

4LIFE PRODUCT CATALOG 2016

4LIFE EUROPE



ENGLISH



TRANSFER FACTOR
RioVida
STIX

MAY 2016



4Life
TOGETHER, BUILDING PEOPLE™

4Life[®]

TOGETHER, BUILDING PEOPLE[™]



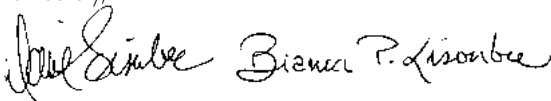


WELCOME TO 4LIFE®

More than a decade ago, we came across the remarkable scientific finding of transfer factors. After experiencing ourselves this nutritional support, our passion grew, and we knew we would spend the rest of our lives sharing it with others. Today, with the help of our outstanding research and development team, along with input from our distinguished Health Sciences Advisory Board, our original finding has developed into one of the most revolutionary supplements available today, 4Life Transfer Factor®. Our progress has solidified 4Life worldwide and served as the springboard for Transfer Factor™ Science.

No matter what your age, or where you're from, we have a safe and effective transfer factor product that's just right for you. We invite you to try 4Life Transfer Factor for yourself and feel the difference that it can make on your personal wellness. Complemented by a wide range of additional supplements to meet your personal skin care and wellbeing, we are confident that 4Life products will make overall wellness support something you'll look forward to every day.

Sincerely,



David and Bianca Lisonbee

4Life Founders

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4Life
TOGETHER, BUILDING PEOPLE™

THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

4Life Research USA, LLC., sells certain products to Distributors, Demonstrators, and Customers within the European Union that are not available for resale in some countries. These products are for personal consumption or the personal consumption of those in your household only and are "Not-For-Resale", distribution, or any other commercial purpose. 4Life limits the number of "Not-For-Resale" products that can be ordered at one time to an amount reasonably deemed by 4Life to be that which the individuals in your household can consume within a three month period. Failure to abide by these rules may result in the termination of your privilege to purchase "Not-For-Resale" products for personal use.



Our Pillars

4Life® Builds Lives through Success, Science and Service taking Transfer Factor to the world to promote the welfare of people.



Science

4Life promotes wellness and higher quality of life thanks to the revolutionary boost to wellness offered by the whole range of 4Life Transfer Factor™ products.



Success

4Life offers an unmatched opportunity to help people to achieve their goals and financial freedom through the 4Life Opportunity and the Life Rewards Plan™.



Service

4Life strives to build lives, families and communities around the world through the humanitarian work of Foundation 4Life.



Recognition

4Life Transfer Factor® products work and have been making news for more than a decade.

I.N. Blokhina Award

This prize is usually awarded to university professors, biologists and biochemists. In 2006 David Lisonbee won this prize in recognition of his commitment to research into transfer factors, patents and innovative production processes.



Inc. magazine

4Life was placed 15th in the list of private companies with largest growth in the United States.



TotalHealth magazine

4Life was recognized for its dedication to wellness by this prestigious magazine, a publication recognized for its in depth content on personal wellness.



\$100 Million Club

In 2010 4Life entered this club on becoming a direct selling company with annual sales of more than \$100 million.

Nexera

In early 2012 Nexera, a major provider of training and educational tools for the network marketing industry, announced its staff choice of the top 25 network marketing companies in the industry and ranked 4Life at number ten.

Success from Home magazine

We have been endorsed by independent organizations in leading publications, such as Success from Home, which promotes credibility and so inspires confidence in the future success and stability of 4Life.

DSN Ranking

Direct Selling News recognizes 4Life as a Global 100 and North America 50 company.



Our Formulas

As a result of research, 4Life has developed different formulas to adapt to the wellness needs of each individual.

Transfer Factor XF™

Transfer Factors found in cow colostrum.

Targeted Transfer Factor

Transfer Factors formulated for specific wellness.

Transfer Factor E-XF™

Transfer Factors found in cow colostrum combined with transfer factor found in egg yolk.

Tri-Factor™ Formula

A Formula that enhances the function of Transfer Factor E-XF with other cow colostrums nutrients.



From left to right: David and Bianca Lisonbee, Founders of 4Life; Steve Tew, President of 4Life; Dr. Brent Vaughan, PhD, Senior Director of Health Information Services; Dr. David Vollmer, PhD, Chief Scientific Officer; Dr. Shane Lefler, MS, Senior Director of Product Development;

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TRI-FACTOR FAMILY

The exclusive 4Life Tri-Factor Formula is a breakthrough in the wellbeing industry. The Tri-Factor Family products are specially formulated to give broad support to your wellbeing.





**4LIFE TRANSFER FACTOR™
TRI-FACTOR™ FORMULA
(60 CAPSULES)**

This product supports your body with cow colostrum and egg yolk.

- 4Life Transfer Factor Tri-Factor Formula is perfect for everyone— young, old, and in between.
- Contains the highest amount of Tri-Factor Formula per capsule—300 milligrams.

Ingredients: 4Life Tri-Factor™ Formula (colostrum (milk) and egg yolk), glazing agent (hydroxypropyl methylcellulose – capsule shell), and maltodextrin.

AMOUNT PER DAILY DOSE: colostrum (420 mg), and egg yolk (180 mg).

Directions: Take two (2) capsules daily with 240 ml of liquid.



CAPSULES

60

35
LP



**4LIFE TRANSFER FACTOR™ PLUS™
TRI-FACTOR™ FORMULA
(90 CAPSULES)**

This top seller includes cow colostrum and egg yolk along with a boost of our proprietary Cordyvant™ blend.

- Each capsule contains 3,3 mg of Zinc, nutrient that **contributes to the normal function of the immune system.**⁽¹⁾
- Includes Cordyvant™, a proprietary blend of ingredients such as maitake mushrooms, shiitake mushrooms, cordyceps, and beta-glucan.

Ingredients: 4Life Tri-Factor™ Formula (made from cow colostrum (milk) and egg yolk), inositol hexaphosphate, soy bean extract (*Glycine max* L. Merr.) (95% plant sterols (16% of the product)), stabilizer (hydroxypropyl methylcellulose), cordyceps mycelium extract (*Cordyceps sinensis* (B.) Saccardo), fermented baker's yeast, zinc mono-L-methionine sulphate, agaricus fruiting body extract (*Agaricus blazei*), aloe vera leaf powder (*Aloe barbadensis*), oat extract (*Avena sativa* L.), olive leaf extract (*Olea europaea* L.), lemon peel flavor, shiitake fruiting body extract (*Lentinula edodes* (Berk) Pegler), maitake fruiting body extract (*Grifola frondosa* S.F. Gray), and water.

Directions: Take three (3) capsules daily with 240 ml of fluid.



⁽¹⁾ EFSA Journal 2009; 7(9):1229



4LIFE TRANSFER FACTOR™ TRI-FACTOR™ FORMULA RIOVIDA STIX™ (15 PACKETS)

FOOD SUPPLEMENT WITH SWEETENERS, MINERAL SALTS AND 4LIFE TRANSFER FACTOR TRI-FACTOR FORMULA

- Each packet contains 600 mg of 4Life Transfer Factor Tri-Factor Formula.
- With fruit powders (açai, blueberry, apple and grape).
- Easy to take, share and combine with other Transfer Factor products.
- With mineral salts that help to achieve adequate hydration during the practice of physical activity

Ingredients: Fructose, flavor enhancer (citric acid), grape flavor, 4Life Tri-Factor™ Formula (made from bovine colostrum (**milk**) and **egg** yolk), bulking agent (gum arabic), pomegranate-açaí flavor, carrot powder (*Daucus carota*), apple powder (*Malus domestica*), açai fruit powder (*Euterpe oleracea*), blueberry powder (*Vaccinium myrtilloides* Michx.), elderberry flavor, elderberry powder (*Sambucus nigra*), sodium chloride, potassium chloride, grape powder (*Vitis vinifera*), and sweetener (sucralose).

Directions: Dissolve one packet in 240 ml of water. Shake or stir well until completely. Take one packet daily.





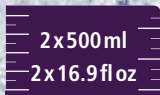
**4LIFE TRANSFER FACTOR®
RIOVIDA™ TRI-FACTOR®
FORMULA
(PACK OF TWO 500 ML
BOTTLES)**

The one-and-only beverage supplement in the world that combines the benefits of cow colostrums and egg yolk with antioxidant-rich fruits.

