

# PRO-TF™

Your Total Protein Infusion

- Provides 20 g of patent-pending PRO-TF Protein Blend in every 2 scoop serving serving—the most advanced and effective protein available to burn fat, build muscle, and transform your body.
- Includes a critically essential protein source for your body PLUS 600 mg of 4Life Transfer Factor® in every 2 scoop serving!
- Increases muscle growth by 74%<sup>1</sup> and stimulates fat burning by up to 464%<sup>2</sup>
- University-tested

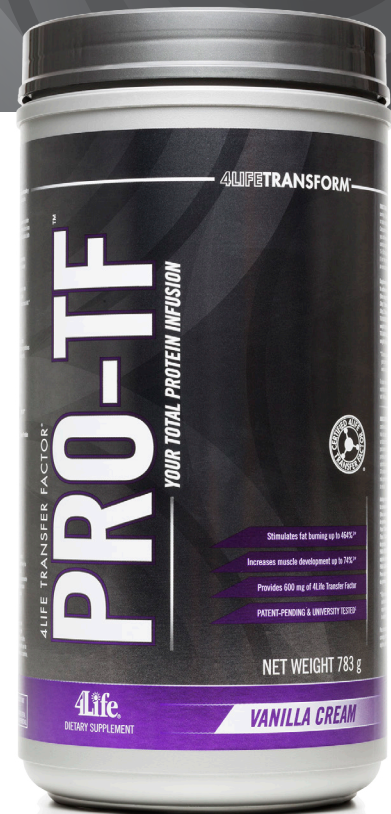
## What is PRO-TF?

PRO-TF is an exclusive protein blend developed by 4Life to help you transform your body so that you can enjoy a more youthful and vibrant life.\* As the flagship product for the 4LifeTransform™ product line, PRO-TF is the only protein powder that contains a full-serving of 4Life Transfer Factor. With its smooth and creamy vanilla flavor, PRO-TF is a delicious and versatile way to get your daily protein, whatever your fitness goal.

Every scoop of PRO-TF provides 10 g of the most advanced and effective protein for optimizing body composition and supporting lean muscle building and mass.\*

PRO-TF has been independently and university-tested to support increased metabolism and calorie burning, healthy fat loss, a feeling of fullness, and better recovery times. And, it bolsters the immune system.\*

PRO-TF is best consumed with six ounces or more of cold water to taste. However, it is also great with NutraStart® for a meal on the go and a total protein infusion!



**PRIMARY SUPPORT:**  
Weight Management\*  
Immune System\*

**SECONDARY SUPPORT:**  
Heart Support\*  
Joint & Bone Health\*

## Ordering Information

Item # 27568—46-serving canister

Item # 27569—12 for the price of 11

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

**4Life**  
TOGETHER, BUILDING PEOPLE™

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## Key features and benefits

- Features highly concentrated, ultra-absorbable, and easily digestible PRO-TF Protein Blend—with low molecular weight (high DH<sup>+</sup>) extensively hydrolyzed protein
- Only 70 calories per serving
- Contains zero grams of lactose and is gluten-free
- Provides over 4,900 mg of essential amino acids (EAAs) and over 2,350 mg of branched chain amino acids (BCAAs)
- Supports increased sports performance and recovery\*
- Offers a more comprehensive amino acid profile than whey protein alone, or soy, pea, or casein proteins

## Did you know?

Human beings cannot live without protein; it gives your body structure, burns fat, builds and protects muscle, and provides critical support to the immune system<sup>3</sup>. When you don't consume enough protein, your body steals it from your muscles. In addition, you can also lose muscle as you age, making protein vital for healthy aging support.

Including protein in each meal will help you feel fuller and maintain a healthy weight.

Not all proteins are created equal. Your body can use animal protein better than plant-based protein. PRO-TF protein was formulated and university-tested to be the best protein available for body transformation, fat-burning, muscle protection, and recovery.\*

**DIRECTIONS:** For best results, combine one (1) serving (1 scoop) with 6 ounces or more of cold water to taste and shake vigorously in a shaker cup. Consume two (2) or more servings per day to help you achieve your daily protein needs. On exercise days: Consume (1) or more servings 15–30 minutes prior to exercising, and consume one (1) or more servings within 30 minutes of completing an exercise session.

