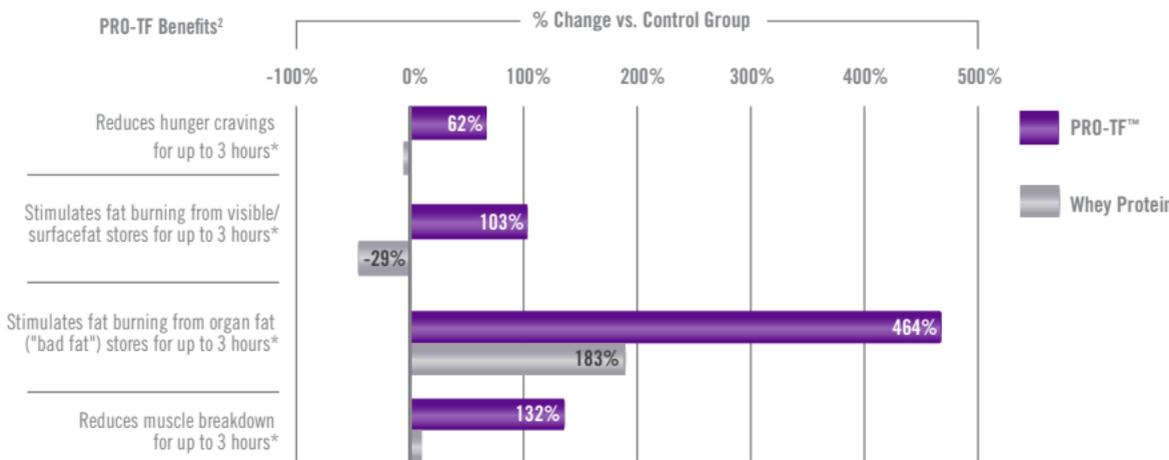


HOW DOES PRO-TF™ STACK UP AGAINST THE LEADING WHEY PROTEIN?

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:¹



¹ 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.

² Results, as observed under fasted and controlled conditions, and as occurred directly within the samples. Actual results may vary.

I'M READY TO BEGIN TRANSFORMING MY BODY. HOW CAN I GET STARTED WITH THE 4LIFETRANSFORM™ PROGRAM?

Get started with these three easy steps. Download the 4LifeTransform™ App to calculate your protein requirements, get meal plan and exercise ideas, and check in daily to stay on track.

First—Calculate your daily protein needs. The most important part of your body transformation is to make sure you're getting enough protein.*

Choose your goal weight.

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

Second—Use PRO-TF™ throughout the day to help you burn fat, build muscle, and supplement your daily protein needs.*

Third—Begin your transformation program. Use the 4LifeTransform App to choose your transform zone, track your progress, and start making changes! Download the 4LifeTransform™ App from the App Store or Google Play. Visit www.4lifetransform.com for details.

I STRUGGLE TO STAY ON A HEALTHY DIET BECAUSE I GET SO HUNGRY. CAN PRO-TF™ HELP ME FEEL FULLER AND MORE SATISFIED?

Including protein in each meal will help you feel fuller and maintain a healthy weight. In a study, PRO-TF was shown to reduce hunger cravings for up to three hours!*

I HAVE MILK ALLERGIES. SHOULD I BE CONCERNED ABOUT TAKING PRO-TF™?

PRO-TF contains zero grams of lactose and no casein protein, the allergenic component of milk.

WHAT IS 4LIFE TRANSFER FACTOR® AND HOW MUCH IS IN PRO-TF?

4Life Transfer Factor supports the immune system's natural ability to recognize, respond to, and remember potential threats.* Each two-scoop serving of PRO-TF includes a full serving (600 mg) of 4Life Transfer Factor for optimal immune system support.*

***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.**



TOGETHER, BUILDING PEOPLE®

www.4lifetransform.com

For more information about 4Life® products, please contact:

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COMMONLY ASKED QUESTIONS ABOUT

PRO-TF™

YOUR TOTAL PROTEIN INFUSION



WHAT IS PRO-TF™ PROTEIN?

PRO-TF™ protein is your total protein infusion. It provides 20 grams of patent-pending PRO-TF Protein Blend in every two-scoop serving—the most advanced and effective protein available to burn fat, build muscle, and transform your body. With its smooth and creamy vanilla flavor, PRO-TF is a delicious and versatile way to get your daily protein, no matter your fitness or healthy lifestyle goals.

WHAT MAKES PRO-TF SO 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. In addition, PRO-TF™ provides a superior protein source, containing over 4,900 mg of critically-essential amino acids (EAAs) and over 2,350 mg of branched-chain amino acids. Plus, it provides 600 mg of 4Life Transfer Factor® in every two-scoop serving.



WHAT ARE THE FEATURES AND BENEFITS OF PRO-TF™?

PRO-TF has been independently and university-tested to support:

- Calorie and fat burning*
- Muscle protection*
- Muscle growth*
- Increased metabolism*
- Hunger suppression*

Delicious-tasting PRO-TF is only 140 calories per two-scoops serving. And, it's gluten free with zero grams of lactose.

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WHY IS PROTEIN SO IMPORTANT TO OVERALL HEALTH?

Protein is essential for life and must be consumed frequently and in abundance each day. No matter your age or body type, there's a good chance that protein will help you meet your body transformation and healthy lifestyle goals. Protein has been shown to support fat burning, healthy muscle mass, optimal health, crucial body functions (like metabolic processes and cellular function), and more.

WHY IS WHEY PROTEIN PREFERABLE TO SOY, RICE, PEA, OR CASEIN PROTEIN?

Whey protein has clearly been shown to:

- Reduce hunger response, versus casein or soy protein³
- Provide a more significant effect on markers of insulin sensitivity response and healthy blood glucose than soy or casein protein³
- Drastically reduce the cortisol (stress-hormone) response to exercise⁴
- Stimulate muscle protein synthesis at rest or in response to strenuous resistance training more effectively than soy or casein protein⁵

WHO SHOULD USE PRO-TF™?

Everyone! Whatever your goal—maintain a healthy weight, build or maintain muscle mass, improve sports performance and recovery, increase strength, bolster immune system health, support healthy blood glucose levels and appetite, or just look and feel better—PRO-TF contains the absolute best source of protein to help you achieve the results you desire.*

HOW DO I ADD PRO-TF TO MY DAILY DIET?

For best results, combine one serving with cold water and shake vigorously in a shaker cup. You can also mix PRO-TF with your favorite yogurt, add it to cereal, or even combine it with NutraStart® for a total meal on the go!

I WANT TO REACH MY IDEAL WEIGHT. CAN PRO-TF™ HELP ME REACH MY GOAL?

In a study, PRO-TF was shown to stimulate fat burning by up to 464%.* PRO-TF may also help reduce hunger cravings, making it easier for you to follow a healthy eating plan. The 4LifeTransform™ App is a great starting point for anyone who wants to begin a healthy transformation program. Download it from the App Store or Google Play and get started today.

³ Veldhorst et al. *Physiol Behav* 2009;96(4–5):675–82.
⁴ Kraemer et al. *J Am Coll Nutr* 2013;32(1):66–74.
⁵ Tang et al. *J Appl Physiol* 2009;107(3):987–92 (Specifically, whey was 93% and 18% more effective than casein and soy at increasing resting muscle protein synthesis for up to 180 minutes. In response to exercise, whey was 122% and 31% more effective than casein and soy.)

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