- Features cow colostrum and egg yolk.
- Includes a potent fusion of antioxidant juices, including açai, pomegranate, blueberry, and elderberry
- Each serving contains 60mg of vitamin C, nutrient that contributes to **the normal function of the immune system and to the protection of cells from oxidative stress.** [1]

Ingredients: Water, grape juice (*Vitis vinifera* L.), apple juice (*Malus domestica* (Borkh.) Borkh.), emulsifier (glycerol), blueberry juice (*Vaccinium myrtillus* L.), 4Life Tri-Factor Formula (colostrum (milk) and egg yolk), pomegranate juice (*Punica granatum* L.), L-ascorbic acid, elderberry juice (*Sambucus nigra* L.), berry cream flavor, açai (*Euterpe oleracea* C. Martius), anti-foaming agent (silicon dioxide), and emulsifier (monoglycerides of fatty acids).

Directions: Drink 30 ml daily.



WITH VITAMIN C, WHICH CONTRIBUTES TO THE NORMAL FUNCTION OF THE IMMUNE SYSTEM [1]

[1] EFSA Journal 2009; 7(9):1226 • EFSA Journal 2010; 8(10):1815

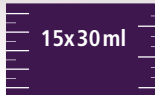
4LIFE TRANSFER FACTOR™ RIOVIDA BURST TRI-FACTOR™ FORMULA (15 PACKETS)

One-and-only Transfer Factor supplement available in an edible gel. It provides the benefits of cow colostrum and egg yolk, along with an antioxidant-rich blend of açai, pomegranate, blueberry, elderberry, and purple grape. Portuguese for River of Life, RioVida Burst is a delicious way to juice up your day.

- The first and only 4Life Transfer Factor edible gel in the world.
- Supports wellness and vitality.
- Each serving contains 30mg of vitamin C, nutrient that contributes to **the normal function of the immune system and to the protection of cells from oxidative stress.** [1]

Ingredients: Apple juice (*Malus domestica* (Borkh.) Borkh.), grape juice (*Vitis vinifera* L.), blueberry juice (*Vaccinium corymbosum* L.), açai (*Euterpe oleracea* C. Martius), pomegranate juice (*Punica granatum* L.), emulsifier (vegetable glycerin), elderberry juice (*Sambucus nigra* L.), 4Life Tri-Factor™ Formula (made from bovine colostrum (milk) and egg yolk), gelling agent (xanthan gum, guar gum), berry cream flavor, vitamin C, and emulsifier (monoglycerides).

Directions: Enjoy one packet daily.



WITH VITAMIN C, WHICH CONTRIBUTES TO THE NORMAL FUNCTION OF THE IMMUNE SYSTEM [1]

[1] EFSA Journal 2009; 7(9):1226 • EFSA Journal 2010; 8(10):1815



**4LIFE TRANSFER FACTOR™
TRI-FACTOR™ FORMULA
CHEWABLE
(90 CHEWABLE TABLETS)**

Chewable daily serving of cow colostrum and egg yolk in a great-tasting citrus cream tablet for overall body wellness support.

- This product supports your body cow colostrum and egg yolk.
- Provides a great option for those who prefer not to swallow capsules.
- Delights kids and adults alike with great citrus-cream flavor.

Ingredients: Fructose, maltose, 4Life Tri-Factor™ Formula (made from colostrum (milk) and egg yolk), sweetener (sorbitol E420), orange flavor, acidulant (malic acid E296), vanilla flavor, anti-caking agent (fatty acids E570), and microcrystalline cellulose.

Directions:
Take three (3) tablets daily.





4LIFE TRANSFER FACTOR™ CLASSIC (90 CAPSULES)

4Life's original Transfer Factor product for daily nutritional wellness support.

- Supports your body's natural wellness.
- Provides effective nutritional support.

Ingredients: 4Life Transfer Factor (made from cow colostrum (milk)), bulking agent (maltodextrin), gelatine, and water.

Directions: Take three (3) capsules daily with 240 ml of liquid.





4LIFE TRANSFER FACTOR™ RENUVO®

4LIFE TRANSFER FACTOR™ RENUVO™ (120 CAPSULES)

Each serving contains 460 mg of Rhaponticum and 440 mg de Schisandra.

- Schisandra chinensis contributes to the **protection of cells from oxidative stress.**
- It reinforces the recovery of overall well-being.
- Contains Transfer Factor.

Ingredients: Rhaponticum (*Rhaponticum carthamoides* (Willd.) Iljin) root extract, schisandra (*Schisandra chinensis* (Kurcz.) Baill.) fruit extract, gelatine, L-carnitine, green tea (*Camellia sinensis* L. Kuntze) leaf extract, ashwagandha (*Withania somnifera* L. Dunal) root extract, turmeric (*Curcuma longa* L.) root extract, Japanese knotweed (*Polygonum cuspidatum* Siebold et Zucc.) root extract, colostrum (milk), black pepper (*Piper nigrum* L.) fruit extract, egg yolk, and anti-caking agent (silicon dioxide).

Directions: Take two (2) capsules twice daily on an empty stomach with 240 ml of water.



TRANSFER
FACTOR



ACTIVE LIFE



CAPSULES



120

40
LP



High source of protein

Ideal for the maintenance of muscle mass

With 4Life Tri-Factor™ Formula

Each daily serving provides 20 grams of protein

782g
1 lb 11.5 oz



PRO-TF™

YOUR TOTAL PROTEIN INFUSION



READY TO SHAKE PROTEIN
WITH TRANSFER FACTOR TRI-FACTOR™
VANILLA CREAM FLAVOR

PRO-TF is an extensively hydrolyzed protein protein designed to reinforce your daily intake of protein.

It contains 4Life Tri-Factor Formula and has a high content of protein, so it **contributes to the increase and the preservation of muscle mass.**^[1]

Directions: Combine one (1) scoop (17 g) powder with 240 ml of cold water. Shake or store until dissolved. Consume two servings daily.

Ingredients: Whey protein (milk), maltodextrin, egg white protein, natural vanilla-cream flavor, thickener (guar gum), medium chain triglycerides, colostrum (milk), sodium chloride, egg yolk powder, sweeteners (sucralose, acesulfame K).

Conservation and precautions: KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. Do not exceed the recommended daily dose. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. This product is accurately packed by weight. Some settling may occur during storage and shipping.



CONTRIBUTES TO THE GROWTH AND
MAINTENANCE OF MUSCLE MASS ^[1]



^[1] EFSA Journal 2010; 8(10):1811, EFSA Journal 2011; 9(6):2203



4LIFE TRANSFER FACTOR™ VISTA™ (60 CAPSULES)

As well as lutein and zeaxanthin, 4Life Transfer Factor VISTA contains vitamins A, E and C, zinc, extract of blueberry, black currant berry extract and other ingredients to enhance your overall wellness program. Contains lutein and zeaxanthin, which are fat soluble yellow pigments that are concentrated in the macula of the eye. Each capsule contains:

- 32,5 mg of vitamin C and 11 mg of vitamin E, which **contributes to the protection of cells from oxidative stress.**^{[1] [2]}
- 2,5 mg of zinc and 975 µg of vitamin A, which **contributes to the maintenance of normal vision.**^{[3] [4]}

Ingredients: Maltodextrin, stabilizer (hydroxypropyl methylcellulose), lutein, 4Life Tri-Factor™ Formula (made from colostrum (milk) and egg yolk), L-ascorbic acid, d-alpha tocopheryl acetate, zeaxanthin, astaxanthin, zinc gluconate, bilberry (*Vaccinium myrtillus* L.) fruit extract, spirulina (*Spirulina Turpin* ex. Gomont, 1893 (*Spirulina platensis* (Gomont) Geitler)) algae powder, citrus bioflavonoids, anti-caking agent (stearic acid), black currant (*Ribes nigrum* L.) fruit extract, ginkgo (*Ginkgo biloba* L.) leaf extract, blackberry (*Rubus fruticosus* L.) fruit powder, L-ascorbyl 6-palmitate, retinyl palmitate, beta carotene, water and antioxidant (ascorbic acid).

Directions: Take one (1) capsule daily with 240 ml of liquid.



^[1] EFSA Journal 2009;7(9):1226, 2010;8(10):1815 — ^[2] EFSA Journal 2010;8(10):1816

^[3] EFSA Journal 2009;7(9):1229 — ^[4] EFSA Journal 2009;7(9):1221, 2010;8(10):1754



4LIFE TRANSFER FACTOR™ RECALL™ (90 CAPSULES)

4Life Transfer Factor Recall is the dietary supplement which combines the Tri-Factor Formula with antioxidants and a synergistic blend of nutrients that help support the well-being of students and professionals with an active and intensive lifestyle. Each serving contains:

- 109 mg of magnesium, which contributes to **normal functioning of the nervous system**.
- 66,6 mg of 4Life Transfer Factor Tri-Factor to strengthen your overall well-being.

