



ENGLISH VERSION



THE IMMUNE SYSTEM COMPANY

PRODUCT CATALOG



WELCOME TO 4LIFE®

More than twenty years 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. 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 are 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 skincare and wellbeing, we are confident that 4Life products will make overall wellness support something you will look forward to every day.

Sincerely,

David and Bianca Lisonbee, 4Life Founders





THE IMMUNE SYSTEM COMPANY

In 1998, Founders David and Bianca Lisonbee embarked on a journey to bring phenomenal 4Life Transfer Factor™ products to the world. Unlike common supplements you find in health food stores, transfer factors aren't vitamins, minerals, or herbs. Instead, they are ultra-filtered proteins and other peptides to reinforce general wellness.*

The introduction of 4Life Transfer Factor opened the door for further research, patented techniques, and a new category of immune system products that support health in a different way—by the immune system, for the immune system. Our in-house Research and Development team and Health Sciences Advisory Board (HSAB), comprised of nutritionists and medical professionals, continually raise the standard for modern-day immune system supplementation and ensure the cutting-edge quality of our products.

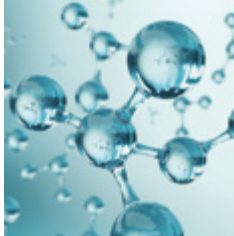
Because of our deep commitment to quality, excellence, and scientific innovation, we certify every 4Life Transfer Factor product we sell. In our state-of-the-art quality control lab, we conduct hundreds of tests on each product to ensure its identity, purity, strength, and composition.

Many products undergo additional, rigorous quality-assurance tests before being released for distribution. Our products are the foundation and heart of our business. We strive to create products that meet and exceed the highest standards, so you can feel confident incorporating them into your health routine and sharing them with your friends and loved ones.*



From left to right: David and Bianca Lisonbee, 4Life Founders; Danny Lee, 4Life President and CEO

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



PRODUCT CATALOG*

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

4Life Research USA, LLC. sells certain products to Affiliates, Demonstrators, and customers within the European Union that are not available for resale in some countries. These products are exclusively for personal consumption or the personal consumption of individuals in their homes and are not intended for resale, distribution or any other commercial purpose. 4Life limits the number of personal products that can be purchased in a single purchase to the reasonable amount that people in your household can consume within 3 months. Not following this policy may limit your privilege to purchase products for personal use.

The 8 Commandments

● ● ● ● ● ● ● ● for a healthy Immune System

1 🏡 I GET ENOUGH SLEEP

Sleep allows the immune system to do its work while the body is at rest. Lack of sleep can lead to more than just fatigue. It can also lead to a less effective immune system.

2 🥗 I CONSISTENTLY EAT A NUTRITIOUS DIET

Consuming a high amount of fruits and vegetables is important, since these foods are generally rich in vitamins A, Folic Acid, Selenium and Zinc. These four nutrients contribute to a normal immune system function.

3 🏃 I EXERCISE

Exercise is key for a healthy immune system for many reasons. Not only does it keep you physically healthy, but it can also help reduce mental stress and even improve your quality of sleep. Moderate exercise is a great way to support a normal immune system.

4 🛌 I DEDICATE TIME TO TOTAL BODY RECOVERY

Exercise is important, but resting after exercise is just as important. Give your body time to recoup after strenuous exercise with a day off and avoid overtraining, since it may wear you and your immune system out.

5 🦠 I LIMIT EXPOSURE TO ILLNESS

It's no secret that viruses are contagious. Avoid being in close contact with people who are ill or who have been exposed to an illness.

6 🌿 I PRACTICE NOURISHING SUPPLEMENTATION

Sometimes it's not easy to nourish your body solely from the food you eat. A daily multivitamin or an immune system-support supplement can help you reach the daily requirements for vitamins specific to normal immune system function.

7 🧘 I MINIMIZE STRESS LEVELS

Mental stress can have a biological effect on your immune system. Your physical reaction to stress can affect the normal functioning of your immune system. Manage stress to support your immune system.

8 🌞 I GET SUFFICIENT SUN

Vitamin D is a key component for a high-functioning immune system. Want a good source? Look no further than your backyard! Depending on the time of year, 5–30 minutes in the sun supports vitamin D synthesis. And during the months with fewer hours of sunshine you can supplement your diet with vitamin D.





WHAT IS THE IMMUNE SYSTEM?

