

## HAS RESEARCH BEEN DONE ON 4LIFE TRANSFER FACTOR RENUVO?

In a fully randomised, placebo-controlled safety and efficacy study conducted at the University of Missouri and Auburn University, 4Life Transfer Factor Renuvo™ demonstrated its ability to reduce the inflammatory response to an unhealthy, inflammatory diet (high sugar, high fat).

**TNF-ALPHA** is a pro-inflammatory mediator that signals the inflammatory response. 4Life Transfer Factor Renuvo™ decreased the TNF-alpha response to an unhealthy diet.

**SOD2** is an enzyme at the front line of the body's antioxidant defenses to fight oxidative stress and rid the body of toxins. 4Life Transfer Factor Renuvo™ increased the amount of SOD2 by in

response to the high-sugar, high-fat diet.

**PROTEIN CARBONYLS** are widely measured markers of the cellular damage caused by oxidative stress. As we age, protein carbonyl concentrations generally increase. 4Life Transfer Factor Renuvo™ decreased the unhealthy diet-induced protein carbonyl concentration.

**FAT ACCUMULATION** from the unhealthy diet was also measured. 4Life Transfer Factor Renuvo™ significantly reduced the amount of added central or visceral fat mass.

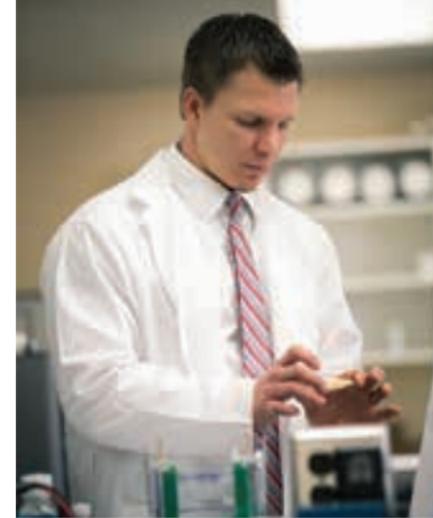
## IF I'M IN MY 20's, CAN I STILL TAKE 4LIFE TRANSFER FACTOR RENUVO™?

Yes! 4Life Transfer Factor Renuvo is formulated for anyone over the age of 18. Physiological damage to the body from stressors like vigorous exercise, work, poor sleeping, and eating habits can happen at any age.

4Life Transfer Factor Renuvo can reduce the inflammatory response to stress so your body can recover more quickly from whatever pushes you out of balance.

## HOW MANY CAPSULES SHOULD I TAKE?

The university study that was performed on 4Life Transfer Factor Renuvo supports the ingestion of one serving (two capsules), two times per day. However, if you exercise vigorously or have a very high body mass (e.g., more than 100kgs), you may experience better results by consuming up to three or four servings per day. When used in combination with vigorous exercise, consume one serving on an empty stomach, first thing in the morning. Take a second serving immediately following exercise, and another serving prior to eating dinner.



// Patent-pending 4Life Transfer Factor Renuvo acts like an adaptogen. Formulated as a foundational product for everyone, it should be consumed daily to help target healthy aging. As you age, there are certain body systems and functions that are more affected than others, including brain function and mood, cellular energy and metabolism, muscle support and strength, adrenal function and recovery, and sexual health and vitality. //

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**4Life**  
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COMMONLY ASKED QUESTIONS ABOUT

## 4LIFE TRANSFER FACTOR RENUVO™

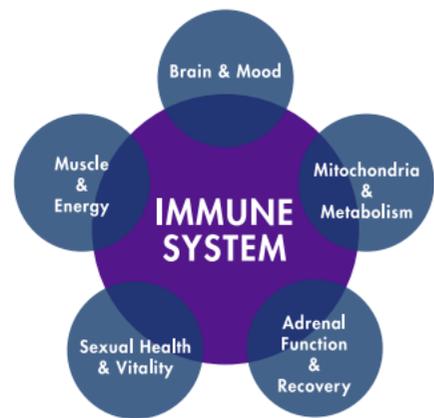


**4Life**

## WHAT IS 4LIFE TRANSFER FACTOR RENUVO™?

4Life Transfer Factor Renuvo is a patent-pending adaptogenic formula that targets healthy aging by supporting a more youthful response to daily life stressors that may push your body out of balance. 4Life Transfer Factor Renuvo is formulated to support:

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



## WHO SHOULD TAKE 4LIFE TRANSFER FACTOR RENUVO™?

4Life Transfer Factor Renuvo should be at the foundation of your supplement arsenal. It is formulated for everyone over the age of 18 who wants a more youthful response to the daily stresses of life.

## WHICH 4LIFE SUPPLEMENTS SHOULD I TAKE WITH 4LIFE TRANSFER FACTOR RENUVO?

Several 4Life products are great to take with 4Life Transfer Factor Renuvo, including RiteStart®, BioEFA with CLA™ (included in RiteStart), 4Life® Transfer Factor Plus® Tri-Factor® Formula (also found in RiteStart) or 4Life Transfer Factor® Tri-Factor® Formula, 4Life Transfer Factor® RioVida® Tri-Factor® Formula, and NutraStart® vanilla flavour.



## HOW DO STRESSORS AFFECT MY BODY?

Whether it's exercise, work, poor sleeping or eating habits, or just exposure to common environmental stressors like air travel or pollution, your body can be thrown off course and off balance. Whatever your age, the key to slowing the telltale signs of aging and feeling like you're ready to take on the world is improving your body's natural response and recovery to these daily life stressors.

## HOW DOES 4LIFE TRANSFER FACTOR RENUVO™ FUNCTION LIKE AN ADAPTOGEN?

An adaptogen helps you adapt to, or recover more favourably to the physiological stresses you encounter. It supports your body's natural feedback and command centre, called the HPA axis, responsible for maintaining or establishing a state of balance. 4Life Transfer Factor Renuvo contains the 4Life® Adaptogenics blend with powerful adaptogenic herbs and other key

active ingredients previously shown to support body systems most affected by aging and physiological stress: rhaponticum, schisandra, and ashwagandha, plus ALCAR (Acetyl-L-Carnitine), green tea extract, turmeric extract, resveratrol, and piperine.

## WHAT IS 4LIFE TRANSFER FACTOR®?

At the core of 4Life Transfer Factor Renuvo™ is the patent-protected 4Life® Tri-Factor® Formula, one of the most revolutionary immune system support extracts available. Transfer factors aren't simply nutrients. They provide knowledge to your body's immune system, supporting its natural ability to respond appropriately when challenged with health threats.

## WHAT IS INFLAMMATION?

A major cause of the aging process is inflammation. Normally, inflammation is a healthy response to infection, trauma, or

other stresses on the body. Even the foods you eat or your sleeping habits can cause inflammation. Inflammation has been linked to advanced aging, fat gain, muscle loss, and even sexual and cognitive decline. You need to keep inflammation under control and create a cellular environment that helps get your body back into balance.

## HOW DOES 4LIFE TRANSFER FACTOR RENUVO HELP WITH INFLAMMATION?

The secret to 4Life Transfer Factor Renuvo is its focus on bringing the natural inflammatory response under control and helping increase the body's natural defenses against physiological stress.