Ingredients: Anti-caking agent (microcrystalline cellulose), magnesium oxide, stabilizer (gelatin), choline (soy), *Bacopa monnieri* (L), pennell, *Ginkgo biloba* L., 4Life Tri-Factor™ Formula (made from bovine colostrum (milk) and egg yolk), magnesium gluconate, L-cysteine, L-tyrosine, L-glutamine, anti-caking agent (stearic acid), stabilizer (water), anticaking agent (silicone dioxide), and colorant (beta-carotene).

Directions: Take two (2) capsules daily with 240 ml of liquid.



[1] EFSA Journal 2009;7(9):1216



**4LIFE TRANSFER FACTOR™ BCV™
(120 CAPSULES)**

A Targeted Transfer Factor product that blends egg yolk with over vitamins, minerals, and antioxidants. Each serving contains:

- 185 µg of vitamin A, which **contributes to normal iron metabolism.**^[1]
- 50,5 mg of vitamin C, which contributes to normal collagen formation for **the normal function of blood vessels.**^[2]
- 10 mg of vitamin E and 12,5 µg of Selenium, which **contributes to the protection of cells from oxidative stress.**^{[3] [4]}
- 0,5 mg of vitamin B6 and 1 µg of vitamin B12, which **contributes to normal red blood cell formation.**^{[5] [6]}
- 2,5 mg of zinc, which **contributes to normal metabolism of fatty acids.**^[7]
- 0,5 µg of copper, which **contributes to normal iron transport in the body.**^[8]
- A proprietary blend that includes coenzyme Q-10, ginkgo biloba, garlic, and ginger oil.

Ingredients: Magnesium L-lysinate, gelatine, ascorbic acid, garlic (*Allium sativum*), 4Life Transfer Factor™ (egg yolk), English hawthorn (*Crataegus laevigata* Poir.) DC.), potassium citrate, d-alpha tocopheryl succinate, butcher's broom (*Ruscus aculeatus*), zinc gluconate, magnesium L-ascorbate, water, *Ginkgo biloba* L., beta-carotene, ginger (*Zingiber officinale* Roscoe), niacinamide, copper glycinate, coenzyme Q10, L-selenomethionine, Japanese knotweed (*Polygonum cuspidatum*), L-ascorbyl-6-palmitate, folic acid, pyridoxine hydrochloride, and cyanocobalamin.

Directions: Take one (1) capsule daily with 240 ml of liquid.

TRANSFER FACTOR 	ACTIVE LIFE 	CAPSULES 120	46 LP
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[1] EFSA Journal 2009;7(9):1221 — [2] EFSA Journal 2009;7(9):1226 — [3] EFSA Journal 2010;8(10):1816
 [4] EFSA Journal 2009;7(9):1220, 2010;8(10):1727 — [5] EFSA Journal 2009;7(9):1225 — [6] EFSA Journal 2009;7(9):1223
 [7] EFSA Journal 2009;7(9):1229 — [8] EFSA Journal 2009;7(9):1211



4LIFE TRANSFER FACTOR™ GLUCOACH™ (120 CAPSULES)

A Targeted Transfer Factor product from bovine colostrum and chicken egg yolk combined with minerals, herbs, and other ingredients that support your body's wellness. Each capsule contains:

- 150 µg of chromium, which **contributes to the maintenance of normal blood glucose levels.** ^[1]
- 65 µg of vitamin C, which **contributes to maintain the normal function of the immune system during and after intense physical exercise.** ^[2]

Ingredients: Cinnamon (*Cinnamomum zeylanicum*), prickly pear (*Opuntia ficus-indica*), banaba (*Lagerstroemia speciosa*), gelatin, L-ascorbic acid, ginseng (*Panax ginseng*), 4Life Transfer Factor™ (made from bovine colostrum (milk) and egg yolk), water, and chromium chloride (III).

Directions: Take one (1) capsule daily with 240 ml of liquid.



[1] EFSA Journal 2010;8(10):1732, 2011;9(6):2203 — [2] EFSA Journal 2009;7(9):1226



**4LIFE TRANSFER FACTOR®
MALEPRO™
(90 SOFT CAPSULES)**

4Life Transfer Factor combined with other ingredients for providing support for male body wellness. Each capsule contains:

- 5 mg of zinc, which **contributes to the maintenance of normal testosterone levels in the blood and to normal fertility and reproduction.** ^{[1] [2]}
- 66 µg of selenium, which **contributes to the normal function of the immune system and to normal spermatogenesis.** ^[3]
- 33,3 mg of Transfer Factor from cow colostrum and egg yolk.
- Includes saw palmetto and lycopene for male wellness.
- Provides isoflavones, broccoli extract, and antioxidants.

Ingredients: Olive oil, gelatine, corn oil, emulsifier (glycerine), saw palmetto (*Serenoa repens*), nettle (*Urtica dioica*), broccoli (*Brassica oleracea*), kudzu (*Pueraria lobata*), soy (*Glycine max*), stabilizer (yellow beeswax), 4Life Transfer Factor™ (made from bovine colostrum (milk) and egg yolk), water, zinc oxide, L-selenomethionine, lycopene, and stabilizer (lecithin).

Directions: Take one (1) softgel daily with 240 ml of liquid.



^[1] EFSA Journal 2010;8(10):1819 — ^[2] EFSA Journal 2009;7(9):1229 — ^[3] EFSA Journal 2009; 7(9):1220



4Life

TRANSFER FACTOR

GLUTAMINE PRIME™

TARGETED PERFORMANCE

**4LIFE TRANSFER FACTOR®
GLUTAMINE PRIME™
(120 CAPSULES)**

Rich energy source that provides nutritional fuel and the building blocks of glutathione, an important antioxidant.

- Supplies added nutritional fuel with cow colostrum and the important amino acid glutamine.
- Nutritionally promotes the body's production of glutathione, a powerful natural antioxidant.
- Each serving contains 1.600mg of L-Glutamine and 20mg of cow colostrum

Ingredients: L-glutamine, stabilizer: gelatin (capsule), L-arginine, N-acetyl-L-cysteine, anticaking agent: microcrystalline cellulose, alpha lipoic acid, stabilizer: water, anti-caking agent: stearic acid, and colostrum (milk).

Directions: Take four (4) capsules daily with 240 ml of liquid. For best results it is recommended to take 2 capsules in the morning and 2 in the evening.

TRANSFER
FACTOR



CAPSULES



25
LP

ACTIVE LIFE





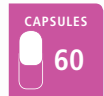
4LIFE TRANSFER FACTOR® BELLEVIE® (60 CAPSULES)

A Targeted Transfer Factor™ product providing nutritional support for women.

- Features cow colostrum and egg yolk to fortify your body's natural wellness.
- Includes a blend of herbal antioxidants, phytoestrogens, and indoles.
- Nutritionally promotes overall feminine wellness.

Ingredients: Cruciferous vegetable blend (broccoli, cabbage, kale)(*Brassica oleracea* L.), green tea extract (*Camellia sinensis* L. Kuntze), stabilizer (gelatin), flaxseed extract (*Linum usitatissimum* L.), kudzu extract (*Pueraria lobata* [Willd.] Ohwi), 4Life Transfer Factor (made from bovine colostrum (milk) and egg yolk), grape seed extract (*Vitis vinifera* L.), red clover (*Trifolium pratense* L.), stabilizer (water), clove oil (*Syzygium aromaticum* L. Merr.).

Directions: Take two (2) capsules daily with 240 ml of liquid.





enummi™ Skin Care

with Transfer Factor E-XF™

The Science of Beauty Your Skin Deserves



enummi™ Skin Care product line combines 4Life Transfer Factor® with ingredients for the kind of hydration, nourishment, and protection your skin deserves.

Experience and share the benefits of a vibrant and luminous complexion so you can feel your best every day.



THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

enummi™ Skin Care

with Transfer Factor EXF™



GENTLE FACIAL CLEANSER (120ML)

FOR ALL SKIN TYPES

Start and finish every day with a clean slate when you scrub up with enummi™ Gentle Facial Cleanser. The finest in herbal extracts, natural emollients, vitamins, and antioxidants wash away impurities and restore moisture to leave your face soft, pure, and bright. Formulated for all skin types, apply this light, foaming cleanser both morning and night for fresh, clean skin that's ready for whatever the day throws your way.