Our immune system is a complex interactive network in our body. It consists of cells, tissues, organs and biological active mobile molecules (antibodies, immunoglobulins, etc.), which together protect the body against viruses, bacteria, fungi or “foreign substances”, ensuring our body’s optimal functioning.

The immune system is in charge of identifying these potential pathogens, neutralizing them to make them harmless, and finally eliminating them from the organism.

As soon as our body perceives a threat — whether external or even internal—, almost immediately we will feel that something is not working as it should. Thanks to all these functions, the immune system is able to recognize, react to, and remember the different threats.

WHAT ARE TRANSFER FACTORS?

Transfer factors are found in mammal’s colostrum and egg yolk which reinforce general wellness. One simple way to understand this is realizing that mother’s milk, apart from nutrients, contains a large amount of transfer factors which ensure the wellness of newborn babies.

THE SCIENCE OF 4LIFE TRANSFER FACTOR™

4Life Transfer Factor products are patented, certified, and thoroughly researched. 4Life Transfer Factor is sourced in three proprietary ways.



TRANSFER FACTOR FROM COLOSTRUM

A proprietary concentrate of filtered proteins and other peptides from colostrum.

TRANSFER FACTOR FROM EGG YOLK

A patented concentrate of filtered proteins and other peptides from egg yolk.

TRANSFER FACTOR TRI-FACTOR

A patented concentrate of ultra-filtered colostrum and egg yolk.

IMMUNE SYSTEM

RECOGNIZE, REACT
AND REMEMBER



4LIFE TRANSFER FACTOR™

When you feel healthy, you can live your best possible life. You need a smart and vigilant immune system to help you fight back against the threats you face each day. 4Life Transfer Factor products contain ingredients like zinc, an essential mineral that contributes to the normal function of the immune system.

Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. Keep out of reach of children. Store in a cool, dry place.



4LIFE TRANSFER FACTOR **PLUS**™ TRI-FACTOR™ FORMULA

Food supplement with zinc, plant and mushroom extracts.

- Made with specific ingredients that help ensure that our immune system is in good conditions.
- Zinc contributes to the normal functioning of the immune system.
- The exclusive combination of aloe vera (*Aloe barbadensis*) and mushroom extracts (*Agaricus blazei*, *Grifola frondosa* and *Lentinus edodes*) support our natural defenses.
- 100 mg of 4Life Tri-Factor Formula per capsule.

Directions: Take three (3) capsules a day with 8 oz (240 ml) of water.

90 capsules • net weight: 42,29 g





4LIFE TRANSFER FACTOR TRI-FACTOR™ FORMULA

Food supplement with colostrum and egg yolk.

- Product containing the highest concentration of Transfer Factor per capsule: 300 mg.
- Perfect for all ages: youth, adults, and seniors.
- Produced with strict raw-material selection criteria and the most efficient ingredient-extraction processes (i.e. ultrafiltration, nanofiltration) to obtain the smallest possible size of active molecules and, thus, be able to include the highest amount in each capsule.

Directions: Take two (2) capsules a day with 8 oz (240 ml) of water.

60 capsules • net weight: 25.92 g



4LIFE TRANSFER FACTOR™ CLASSIC

Food supplement with colostrum

- Original formula developed by 4Life.
- An excellent product to start with.
- It contains 200 mg of colostrum per capsule.
- Produced with strict raw-material selection criteria and the most efficient ingredient-extraction processes (i.e. ultrafiltration, nanofiltration) to obtain the smallest possible size of active molecules and, thus, be able to include the highest amount in each capsule.

Directions: Take three (3) capsules a day with 8 oz (240 ml) of water.

90 capsules • net weight: 24.66 g





4LIFE TRANSFER FACTOR™ CHEWABLE

Food supplement with colostrum and egg yolk.

- Chewy option to enjoy 4Life Transfer Factor with a delicious taste.
- It contains 200 mg of colostrum and egg yolk per tablet.
- Citrus cream flavour, easy to carry and share.
- 4 kcal per tablet
- It contains sugars and sweetener

Directions: Take three (3) tablets a day.

90 chewable tablets • net weight: 88.74 g



TARGETED TRANSFER FACTOR™

Targeted Transfer Factor™ products combine 4Life Transfer Factor with vitamins, minerals and plants to provide a focused and personal level of wellbeing support.

Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. Keep out of reach of children. Store in a cool, dry place.



