there are other protein powders on the market, PRO-TF™ protein is totally unique. PRO-TF™ is powered by a patent-pending blend that contains low molecular weight, extensively hydrolyzed (high DH), and ultra-fast absorption whey and egg protein. High DH proteins are absorbed faster, more easily digested, and more effectively utilized by the body than any other form of protein.\*

Plus, every two-scoop serving of patent-pending PRO-TF™ includes 600 mg of 4Life Transfer Factor®, making it an excellent value.

And, don't forget, PRO-TF™ is more effective than the leading protein in reducing hunger, stimulating fat burning, and building and protecting muscle according to a university study.\* Check out the chart on page 2 for more details!

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## THE 4LIFETRANSFORM™ APP

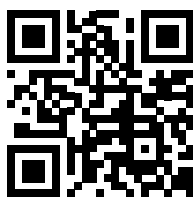
The 4LifeTransform™ App can also help you, your customers, and downline meet transformation goals. You'll love these features:

- 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 so you can track your progress
- A leader board that allows you to enjoy friendly competition with other members

In addition, you can easily recruit and enroll new customers through the 4LifeTransform™ App. Just invite people who want to transform their lives to download the app. When they sign up as customers, they can instantly take advantage of all the free tools offered within the app and purchase 4Life® products to support their healthy lifestyle goals.

Download today at from the App Store or Google Play. Visit [www.4lifetransform.com](http://www.4lifetransform.com) for details.

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



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