Ingredients: Aqua, sodium C12-18 alkyl sulfate, sodium cocaminopropionate, lauramidopropyl betaine, glycerin, PEG-20 methyl glucose sesquistearate, sodium chloride, panthenol, hexylene glycol, aloe barbadensis extract, sodium PCA, myristamidopropyl betaine, moringa pterygosperma seed extract, arnica montana flower extract, arctium lappa root extract, chamomilla recutita extract, symphytum officinale extract, humulus lupulus extract, equisetum arvense leaf extract, macrocystis pyrifera extract, tilia cordata extract, althaea officinalis root extract, achillea millefolium extract, caprylyl glycol, phenoxyethanol, chlorphenesin, benzoic acid, sorbic acid, disodium EDTA, parfum, and linalil.

Directions: Apply a small amount to washcloth or hands. Massage over entire face and neck. Rinse thoroughly with water. Use day and night for best results. As part of any skin care regiment, 4Life recommends the daily use of SPF 15 sunscreen to protect skin from UVA and UVB rays.

120 ml
4 oz

8
LP



enummi™ REFRESHING TONER
(120ML)

WITH TRANSFER FACTOR XF™

Begin your day with enummi™ Refreshing Toner! Perfect for all skin types, it's infused with vitamins, antioxidants, and plant emollients that neutralize surface impurities and restore needed balance leaving your face feeling smooth, fresh, bright, and primed for moisturizing.

Ingredients: Aqua, butylene glycol, 1,2-hexanediol, caprylyl glycol, methyl gluceth-20, glycerine, betaine, sodium PCA, sodium citrate, colostrum, sodium hyaluronate, paeonia albiflora extract, royal jelly extract, biotin, disodium EDTA, citric acid, and phenoxyethanol.

Directions: Spray enummi Toner directly onto face or apply with a cotton pad. Use day and night after cleansing or anytime for a cool, refreshing boost. As part of any skin care regiment, 4Life recommends the daily use of SPF 15 sunscreen to protect skin from UVA and UVB rays.



120 ml

4 oz

12

LP



enummi™ Skin Care

with Transfer Factor E-XF™

enummi™
with Transfer Factor E-XF

LIFE C
ENERGIZING
SERUM™

1 fl. oz (30 ml)

enummi™ LIFE C ENERGIZING SERUM™ (30ML)

WITH TRANSFER FACTOR E-XF™

enummi™ Life C Energizing Serum™ combines powerful vitamin C and other botanicals to help energize tired looking skin, improve overall texture, and help diminish the appearance of age spots and defend against environmental stresses. Wake up your skin with this velvety, luxurious serum and experience a more luminous complexion. Contains Transfer Factor E-XF™.

Ingredients: Cyclopentasiloxane, dimethicone crosspolymer, tetrahexyldecyl ascorbate, *olea europaea* (olive) fruit oil, *olea europaea* (olive) leaf, tocopheryl acetate, retinyl palmitate, *helianthus annuus* seed oil, colostrum, luteum ovi powder, *citrus aurantium dulcis* (orange) peel oil, hexylresorcinol, and phenoxyethanol.

Directions: Apply after cleansing and toning, massaging in upward circular motions. Use morning and evening for best results. Follow with enummi™ Restoring Eye Cream, and enummi™ Protective Day Moisturizer in the morning, and enummi™ Night Recovery Cream in the evening.

30 ml
1 oz

25
LP



enummi[®]

with Vitamin Peptide EGF

SPF C
ENERGIZING
SERUM™

1.8 oz (50 ml)

REVITALIZES
ENERGIZES
EXQUISITE SILKY TOUCH

enummi[®] Skin Care

with Transfer Factor EXF™



HYDRATION
PROTECTION
ELASTICITY
SPF 15





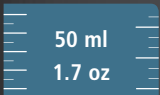
enummi™ PROTECTIVE
DAY MOISTURIZER
(50ML)

WITH TRANSFER FACTOR XF™
WITH SPF 15
FOR ALL SKIN TYPES

Protect your skin from the harsh outside world with enummi™ Protective Day Moisturizer with SPF 15 protection against UVA and UVB rays. This lightweight moisturizer blends together vitamins and other nutrients to support soft, healthy skin, and promote moisture retention and resiliency. Protective Day Moisturizer is formulated for all skin types.

Ingredients: Aqua, ethylhexyl methoxycinnamate, C12-15 alkyl benzoate, diethylhexyl carbonate, glyceryl stearate, butyl methoxydibenzoylmethane, butylene glycol, dimethicone, ethylhexyl salicylate, cyclopentasiloxane, potassium cetyl phosphate, *aloe barbadensis* gel, phenoxyethanol, caprylyl glycol, ethylhexylglycerin, hexylene glycol, argilla, cetyl alcohol, xanthan gum, colostrum, luteum ovi powder, *camelia sinensis* extract, glycerin, *moringa pterygosperma* seed extract, phospholipids, tocopheryl acetate, retinyl palmitate, ascorbyl palmitate, tetrasodium EDTA, sodium hydroxide, parfum, limonene, linal, linalool, and lylral.

Directions: After cleansing and toning, apply to face and neck. Use daily for best results.



50 ml
1.7 oz

25
LP



enummi™ Skin Care

with Transfer Factor E-XF™



enummi™ NIGHT RECOVERY CREAM (50ML)

WITH TRANSFER FACTOR E-XF™

enummi™ Night Recovery Cream is formulated for all skin types to help your face recover from the stress of the day. Contains aloe vera, vitamin A and E, and deep moisturizing agents to balance and rejuvenate your skin. The natural antioxidants provide anti-aging benefits while moisturizing ingredients give dry skin a youthful appearance. Use Night Recover Cream every night and wake up to beautiful, refreshed skin.

Ingredients: Aqua, caprylic/capric triglyceride, glycerine, *aloe bardensis* gel, diethylhexyl carbonate, polysorbate 20, ethylhexyl palmitate, phenoxyethanol, colostrum, polyisobutene, carbomer, acrylamide/ammonium acrylate copolymer, caprylyl glycol, *luteum ovi* powder, xanthan gum, tocopheryl acetate, sorbic acid, *hordeum distichon* extract, *vigna aconitifolia* extract, sodium citrate, parfum, panthenol, disodium EDTA, allantoin, xylitylglucose, xylitol, *santalum album* extract, *phellodendron amurense* extract, sodium hydroxide/caustic soda, anhydroxylitol, chlorphenesin, methylparaben, and sodium hyaluronate.

Directions: After cleansing and toning, smooth on face and neck. Use nightly for best results. To determine sensitivity, test a small amount on the inner forearm before first use. As part of any skin care regimen, 4Life recommends the daily use of SPF 15 sunscreen to protect skin against UVA and UVB rays.

50 ml
1.7 oz

30
LP



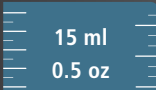
enummi™ RESTORING
EYE CREAM (15ML)

WITH TRANSFER FACTOR E-XF™

enummi™ Restoring Eye Cream delivers valuable anti-aging nutrients to the delicate eye area. This powerful formula features a comprehensive blend of phospholipids, peptides, and antioxidants to restore needed moisture and improve the appearance of fine lines, wrinkles, puffiness, and dark circles for brighter eyes. Contains Transfer Factor E-XF™.

Ingredients: Aqua, squalane, butylene glycol, cetearyl alcohol, glyceryl stearate, PEG-100 stearate, C-12-15 alkyl benzoate, cetearyl methicone, ethylhexyl palmitate, dimethicone, cyclopentasiloxane, behenyl alcohol, ammonium acryloyldimethyltaurate/VP copolymer, gossypium herbaceum (cotton), cyclohexasiloxane, tribehenin, hexoxyethanol, tetrahexyldecyl ascorbate, hydrogenated lecithin, camelia sinensis extract, caprylyl glycol, phospholipids, glycerine, linoleic acid, betaine, glycine soja sterol, colostrum, xanthan gum, ceramide 2, sodium PCA, titanium dioxide, bisabolol, steareth-20, PEG-10 rapeseed sterol, sorbic acid, mica, hordeum distichon extract, fragrance, silica dimethyl silylate, disodium EDTA, sorbitol, silica, luteum ovi powder, sodium hydroxide, phellodendron amurense bark extract, santalum album extract, serine, glycine, glutamic acid, alanine, N-hydroxysuccinimide, sodium hyaluronate, arginine, lysine, hexylene glycol, acetyl hexapeptide-8, threonine, proline, methylparaben, palmitoyl oligopeptide, tocopheryl acetate, retinyl palmitate, propylparaben, chrysin, ascorbyl palmitate, and palmitoyl tetrapeptide-7.

Directions: Apply a small amount to the tip of your finger and gently pat into the skin around the eye. Apply morning and evening for best results.