4LIFE TRANSFER FACTOR™ LUNG

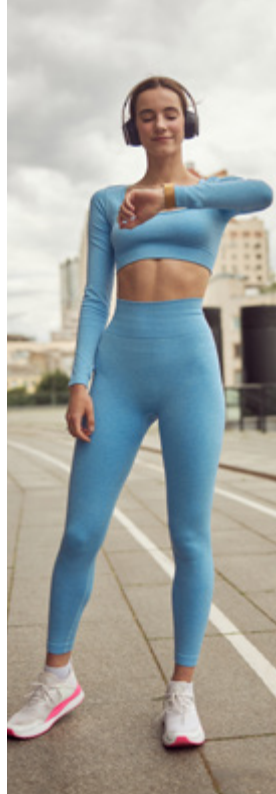
Food supplement with ingredients for a healthy respiratory system.

- Thyme (*Thymus vulgaris* L.) promotes respiratory health and a functioning immune system, has antibacterial properties, favours mucus secretion in the upper respiratory tract and has a calming effect in the event of throat and pharynx irritation.
- N-acetyl-L-cysteine facilitates the elimination of bronchial secretions.
- Vitamin C, vitamin A and Panax ginseng help promote the normal functioning of the immune system.
- Vitamin A helps maintain healthy mucous membranes.
- Vitamin E, vitamin C and Bilberry (*Vaccinium myrtillus*) help protect cells against oxidative stress.

Directions: Take three (3) capsules daily with 240 ml of fluid, one capsule with each main meal.

.....
90 capsules • netweight: 47,25 g

Warnings: Do not give to children under the age of 3. Do not use if you have thyroid dysfunction. Not recommended for children, adolescents and pregnant or breastfeeding women.



4LIFE TRANSFER FACTOR **METABOLITE™**

Food supplement with ingredients that contribute to the metabolic function of the thyroid.

- Selenium and iodine help maintain healthy thyroid function.
- Iodine helps maintain normal thyroid hormone production and normal energy metabolism.
- Selenium helps protect cells against oxidative stress.

Directions: Take three (3) capsules daily with 240 ml of fluid, one capsule with each main meal.

.....
90 capsules • netweight: 47,25 g

Warnings: Do not give to children under the age of 3. Do not use if you have thyroid dysfunction. Not recommended for children, adolescents and pregnant or breastfeeding women.



4LIFE TRANSFER FACTOR COLLAGEN™

Food supplement with vitamins A, C and biotin.

- Refreshing and delicious strawberry and mango flavour.
- Five types of collagen: I, II, III, V and X.
- Exclusive blend of wheat ceramides and astaxanthin.
- 450 µg of biotin per packet.
- With vitamins A, C and E.
- 30.6 kcal per packet.

Directions: Mix one (1) packet with 8 oz (240 ml) or more of your favorite beverage. Take it once a day.

15 packets • netweight: 120 g



2; 5



2; 3

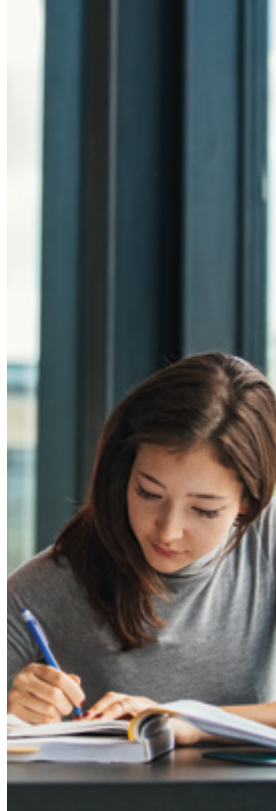
- (1) Contributes to normal collagen formation for the normal function of skin.
- (2) Contributes to the maintenance of normal skin
- (3) Contributes to the maintenance of normal hair.
- (4) Contributes to the protection of cells from oxidative stress.
- (5) Contributes to the normal function of the immune system.

1; 2; 4; 5



4





4LIFE TRANSFER FACTOR™ RECALL™

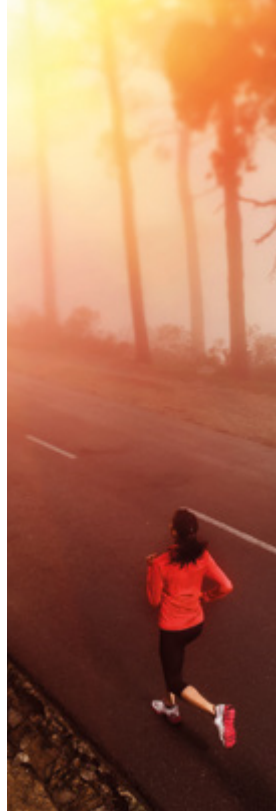
Food supplement with magnesium and plant extracts.