## SUPPLEMENT FACTS

Serving Size: One (1) Scoop (17 g)  
Servings Per Container: 46

	Amount Per Serving /	% DV /
<b>Calories</b>	70	
Calories from Fat	10	
<b>Total Fat</b>	1 g	2%*
Saturated Fat	<1 g	2%*
Trans Fat	0 g	
<b>Cholesterol</b>	25 mg	8%*
<b>Total Carbohydrate</b>	5 g	2%*
Sugars	<1 g	
<b>Protein</b>	10 g	20%*
<b>Calcium</b>	50 mg	4%
<b>Sodium</b>	150 mg	6%
<b>Patent-Pending 4LIFETRANSFORM™ Protein Formula</b>	<b>13.43 g</b>	†
<b>Low Molecular Weight PRO-TF™ Protein Blend</b>		
<b>4Life® Hi-DH PRO Whey &amp; Egg Hydrolysate</b>		
A proprietary ratio of low molecular weight peptides from high-DH whey protein hydrolysate and egg white protein hydrolysate.		
<b>4Life® Tri-Factor® Formula</b> (UltraFactor XF®, OvoFactor®, NanoFactor®)		
<b>Undenatured Whey Protein Concentrate</b>		

\*Percent Daily Values (% DV) are based on a 2,000 calorie diet.  
†Daily Value not established.

**OTHER INGREDIENTS:** Low-glycemic maltodextrin, natural vanilla cream flavors, thickener (konjac, fenugreek gum, guar gum), medium chain triglyceride (MCT) oil powder, salt, sucralose, acesulfame-potassium.

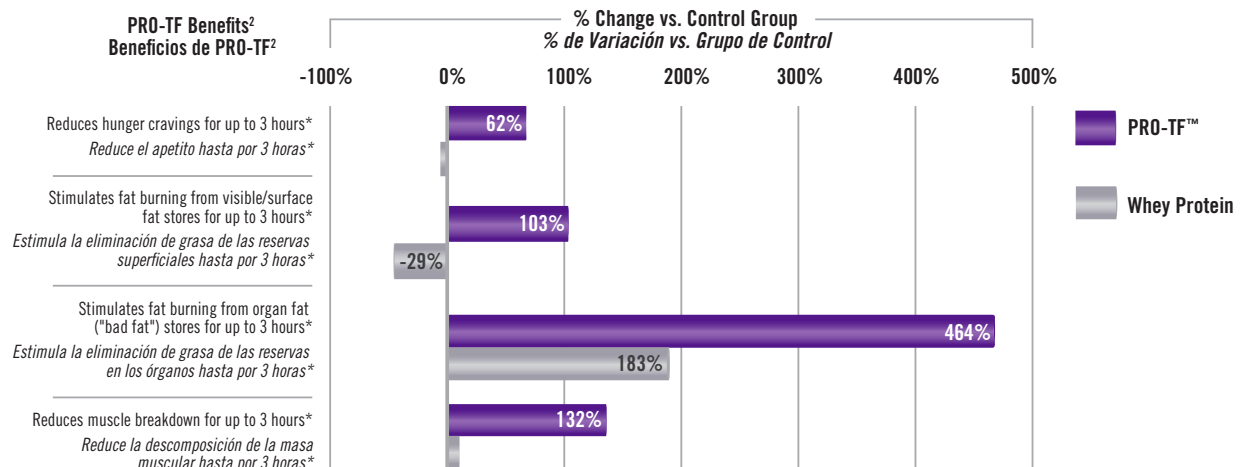
**ALLERGENS:** Contains whey derived from milk, egg albumen from eggs, and less than 1% lecithin from soybeans (to improve mixability of protein).

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## How much protein do you need each day?

**FIRST:** Determine your goal body weight. \*\*

**SECOND:** Calculate your total daily protein needs.

**TO REDUCE BODY FAT AND WEIGHT:** Goal body weight (in lbs) x 1.0 g of protein

**TO GAIN MUSCLE AND STRENGTH:** Goal body weight (in lbs) x 1.33 g of protein

\*\*Choose a goal body weight within 40 lbs of your current body weight. Recalculate your protein needs as you reach this goal.

## Begin your body transformation in 3 easy steps:

**STEP 1:** Calculate your daily protein needs to ensure you're getting enough protein.

**STEP 2:** Start using PRO-TF Protein right away and continue use throughout the day to supplement your daily protein needs.

**STEP 3:** Begin your transformation program. Download the Transform APP or visit [4lifetransform.com](http://4lifetransform.com) to learn more.

<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](http://4Life.com).

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

<sup>3</sup> McDonald, J. (2013, May). The importance of protein. Chicago Defender Retrieved from <http://search.proquest.com/docview/1366362688?accountid=458>

<sup>4</sup>High DH proteins are absorbed faster, more easily digested, and more effectively utilized by the body than other forms of protein.

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