30
LP



Skin Specifics

Skin Specifics	Description	Recommended Product(s)	Other Tips
Fine lines and wrinkles around the eyes	As you age, your skin naturally begins to thin and fine lines and wrinkles begin to appear, especially around the eyes. Additional factors that can accelerate this process are sun damage, expressions like squinting, lack of hydration and nutrition, stress, and lack of sleep.	enummi™ Protective Day Moisturizer enummi Restoring Eye Cream	Wear sunglasses whenever in the sun and try to wear a hat on those days you will be exposed for longer periods of time. Incorporate brightly colored fruits and vegetables into your diet to increase antioxidant protection. Drink at least 2 litres of water each day.
Dark circles around the eyes	Dark circles are another condition that may become more prevalent with age. Heredity, sun exposure, lack of hydration and nutrition, and stress may also make these circles appear more intense.	enummi Restoring Eye Cream	Get a full eight hours of sleep and make sure you drink at least 2 litres of water each day. Try to keep stress levels at bay.
Puffiness around the eyes	Common causes of puffy eyes may include fluid retention, lack of sleep, or excessive rubbing of the eyes.	enummi Restoring Eye Cream	Get a full eight hours of sleep and avoid drinking too many fluids right before you go to bed. Try putting your eye cream in the refrigerator overnight and applying it in the morning to help reduce puffiness.
Uneven skin tone	Sun damage, aging, oily skin, hormonal changes, poor nutrition, and lack of nutrients can all lead to uneven skin tone. The more you age, the more tired and sallow your skin may begin to look.	enummi Protective Day Moisturizer enummi Life C Energizing Serum™	Make sure to protect your skin with an SPF product every day. Wear a hat and sunglasses for added protection on those days you spend a lot of time outside.
Skin discolorations, dark spots	Sun damage shows up in many ways, but the most prevalent are uneven skin tone, discolorations, and dark spots.	enummi Protective Day Moisturizer enummi Life C Energizing Serum	Make sure to protect your skin with an SPF product every day. Wear a hat and sunglasses for added protection on those days you spend a lot of time outside. Supplement your diet with 4Life Transfer Factor® RioVida® Tri-Factor™ Formula or Transfer Factor Glutamine Prime™ for additional antioxidant support.
Dry, itchy, tight skin	Dry skin is often hereditary. It can also show up as you age, as natural skin oils diminish. Environmental factors, including sun, wind, and cold can also dry out your face. Washing with harsh soaps or even scrubbing can worsen dry skin. And to compound matters, sometimes you might rush out the door and leave your skin without needed moisture and protection. This can dry out your skin and directly contribute to the aging process.	enummi Gentle Facial Cleanser enummi Protective Day Moisturizer enummi Night Recovery Cream	Use a gentle cleanser and apply moisturizer within a few minutes of washing to help lock moisture into your skin. Take BioEFA™. Essential fatty acids promote healthy skin. Drink at least 2 litres of water each day. With climate changes, it is important to pay attention to your skin needs. If you aren't getting enough moisture, try layering enummi Night Recovery Cream underneath your enummi Protective Day Moisturizer for extra hydration.
Rough, uneven texture	Aging, along with environmental factors like sun exposure and pollution, can strip your skin of natural collagen and elastin fibers and influence the texture of skin.	enummi Life C Energizing Serum enummi Protective Day Moisturizer enummi Night Recovery Cream	Incorporate antioxidant-rich foods into your diet. Supplement your nutrition with 4Life Transfer Factor RioVida Tri-Factor Formula or Transfer Factor Glutamine Prime for additional antioxidant support. Take BioEFA. Essential fatty acids promote healthy skin. Drink at least 2 litres of water each day.
Tired, sallow-looking skin	Similar to how a long day's work can leave your body feeling tired and low on energy, your skin feels the same way. Overstressed days, winter cold, smoking, or a lack of nutrients and moisture can contribute to a sallow and tired appearance.	enummi Life C Energizing Serum	Maintain a healthy diet, drink plenty of water, and get enough sleep to help support a healthy complexion. When applying enummi Life C Energizing Serum, try massaging in small circular motions, moving upward and outward. This will give your skin the energetic boost it needs.



DENTAL CARE

- Cleaning
- Brightness
- Fresh breath
- Fluoride-free

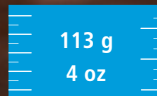
ENUMMI™ TOOTHPASTE (113GR)

WITH TRANSFER FACTOR E-XF™

enummi™ toothpaste provides key ingredients that clean and brighten your teeth. This daily use, fluoride-free formula will keep you smiling all day long.

Ingredients: Sorbitol, silica, aqua, glycerin, flavor, calcium carbonate, sodium bicarbonate, xylitol, cellulose gum, stevioside, titanium dioxide, sodium lauroyl sarcosinate, sodium benzoate, colostrum, ubiquinone, luteum ovi powder, and lactoferrin

Directions: Apply a small amount of paste to toothbrush and brush thoroughly two times a day (or more) or after each meal. Children ages 2 to 6 should be supervised to minimize swallowing.



NOT FOR RESALE IN EUROPE.
PERSONAL USE ONLY.



MOISTURISING SKIN SOOTHING GEL WITH TRANSFER FACTOR XF™



4LIFE TRANSFER FACTOR™ RENEWALL™ (56.7GR)

Moisturise and enhance the appearance of your skin with 4Life Transfer Factor® RenewAll™, a soothing gel especially formulated to support healthy skin. This revolutionary product takes Transfer Factor XF™ and blends it with extracts of aloe vera, rosemary, chamomile, and lavender into an easy-to-apply gel that keeps your skin soft and smooth. 4Life Transfer Factor RenewAll helps reduce the appearance of dry patches and continues to moisturise and soothe your skin. The gel may be used whenever you need it, whether it's when you wake up in the morning or after sun exposure and shaving. 4Life Transfer Factor RenewAll gives a healthy appearance to skin and supports its natural state.

Ingredients: Aqua, colostrum, PPG-2 isoceteth-20 acetate, triethanolamine, butylene glycol, polysorbate 20, carbomer, phenoxyethanol, caprylyl glycol, dimethicone copolyol, hexylene glycol, ethylhexylglycerin, *aloe barbadensis* gel, disodium EDTA, eucalyptus globulus oil, *rosmarinus officinalis* oil, panthenol, allantoin, glycerin, yeast polysaccharides, sodium PCA, *anthemis nobilis* extract, carrageenan, propylene glycol, citric acid, and *lavandula angustifolia* extract.

Directions: Apply freely to desired skin areas.

56.7g
2 oz

16
LP

PERSONAL USE ONLY.
RESALE IN UK ONLY

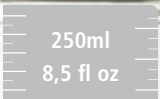
**enummi™ INTENSIVE BODY LOTION
(250 ML)**

enummi™ Intensive Body Lotion contains moisture-rich ingredients to treat your skin to optimal moisture levels and softness. This formula absorbs quickly, leaving behind a veil of moisture. With a soothing Thai lemongrass fragrance, this body lotion provides skin moisturizing for the entire family.

Ingredients: Aqua, *carthamus tinctorius* oil, glycerine, *helianthus annuus* seed oil, glyceryl stearate, stearic acid, *butyrospermum parkii* butter, caprylic/capric/myristic/stearic triglyceride, cetyl alcohol, sodium stearyl lactylate, *hordeum distichon* extract, cyclomethicone, triethanolamine, tocopheryl acetate, *camelia sinensis* extract, dimethicone, colostrum, cyclohexasiloxane, carbomer, *santalum album* extract, *phellodendron amurense* extract, PEG-100 stearate, allantoin, tocopherol, sodium PCA, *moringa pterygosperma* extract, luteum ovi powder, diethanolamine, disodium EDTA, *aloe barbadensis* gel, phenoxyethanol, sorbic acid, caprylyl glycol, chlorphenesin, ethylparaben, methylparaben, fragrance, limonene, benzyl benzoate, liliial, citronellol, geraniol, hexyl cinnamal, hydroxycitronellal, lylal, and linalool.

Directions: Smooth generously on your skin, daily.

**WITH TRANSFER FACTOR E-XF™
FORMULATED FOR DRY CLIMATES**





ENERGY GO STIX™



Daily energy reinforcement
with Transfer Factor E-XF™

Energy Go Stix berry flavor brings power to your day thanks to its synergistic formula that combines green tea, yerba mate, guarana and 4Life Transfer Factor E-XF™.

- Perfect to match with other 4Life Transfer Factor products.
- A good nutritional support in your workout routine.
- Each serving provides 250 mg of taurine, 250 mg of L-glutamine, 52.5 mg of caffeine, and 25 mg of 4Life Transfer Factor E-XF™.
- It contains Isomaltulose (a source of glucose and fructose), which induces to a minor increase of glucose in blood compared with drinks that contain other sugars.