- Magnesium contributes to the normal functioning of the nervous system while reducing tiredness and fatigue.
- Brahmi extract (*Bacopa monnieri* [L.] Pennell) and ginkgo extract (*Ginkgo biloba* L.) can help maintain cognitive function (concentration and memory).
- It also contains choline, the amino acids L-cysteine, L-tyrosine and L-glutamine, as well as 4Life Tri-Factor formula.

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

.....
90 capsules • netweight: 45.01 g

Warnings: Consult your doctor if you simultaneously take anticoagulant medicines.



4LIFE TRANSFER FACTOR™ BCV™

Food supplement with vitamins, minerals and plant extracts.

- Vitamin C contributes to iron absorption and to the normal formation of collagen for the proper function of blood vessels.
- Vitamin B6 and vitamin B12 contributes to the normal formation of red blood cells.
- Vitamin A contributes to the normal metabolism of iron.
- Copper fosters the normal transport of iron.
- Vitamin B6, B9 (folic acid) and vitamin B12 contribute to the normal metabolism of homocysteine*.
- Selenium, zinc and vitamin E contribute to protect cells against oxidative stress**.

- Zinc contributes to the normal metabolism of fatty acids.
- Copper, selenium, zinc, folic acid, and vitamins A, B6, B12, and C are beneficial to the normal functioning of the immune system.

For a complete list of the ingredients, please refer to page 48

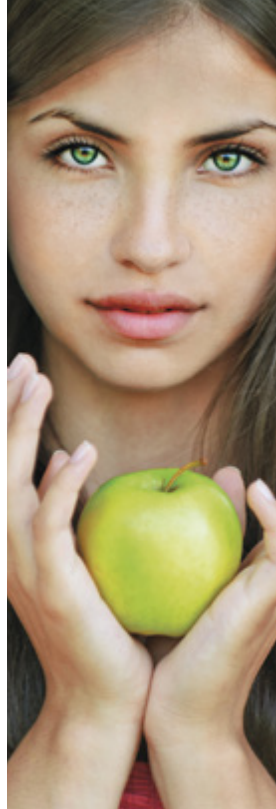
Directions: Take one (1) capsule daily with 8 oz (240 ml) of fluid.

120 capsules • netweight: 91 g

* High homocysteine levels are associated with an increased risk of cardiovascular disease.

** Oxidative damage, oxidative stress, excess free radicals, are related to damage to the arteries, inflammation, etc.

Warnings: Consult your doctor if you simultaneously take anticoagulant medicines.



4LIFE TRANSFER FACTOR™ GLUCOACH™

Food supplement with chromium and plant extracts.

- It contains nutrients that help balance our glucose levels.
- Chromium contributes to maintaining normal blood glucose levels and the normal metabolism* of macronutrients.
- Vitamin C promotes normal energy metabolism and function of the immune system while helping decrease tiredness and fatigue.

For a complete list of the ingredients, please refer to page 48

Directions: Take one (1) capsule daily with 8 oz (240 ml) of fluid.

.....
120 capsules • netweight: 71.88 g

* Metabolism is a term that describes all chemical transformations that nutrients undergo in tissues after they have been digested and absorbed.



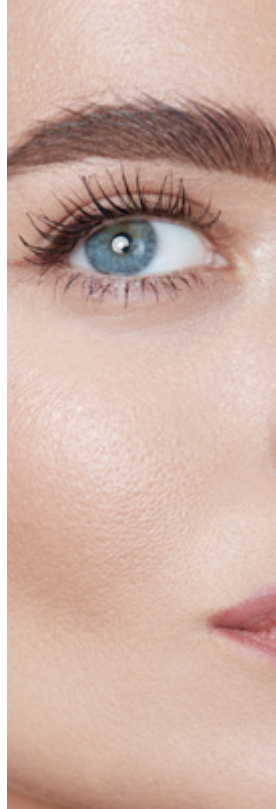
4LIFE TRANSFER FACTOR™ GLUTAMINE PRIME™

Food supplement with glutamine.