Ingredients: Isomaltulose, acidity regulator (citric acid), L-glutamine, taurine, raspberry flavour, vanilla flavour, green tea (*Camellia sinensis* L. Kuntze) leaf, L-arginine, strawberry flavour, yerba mate (*Ilex paraguariensis* A. St.-Hil) leaf extract, blueberry flavour, anti-caking agent (silicon dioxide), colorant (red beet), sweetener (sucralose), guarana (*Paullinia cupana* Kunth., Bonpl. et Kunth) seed extract, colorant (beta carotene), colostrum, flavour enhancer (sodium acetate), and egg yolk.

Directions: Mix ½ of the packet (2.5 g) in 240 ml of water. Do not exceed the recommended daily dose.



CONTAINS CAFFEINE. NOT RECOMMENDED FOR CHILDREN OR PREGNANT WOMEN. NOT A SUBSTITUTE FOR A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF CHILDREN.

Nutrastart™

SOURCE OF FIBRE, VITAMINS AND MINERALS



CHOCOLATE OR VAINILLA FLAVOR WITH TRANSFER FACTOR E-XF™

Who knew that some few calories could taste so big? The all-natural chocolate or vanilla goodness in Nutrastart is a **source of fibre, vitamins and minerals:** is perfect as a between-meal snack or when blended with your favorite fruits or veggies, as a satisfying meal. Start everyday in a positive way with NutrasStart!

Directions: Add two (2) scoops of NutraStart to 8 oz (240 ml) of water. Blend or shake well until smooth and drink immediately. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

KEEP OUT OF REACH OF CHILDREN.



Nutrastart Chocolate:
960 g (2 lb 1.86 oz).
Resale available in Portugal, Spain and United Kingdom.

Nutrastart Vanilla:
780 g (1 lb 11.5 oz).
Personal use only.
Not for resale in Europe.



Nutrastart Chocolate Ingredients: Sweetener: fructose, **soy** protein isolate, whey (**milk**) protein concentrate, flavor: sunflower oil creamer (sunflower oil, corn syrup, sodium caseinate), thickening agent: polydextrose, flavor: cocoa powder, bulking agent: maltodextrin, **soy** fiber, flavor: chocolate flavor, stabilizer: sodium carboxymethyl cellulose, tricalcium phosphate, magnesium oxide, sodium chloride, 4Life Transfer Factor™ (made from bovine colostrum (**milk**) and **egg** yolk), L-ascorbic acid, retinyl acetate, zinc gluconate, ferrous citrate, biotin, niacinamide, copper gluconate, calcium D-pantothenate, d-alpha tocopherol acetate, pyridoxine hydrochloride, thiamine mononitrate, cholecalciferol, riboflavin, folic acid, and cyanocobalamin.

Nutrastart Vanilla Ingredients: Soy Protein Isolate, Whey Protein Concentrate, Sunflower Oil Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate (a **milk** derivative), Mono and Di-glycerides, Di-potassium Phosphate, Tri-Calcium Phosphate, **Soy** Lecithin (Tocopherols), Polydextrose, Xylitol, Maltodextrin, Natural Vanilla Cream Flavor, Fructose, **Soy** Fiber, Vitamin and Mineral Blend (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Copper Gluconate, Vitamin E Acetate, Biotin, Niacinamide, Zinc Oxide, Vitamin A Acetate, Iron, Calcium Pantothenate, Cholecalciferol, Pyridoxine HCl, Thiamine Mononitrate, Riboflavin, Cyanocobalamin, Folic Acid, Potassium Iodide), Cellulose Gum, Stevia Leaf Extract, 4Life Transfer Factor® E-XF (Bovine Colostrum Filtrate (**milk**) and Powdered **egg** Yolk), and Salt.





CARB BLX™



COMPLEMENT YOUR WEIGHT MANAGEMENT PROGRAM

A proprietary blend of cassia nomame, cocoa and almond extract, green tea, and other ingredients makes Carb BLX the perfect complement to any weight management program. In addition to its antioxidant benefits, Carb BLX:

- Aids in weight management, when combined with proper diet and exercise.
- Contains ingredients shown to inhibit carbohydrate breakdown

Ingredients: *Cassia nomame* whole herb extract, white bean (*Phaseolus vulgaris*) extract, Green Tea (*Camellia sinensis*) leaf extract, Arabinose, Cocoa (*Theobroma cacao*) - Almond (*Prunus dulcis*) seed blend, and Jaborandi (*Pilocarpus microphyllus*) leaf extract.

Directions: Take one (1) capsule twice daily with 8 oz of fluid.

CAPSULES



20 LP

ACTIVE LIFE



**NOT FOR RESALE
IN EUROPE.
PERSONAL USE ONLY.**



SHAPE-FAST[®] ULTRA

PEAK ENERGY FORMULA WITH TRANSFER FACTOR E-XF[™]

Thermogenesis and appetite suppression are two important functions that contribute to successful weight-loss — and Shape-Fast Ultra, featuring a synergistic formula, actively supports these functions to maximize your weight loss program when accompanied by diet and exercise. Shape-Fast Ultra by 4Life provides key ingredients that promote metabolic thermogenesis, fat metabolism, increased energy and nutritional support during weight management. Each capsule contains:

- 10 mg of niacin and 1 mg of vitamin B6, which **contributes to normal energy-yielding metabolism and to the reduction of tiredness and fatigue.** ^{[1][2]}
- 20 µg of vitamin B12, which **contributes to normal energy-yielding metabolism.** ^[3]
- 18 µg of selenium, which **contributes to the normal thyroid function.** ^[4]
- 25 µg of chromium, which **contributes to the maintenance of normal blood glucose levels.** ^[5]

Ingredients: Niacin, Vitamin B6, Vitamin B12, Selenium, Chromium, Potassium, Guarana (*Paulina cupana*) seed extract, Acetyl-L-Carnitine, Green Tea (*Camellia sinensis*) leaf extract, White Willow (*Salix alba*) bark, *Coleous forskohlii* root extract, Cacao (*Theobroma cacao*) - Almond (*Prunus dulcis*) seed blend, Alpha Lipoic Acid, Cayenne (*Capsicum annuum*) fruit, Cow Colostrum and egg yolk, *Panax ginseng* root extract (from China), and *Ginkgo biloba* leaf extract.

Directions: Take (1) capsule before breakfast, lunch and dinner, with 8 oz of fluid. Do not take more than four (4) capsules per day.

Do not exceed the recommended daily dose.
Not a substitute for a varied and balanced diet and a healthy lifestyle.
KEEP OUT OF REACH OF CHILDREN.



CAPSULES

31
LP

ACTIVE LIFE

**NOT FOR RESALE
IN EUROPE.
PERSONAL USE ONLY.**

[1] EFSA Journal 2010;8(10):1757 — [2] EFSA Journal 2010;8(10):1759 — [3] EFSA Journal 2009;7(9):1220
[4] EFSA Journal 2009;7(9):1220, 2010;8(10):1727 — [5] EFSA Journal 2010;8(10):1732, 2011;9(6):2203.



THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



RiteStart™

ALL-IN-ONE
NUTRITION FOR
MEN AND WOMEN

A RIGHT START FOR YOUR DAY

RiteStart is designed to help you look and feel great, and have the energy and specific support you need to enjoy an active life.

A top-selling product, RiteStart contains all the essential building blocks for good nutrition with the added advantage of 4Life Transfer Factor Plus Tri-Factor Formula. With essential fatty acids (including Omega 3's and 6's), a complex blend of potent antioxidants and support formulated specifically for men or women, these convenient packets make daily supplementation simple and stress-free.

Directions: Take two (2) packets daily with 8 oz of fluid. For best results, take with morning and evening meals.



SERVINGS
30

50
LP

**NOT FOR RESALE IN EUROPE.
PERSONAL USE ONLY.**



For a complete information about the ingredients please, visit: 4LifeRiteStart.com.

**BIO EFA™
(60 CAPSULES)**

This food supplement contains a source of omega-3 fatty acids, which contributes to the maintenance of normal blood cholesterol levels by a daily intake of 2 g of Alpha-linolenic acid ^[1] ^[2].

Each serving contains:

- 1.030 mg of fish oil.
- 266 mg of flax seed oil.

Ingredients: Fish oil, gelatin, flax (*Linum usitatissimum*) seed oil, coating agent (glycerin), borage (*Borago officinalis*) seed oil, safflower (*Carthamus tinctorius*) seed oil, water, and preservative (tocopherol-rich extract).