- L-glutamine and arginine are two amino acids that help maintain muscle mass.
- Lipoic acid and N-acetyl-L-cysteine are released in our body and they contribute to our energy and offer antioxidant mechanisms.

Directions: Take four (4) capsules daily with 8 oz (240 ml) of fluid. For best results, take 2 capsules in the morning and 2 capsules in the evening.

.....
120 capsules • net weight: 77.64 g



4LIFE TRANSFER FACTOR™ VISTA™

Food supplement with vitamin A, zinc and plant extracts.

- Contains carotenoids, vitamins, zinc, plant extracts, and 50 mg of 4Life 4Life Tri-Factor™ Formula per capsule.
- Vitamin A and zinc support healthy eyes.
- Vitamin C and vitamin E contribute to protect cells against oxidative damage.
- Blueberry extract (*Vaccinium myrtillus* L.) and ginkgo leaf extract (*Ginkgo biloba* L.) promote normal blood circulation in the eye.

Directions: Take one (1) capsule daily with 8 oz (240 ml) of fluid.

.....
60 capsules • net weight: 40.92 g

Warnings: Consult your doctor if you simultaneously take anticoagulant medicines.



4LIFE TRANSFER FACTOR™ REFLEXION™

Food supplement with L-theanine and green oat extract.

The European Agency for Safety and Health at Work (EU-OSHA) reported that more than 40 million workers in the EU are affected by work-related stress.^[1] Among them, 66% of them attributes stress to an excessive workload.^[2]

A hectic lifestyle and daily stress can lead to low concentration and an irritable mood.

- 4Life Transfer Factor Reflexion contains a proprietary blend of wild green oat, L-theanine, and 4Life Tri-Factor Formula.

Directions: Take two (2) capsules with 8 oz (240 ml) of fluid. It is recommended to take one after breakfast and another after lunch.

.....
60 capsules • net weight: 39.59 g

[1] "Research on work-related Stress", European Agency for Safety and Health at Work (2000)

[2] "Pan-European Opinion Poll on Occupational Safety and Health", European Agency for Safety and Health at Work (2013)



4LIFE TRANSFER FACTOR™ MALEPRO™

Food supplement with minerals and plant extracts.

- Zinc and selenium contribute to protect cells against oxidative damage and promote the normal functioning of the immune system.
- Zinc fosters normal fertility and reproduction while helping regulate testosterone levels.
- Selenium supports sperm development (or spermatogenesis).
- Stinging nettle root extract promotes normal prostate function.
- Saw palmetto (*Serenoa repens*) berry extract contributes to normal prostate and reproductive functions.

Directions: Take one (1) capsule daily with 8 oz (240 ml) of fluid.

.....
90 capsules • net weight: 91.8 g

Warnings: Ask your physician and/or pharmacist. Consult your doctor if you suffer from hypothyroidism or follow a thyroid treatment.



4LIFE TRANSFER FACTOR™ BELLE VIE™

Food supplement with plant extracts.

- Specific product for women's health that includes beneficial plant extracts and 4Life Transfer Factor.
- Flaxseed extract (*Linum usitatissimum* L.) promotes digestive comfort and weight control.
- Grape seed extract (*Vitis vinifera* L.) provides antioxidants and improves our circulatory and vascular health.

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

.....
60 capsules • net weight: 34.56 g

Warnings: Consult your doctor if you suffer from hypothyroidism or follow a thyroid treatment.



RIOVIDA™

RioVida products feature a rush of mouth-watering ingredients, including 4Life Transfer Factor™. These products are delicious and refreshing. Ride the river of life with RioVida!

Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.



4LIFE TRANSFER FACTOR™ **RIOVIDA™** TRI-FACTOR™ FORMULA

Food supplement with fruit juice and vitamin C

- Vitamin C contributes to the reduction of tiredness and fatigue, to the protection of cells against oxidative damage and to the normal functioning of the immune system.
- It contains ingredients from 6 fruits: grape, apple, blueberry, pomegranate, açai, and elderberry.
- It contains 600 mg of 4Life Transfer Factor Tri-Factor™ Formula per dose.
- Low in calories: 20 kcal per daily dose.

Directions: Drink 1 oz (30 ml) daily. Shake well before each serving. Once opened, store in the fridge and consume within 14 days.