Directions: Take two (2) capsules daily with 8 oz (240 ml) of fluid.



^[1] EFSA Journal 2009; 7(9):1252 — ^[2] EFSA Journal 2011;9(6):2203

**FIBRO AMJ™ DAYTIME FORMULA (90 CÁPSULAS)**

Fibro AMJ® Day-Time Formula features ingredients known to enhance and support muscle and joint function. Each serving contains:

- 10 mg of vitamin B6, which contributes to normal protein and glycogen metabolism.^[1]
- 200 mg of magnesium, which contributes to normal muscle function and to the maintenance of normal bones.^[2]

Ingredients: Vitamin B6 (as pyridoxine hydrochloride), Magnesium (as magnesium oxide), Proprietary Joint Blend 1409 mg, Glucosamine Hydrochloride, Methylsulfonylmethane (MSM), Bovine Cartilage powder, *Boswellia serrata* tree resin extract, Bromelain, Devil's Claw (*Harpagophytum procumbens*) root extract Antioxidant Blend, Malic Acid, N-Acetyl L-Cysteine, L-Cysteine, Grape (*Vitis vinifera*) seed extract, Alpha Lipoic Acid. (other ingredients: Gelatin capsule, peppermint leaf, boron citrate, stearic acid, peppermint oil and silica).

Directions: Take three (3) capsules daily with 8 oz of fluid.



CAPSULES



19 LP

**NOT FOR RESALE IN EUROPE.
PERSONAL USE ONLY.**

^[1] EFSA Journal EFSA Journal 2009; 7(9):1225 — ^[2] EFSA Journal 2009;7(9):1216, 2010;8(10):1807

**FIBRE SYSTEM PLUS™
(30 PACKS)**

- Cleansing
- Digestion

Fibre System Plus™ is a ten-day cleansing program that supports healthy digestive function and regularity. Thanks to the presence of: *Plantago ovata*, *Syzygium aromaticum*, *Rhamnus purshiana*, *Zingiber officinale*, *Piper nigrum*, *Gentiana lutea*, *Ulmus rubra*, *Glycyrrhiza glabra*, *Salvia officinalis*, *Rhamnus frangula*, *Humulus lupulus*, and *Matricaria recutita*.

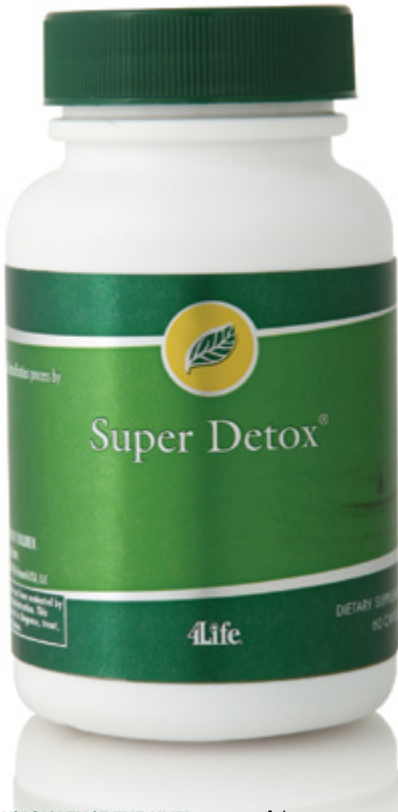
Directions: Take the contents of one packet 30 minutes before meals, three times daily for ten days.
For best results, use Fibre System Plus™ twice per year.



PAQUETES	20
 30	LP

Ingredients: Rice (*Oryza sativa*) bran, stabilizer (hydroxypropylmethylcellulose), psyllium (*Plantago ovata*) husk powder, cranberry (*Vaccinium macrocarpon*) fruit powder, pumpkin (*Cucurbita pepo*) seed powder, clove (*Syzygium aromaticum*) flower powder, Apple (*Malus domestica*) fruit powder, cascara sagrada (*Rhamnus purshiana*) bark powder, ginger (*Zingiber officinale*) root powder, black pepper (*Piper nigrum*) berry powder, gentian (*Gentiana lutea* L.) root powder, slippery elm (*Ulmus rubra* Muhl.) bark powder, licorice (*Glycyrrhiza glabra* L.) root powder, bromelain, papain, parsley (*Petroselinum crispum* Mill.) leaf powder, prune (*Prunus domestica*) fruit powder, sage (*Salvia officinalis* L.) leaf powder, buckthorn (*Rhamnus frangula*) bark extract, magnesium stearate, marshmallow (*Althaea officinalis* L.) root powder, hops (*Humulus lupulus* L.) flower powder, bee pollen, chamomile (*Matricaria recutita* L.) flower powder, Irish moss (*Chondrus crispus*) whole plant powder, locust (*Ceratonina siliqua*) bean powder, xanthan gum, papaya (*Carica papaya* L.) fruit powder, pineapple (*Ananas comosus*) fruit extract, and spirulina (*Arthrospira platensis*).

WARNING: Read and follow instructions carefully. Do not use if you have or develop diarrhea, loose stools, abdominal pain, or intestinal inflammation. Consult with your physician if you have frequent diarrhea. If you are pregnant, nursing, taking a medication, or have a medical condition, consult with your physician before using this product. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not use for more than six weeks without medical advice. KEEP OUT OF REACH OF CHILDREN.

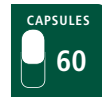


SUPER DETOX™ (60 CAPSULES)

Contains plant extracts (milk thistle fruit, dandelion leaf, and artichoke leaf) that contributes to maintain **normal liver function**.

Ingredients: Red Clover (*Trifolium pretense* L.) flower powder, milk thistle (*Silybum marianum*) fruit extract, gelatin, dandelion (*Taraxacum officinale*) leaf extract, broccoli (*Brassica oleracea* L. Var italica Plenck) seed and leaf extract, artichoke (*Cynara scolymus* L.) leaf extract, and canola oil.

Directions: Take two (2) capsules twice daily with 240 ml of water.



DID YOU KNOW THAT THE LIVER is one of the most important organs in our body. It carries out a number of functions through the day and contributes to a good quality of life.. It's main functions include:

- **Debugging:** the liver recovers and transforms numerous toxins making them harmless before discarding them. In addition, the liver neutralizes medications once they have produced their effects to help avoid accumulation.
- **Synthesis:** the liver is involved in the metabolism of carbohydrates, lipids and proteins.
- **Storage:** the liver stores the fat-soluble vitamins (A, D, K, E). It also stores glycogen to then provide energy to the body if necessary.

WARNING: KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. Do not exceed the recommended daily dose. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

For people with hypothyroidism or low thyroid treatment, consult your doctor.



4Life Fortify™

Nutritional Meal Pack



What could a little girl accomplish with a rich, warm meal in her belly? What could she achieve and dream? What could she grow up to be?

In many parts of the world, children don't get the nourishment they need on a daily basis. So many mothers and fathers struggle to provide the life essential of food for their children—let alone, healthy food that will give kids the vitamins and minerals they need to grow up strong. This problem is especially true of children living in orphanages. So often, there just simply isn't enough food, and kids struggle to function with a painful, empty feeling in their stomachs, often unable to concentrate in school.

Each 4Life Fortify meal pack provides 24 high-quality, child-size meals of rice, lentils, and beans, along with a complete nutritional complex of vitamins, minerals, and 4Life Transfer Factor®. It's the perfect foundation for overall wellness.

These packs are filled with the vitamins and minerals that growing kids so desperately need. Satisfied with a warm and nutrient-rich meal, a child will be able to focus on her daily chores and excelling in math, science, and geography, rather than the distraction of an empty feeling in her stomach.

Visit www.4lifefortify.com to purchase 4Life Fortify and provide a child or a family with a warm and nutrient-rich meal.

www.4lifefortify.com



Fortify a Kid or a Family

Each bag of 4Life Fortify purchased will be donated to children in need around the world with the help of our partner, Feed the Children, a third-party distribution company.

Ingredients: Long Grain White Rice, Lentils, Red Beans, Texturized Vegetable Protein, Dextrin, White Rice Flour, Garlic, Onions, Vitamin Premix (Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Ascorbic Acid, Tocopheryl Acetate, D-Calcium Pantothenate, Niacinamide, Zinc Gluconate, Carbonyl Iron, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Manganese Sulfate, Copper Gluconate, Vitamin A Palmitate, Folic Acid, Sodium Selenite, Potassium Iodide, Biotin, Chromium Chloride, Phytonadione, Cyanocobalamin, Cholecalciferol), Green and Red Bell Peppers, Carrots, Salt, Bovine Colostrum Filtrate and Egg Yolk Concentrate, Hydrolyzed Soy and Corn Protein, Xanthan Gum, Parsley, and Flavorings.
CONTAINS MILK, EGG, AND SOY.



 **24**
SERVINGS

25
LP

Not for resale nor personal use.
For donation through Feed the Children.

* NOTE: 4Life Fortify meal packs are not sent to Europe. 4Life Research™ offers an incentive to buy, donate, and promote 4Life Fortify meal packs. Commission is included in the price of the pack and allows distributors to invest their time and resources to encourage others to join Foundation 4Life's legacy of service. 4Life Fortify is a product created and supported by 4Life Research, a for-profit company that facilitates donations of purchased 4Life Fortify meal packs to non-profit partners such as Feed The Children. Charity partners distribute 4Life Fortify to children in need without charge or fees.

ENROLLMENT REQUIREMENTS FOR EUROPEAN MARKETS

LEARN & SHARE

Thinking about creating your own business?

These are the steps to validate a 4Life Distributor contract in Europe:

1. FILL OUT THE DISTRIBUTOR APPLICATION AND AGREEMENT FORM

Be sure to **sign** on all applicable lines. Even if you sign up online, you must fill out the Distributor Application and Agreement form that can be found on the 4Life web site: www.4life.com.

Be sure to select your country and login.

2. SEND REQUIRED DOCUMENTATION BY FAX OR E-MAIL*

After fulfilling step 1, the following required documentation must be sent by fax or e-mail according to your market*:

- The completed Distributor Application and Agreement form.
- A copy of your passport or any other official ID with a picture.

3. PURCHASE THE STARTER KIT

To have a better knowledge of your new 4Life business and to complete your request to become a 4Life Distributor it is necessary to purchase the Starter Kit if you are resident in Italy, Germany, Spain or Portugal.

*** PLEASE NOTE:** All documentation should be sent by fax or e-mail according to your country of residence. All documentation must be received within 90 days, or your Distributor ID will be converted to a customer account. If you are resident in Italy, Spain or Portugal, please contact the Distributor Services to know the specific enrollment procedure to your market.

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WWW.4LIFE.COM

Country	Phone *	Schedule **	Language(s) ***
Austria	080088668258	9-19 hrs.	German
Belgium	080026124	9-19 hrs.	English - French
Bulgaria	080030019	10-20 hrs.	English - Russian
Croatia	0800200447	9-19 hrs.	English
Czech Republic	800088481	9-19 hrs.	English - Russian
Denmark	80820234	9-19 hrs.	English
Estonia	8000049097	10-20 hrs.	English - Russian
Finland	0800102179	10-20 hrs.	English
France	0805088790	9-19 hrs.	French - English - Spanish
Germany	08000004378	9-19 hrs.	German - Spanish - Russian
Greece	8008481223	10-20 hrs.	English
Netherlands	08005802527	9-19 hrs.	English
Hungary	0680088108	9-19 hrs.	English
Ireland	01800817396	8-18 hrs.	English
Italy	800137003	9-19 hrs.	Italian-Spanish
Latvia	80005426	10-20 hrs.	Russian - English
Lithuania	80000312	10-20 hrs.	Russian - English
Luxembourg	80080926	9-19 hrs.	English
Norway	80024894	9-19 hrs.	English
Poland	800012038	9-19 hrs.	Polish - English
Portugal	800789880	8-18 hrs.	Portuguese-Spanish
Romania	0800896475	10-20 hrs.	English
Slovakia	0800601016	9-19 hrs.	English - Russian
Slovenia	080488843	9-19 hrs.	English - Russian
Spain	900111904	9-19 hrs.	Spanish
Sweden	020888519	9-19 hrs.	English
Switzerland	0800002003	9-19 hrs.	English - Spanish - German
United Kingdom	08000988676	8-18 hrs.	English - Spanish

* Each country now has its own phone number. It is valid for local calls, if you are in UK, you must call the UK number. Therefore, the numbers listed here are not for international calls i.e., if you are in UK and dial the Spanish number your call won't be answered.

** Business Hours here displayed are according to local time.

*** Language(s) in which service is provided to each country.





Product	Plus™	Tri-Factor™	RioVida Burst	RioVida™	RioVida STIX™	Masticable	Classic	Renuvo™	Transfer Factor Vista™	ReCall™	BCV™	Glucooch™	MalePro™	Glutamine Prime™	Belle Vie™	Nutrastart™ Chocolate	Nutrastart™ Vanilla	Carb BLX™	Shape-Fast™ Ultra	Energy Go Stix™ Berry
LP	50	35	25	50	18	35	34	40	38	40	46	46	38	25	40	25	25	20	31	34
Austria	●	■	■	■	●	■	■	■	●	●	■	●	●	●	●	●	●	●	●	●
Belgium	●	■	■	■	■	■	■	■	■	■	■	■	●	■	■	■	●	●	●	●
Bulgaria	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Cyprus	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Czech Republic	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Denmark	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Estonia	■	■	●	■	●	●	●	■	●	■	■	■	●	●	●	●	●	●	●	●
Finland	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
France	●	■	■	■	●	●	●	●	●	■	■	■	●	●	■	●	●	●	●	●
Germany	■	■	■	■	●	■	■	■	■	■	■	●	■	●	■	■	●	●	●	★
Greece	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Hungary	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Ireland	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Italy	■	■	■	■	●	●	●	■	●	■	■	■	●	●	■	●	●	●	●	●
Latvia	●	■	●	■	●	●	●	■	●	●	■	●	●	●	●	●	●	●	●	●
Lithuania	●	■	●	■	●	●	●	■	●	●	■	●	●	●	●	●	●	●	●	●
Luxembourg	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Malta	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Netherlands	●	■	■	■	●	■	■	■	■	■	■	■	■	■	■	■	●	●	●	●
Norway	●	■	◊	■	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊
Poland	★	■	●	■	●	■	■	★	●	★	★	★	★	●	★	●	●	●	●	●
Portugal	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	●	●	●	■
Romania	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Serbia	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊
Slovakia	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Slovenia	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Spain	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	●	●	●	■
Sweden	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Switzerland	●	■	■	■	●	■	■	●	●	●	●	●	●	●	●	●	●	●	●	●
United Kingdom	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	●	●	●	■

- AVAILABLE FOR RESALE.
- ★ UPCOMING LAUNCH
- NOT FOR RESALE (PERSONAL USE ONLY)
- ◊ NOT FOR RESALE NOR PERSONAL USE.

FOR AN UPDATED LIST OF THE RESALE PRODUCTS IN YOUR MARKET, PLEASE VISIT: WWW.4LIFE.COM

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Product	Gentle Facial Cleanser	Refreshing Toner	Life C Energizing Serum™	Day Moisturizer	Night Recovery Cream	Restoring Eye Cream	Toothpaste	Intensive Body Lotion	Renewall™	RiteStart™ Women	RiteStart™ Men	BioEFA™	Fibro AMJ™ Day Time Formula	Fibre System Plus™	Super Detox	PRO-TF	4Life Fortify™
LP	8	12	25	25	30	30	5	8	16	50	50	16	19	20	20	50	25
Austria	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	■	○★
Belgium	●	●	●	●	●	●	●	●	●	●	●	■	●	●	■	■	○★
Bulgaria	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Cyprus	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Czech Republic	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Denmark	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Estonia	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	■	○★
Finland	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
France	●	●	●	●	●	●	●	●	●	●	●	■	●	●	●	■	○★
Germany	●	●	●	●	●	●	●	●	●	●	●	■	●	●	●	■	○★
Greece	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Hungary	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Ireland	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Italy	●	●	●	●	●	●	●	●	●	●	●	■	●	●	●	■	○★
Latvia	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	■	○★
Lithuania	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	■	○★
Luxembourg	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Malta	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Netherlands	●	●	●	●	●	●	●	●	●	●	●	■	●	●	●	■	○★
Norway	○	○	○	○	○	○	○	○	○	○	○	■	○	○	○	■	○★
Poland	●	●	●	●	●	●	●	●	●	●	●	■	●	●	●	■	○★
Portugal	■	■	■	■	■	■	●	■	●	●	●	■	●	■	■	■	○★
Romania	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Serbia	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○★
Slovakia	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Slovenia	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Spain	■	■	■	■	■	■	●	■	●	●	●	■	●	■	■	■	○★
Sweden	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
Switzerland	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	○★
United Kingdom	■	■	■	■	■	■	●	■	●	●	●	■	●	■	■	■	○★

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★ UPCOMING LAUNCH

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