.....
30 daily servings • net volume: 2 x 500 ml



4LIFE TRANSFER FACTOR™ RIOVIDA BURST™

Edible gel with fruits and vitamin C

- Vitamin C contributes to the reduction of tiredness and fatigue, to the protection of cells against oxidative damage and to the normal functioning of the immune system.
 - It contains ingredients from 6 fruits: grape, apple, blueberry, pomegranate, açai, and elderberry.
 - It contains 600 mg of 4Life Transfer Factor Tri-Factor™ Formula per single dose.
 - Low in calories: 2 kcal per dose
- Gel format that is easy to carry and share.

Directions: Enjoy one packet every day.

.....
15 single doses • net weight: 450 ml



4LIFE TRANSFER FACTOR™ RIOVIDA STIX™

Food supplement powder to prepare a fruit beverage.

Did you know that drinking 2 liters of water a day helps you maintain normal physical and cognitive functions, as well as an adequate body temperature?

- Thanks to the delicious Riovida Stix you can add flavour to your daily water intake.
- It contains ingredients from 5 fruits: grape, apple, blueberry, açai, and elderberry.
- Low in calories: 29 kcal per packet
- Easy-to-prepare format.
- Comfortable size to carry and share.
- It contains 600 mg of 4Life Tri-Factor Formula per packet.

Directions: Pour one (1) packet in 8 oz (240 ml) of water and shake the blend well until it completely dissolves. Enjoy one packet a day.

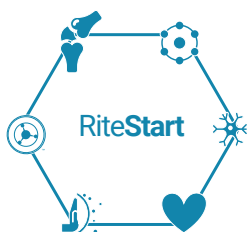
.....
Enjoy one packet a day.



RITESTART™

Food supplement with vitamins, minerals, essential fatty acids, and plant extracts.

RiteStart is a very complete product formulated with 38 ingredients including vitamins, minerals, omega-3 and omega-6 fatty acids, plant extracts, exclusive combination of mushrooms and the 4Life Tri-Factor™ Formula.



- Reduction of tiredness and fatigue.^[1]
- Normal functioning of the immune system.^[2]
- Healthy bones.^[3]
- Regular muscle function.^[4]
- Normal functioning of the nervous system.^[5]
- Protection of cells against oxidative damage.^[6]
- Healthy joints.^[7]
- Normal heart function.^[8]

Directions: Take two (2) packages daily with 8 oz (240 ml) of fluid. For best results, take one packet in the morning and one packet in the evening.

.....
30 packets • net weight: 90.21 g

It contains: [1] iron, magnesium, vitamin C, and vitamin B6; [2] iron, vitamin A, vitamin C, vitamin D, vitamin B6, vitamin B12, an exclusive combination of mushroom extracts, turmeric plant extracts, and aloe vera; [3] calcium and vitamin D; [4] magnesium, calcium, and vitamin D; [5] magnesium, vitamin C, niacin, vitamin B2, thiamine, vitamin B6, vitamin B12, biotin; [6] vitamin C, vitamin B2, extracts of turmeric, and grape seed. [7] bioflavonoids from lemon; [8] omega-3 (the beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA). For a complete list of the ingredients, please refer to page 50.



DIGEST4LIFE™

Digest4Life is 4Life's premier digestive wellbeing line. Your digestive system incorporates multiple, complex steps, and the products' ingredients in the Digest4Life line help support the entire process. Plus, it is the only digestive health line on the market with 4Life Transfer Factor™ formula!

Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. Keep out of reach of children. Store in a cool, dry place.



PRE/O™

Food supplement with bifidobacteria, lactobacillus and oligosaccharides.

Millions of microorganisms live in our body, distributed throughout our skin and mucous membranes. These microorganisms (microbiota) live in different areas and have beneficial activities, such as optimizing the use of nutrients, generating some vitamins, and protecting ourselves. Our current lifestyle —involving an excess of processed foods, low fibre intake, antibiotic treatments, etc.— result in low quality and quantity of our microbiota (i.e. a bacterial imbalance), which can affect our general well-being.

- Each packet contains 875 million colony-forming units from 5 different live culture strains.
- It contains two types of oligosaccharides and corn fibre.
- Thanks to our microencapsulated technology, it does not require refrigeration and allows live cultures to be optimally released into the colon to perform their functions.
- 100 mg of 4Life Tri-Factor™ Formula per packet.
- Easy to carry, share, and ready to take.
- Pleasant lemon taste.
- 14 kcal per packet.

Directions: Take one (1) packet per day. Pour all the content into your mouth. Swallow it WITHOUT CHEWING. If you want, drink water or another beverage afterwards. It is not apt for children under 3 years of age. Children between 3 and 12 years old can take smaller amounts during the day.

.....
15 packets • net weight: 146.5 g

Warnings: Excessive consumption can cause intestinal discomfort. Avoid taking it together with medicines and other fibre-based food supplements. It is not apt for children under 3 years of age.



SUPER DETOX™

Food supplement with plant extracts.

- It contains plant extracts (milk thistle fruit, dandelion leaf and artichoke leaf) that help maintain normal liver function.

Directions: Simultaneously take two (2) capsules a day with 8 oz (240 ml) of fluid.

.....
60 capsules • net weight: 36.84 g

Warnings: Consult your doctor if you suffer from hypothyroidism or follow a thyroid treatment.

FIBRE SYSTEM PLUS™

Food supplement with plant fibres.

CLEANSING AND DIGESTION

The Fibre System Plus cleansing program has 27 ingredients that will help you “tune up” your digestive system.*

When to take Fibre System Plus?

The program can be followed before starting a weight control plan, weeks before an important event, as well as after a certain period of overeating or many celebrations.

Directions: Take one (1) packet half an hour before eating, three times a day, for ten days. For best results, repeat the Fibre System Plus program twice a year.

.....
30 packets • Net weight: 114 g



* 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*.

Warnings: 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. Do not use for more than six weeks without medical advice.



4LIFETRANSFORM™

Live a vibrant life with 4LifeTransform, a line of products to support you on every step of your body transformation journey, whether your goal is to maintain or build muscle, manage your weight, or increase vitality.

Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.



4LIFE TRANSFER FACTOR™ PRO-TF™

Food supplement with high-quality hydrolyzed proteins.

- PRO-TF protein sources (whey and egg white protein) provide a good balance of essential amino acids and 2.3 grams of branched-chain amino acids (BCAAs, namely, isoleucine, leucine, and valine).
- Hydrolyzed proteins are high-absorption proteins, which are easy to digest.
- The low fat and sugar content of this product makes it compatible with diets for athletes and weight control.
- Each shake gives 10 g of hydrolyzed protein and 70 kcal per shake.

Directions: Combine one (1) scoop powder with 240 ml of cold water. Shake or stir until dissolved. Drink.

.....
46 shakes • net weight:

897 G (Chocolate) / 792 g (Vanilla)

IT CONTAINS SWEETENERS

Warnings: This product is accurately packed by weight. Some settling may occur during storage and shipping.



4LIFE TRANSFER FACTOR™ RENUVO™

Food supplement with plant extracts.

4LifeTransform Renuvo contains extracts of adaptogenic plants^[1]: Rhaponticum root, Schisandra fruit and Indian ginseng root. It also contains *Camellia sinensis* extract, with positive effects against fatigue, and Japanese knotweed root extract (resveratrol) with antioxidant properties.^[2]

Directions: Take two (2) capsules twice daily on an empty stomach with 8 oz (240 ml) of water.

120 capsules • net weight: 83 g

¹. Adaptogens are natural plant-base substances that regulate body functions and strengthen organic systems compromised by stress. Definition by SEFIT (Spanish Society of Phytotherapy).

² *Camellia sinensis* (L.) Kuntze. The European Medicines Agency (EMA) approves its traditional use to relieve fatigue and weakness.

3. ID 4464 (EFSA) - *Polygonum cuspidatum*.

4LIFETRANSFORM BURN™

Food supplement with plant extracts.

4LifeTransform Burn™ contains 3 exclusive and valuable plant extracts: citrus fruit extract (*Citrus paradisi*, *Citrus sinensis*, and *Citrus aurantium*), *Coleus forskohlii* root extract, African mango seed extract, and dihydrocapsiate.

Directions: Take two (2) capsules daily with 250 ml of fluid. Take product five or more days per week. For best results, take one hour before exercise.

80 capsules • net weight: 48,16 g



Use only as directed. Not intended for use by persons under 18. Do not use if pregnant or nursing. Consult with your medical professional if you have a medical condition and before starting any diet, supplementation, or exercise program. Use caution when consuming with other products that contain stimulants. A cleansing-like effect may be experienced with initial use, and a general warming sensation may be experienced for several hours after ingestion. These effects typically subside within two or three weeks with continued use. If these or other unusual symptoms persist, discontinue use and consult with a medical professional.



4LIFETRANSFORM™ WOMAN

Food supplement with plant extracts.

- Specially developed for women's health, with L-citrulline, common purslane extract, and evening primrose seed extract.
- Evening primrose seed extract (*Oenothera biennis*) can offer optimal comfort during menstruation and foster skin health.

Directions: Take two (2) capsules twice daily with 250 ml of fluid.

120 capsules • net weight: 79,32 g



4LIFETRANSFORM™ MAN

Food supplement with Panax ginseng and Vitamin D.

- It contains specific ingredients for men's health including vitamin D, *Panax ginseng*, and L-citrulline.
- Vitamin D contributes to normal conditions of bones, as well as the proper functioning of muscles and the immune system.
- Panax ginseng root extract helps maintain sexual health, adequate glucose levels in the blood, cognitive performance, and promote vitality and alertness.

Directions: Take two (2) capsules twice daily with 250 ml of fluid.

120 capsules • net weight: 81,84 g



Warning: Consult your doctor or pharmacist when taking anti-diabetic treatment.



4LIFETRANSFORM CHITOCARB BLX™

Food supplement with chitosan, white kidney bean extract, yeast extract, and dragon fruit extract

The level of **sugar** (glucose) in our blood influences our appetite. If our blood sugar levels are out of balance, we may have a greater feeling of appetite and this feeling may lead us to eat more than necessary.

The more **fat** we absorb from food through our small intestine, the more fat the body has available to use as fuel or to store.

When to take ChitoCARB BLX?

- Family celebrations
- Celebrations with friends
- Business meals
- Trips where we do not know when to eat and how the food will be
- Visits to restaurants or countries with a gastronomic culture based on hearty dishes

Directions: Take 3–6 capsules with 240 ml of water 30 minutes prior to a high fat or high carbohydrate meal. Do not take more than 12 capsules per day.

90 capsules • Net weight: 48,15 g

Specially formulated for occasions that involve food that does not fit into your transformation plan.

Warning: excessive consumption can cause intestinal discomfort. **People suffering from epilepsy and those taking coumarin anticoagulants should not use this product.** Avoid consumption along with medications. There should be a gap of at least 3–4 hours between consuming the product and taking medication. Not a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dose. Keep out of reach of children.



ENERGY GO STIX™

GO FOR IT! 4Life puts the GO in your energetic life with our Energy Go Stix products. Get more done and realize your potential.

Warning: contains caffeine. Not recommended for children or pregnant women. Consult your doctor or pharmacist if you are taking antidiabetic medicines. Not a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dose. Keep out of reach of children.

ENERGY GO STIX™ BERRY

Food supplement with caffeine and plant extracts.

• Energy Go Stix Berry is an energy drink with ingredients that boost our physical and mental energy.

Caffeine helps to improve concentration and to increase alertness.

• It contains the amino acids taurine, L-arginine, L-glutamine and 25 mg of 4Life Transfer Factor™ per daily serving (half packet of Energy Go Stix Berry).

• 52.5 mg of caffeine and only 10 kcal per daily serving (half packet).

Directions: Mix ½ of the packet (2,5 g) in 240 ml of water.

Do not exceed the recommended daily dose.

60 servings • net wt: 150 g

With Sweeteners



ENERGY GO STIX™ TROPICAL

Food supplement with caffeine and plant extracts.

• Vitamin A help regulate our iron metabolism* and immune system.

• Chromium contributes to the normal metabolism of macronutrients and to maintaining normal blood glucose levels.**

• Caffeine helps to improve concentration and to increase alertness.

• 85 mg of caffeine and only 15 kcal per daily serving (one packet).

Directions: Mix 1 packet with 240 ml of water once daily. Do not exceed the recommended daily dose.

15 servings • net wt: 75 g

With Sweeteners



* Iron is one of the minerals that contribute to normal energy metabolism.

** Glucose is an important source of energy for most cells in the body, including those in the brain.

Warning: contains caffeine. Not recommended for children or pregnant women. Consult your doctor or pharmacist if you are taking antidiabetic medicines. Not a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dose. Keep out of reach of children.



äKwä™

The Ancient Korean Water Approach

FLAWLESS. AGELESS. EFFORTLESS

Step away from your day and into your world with a skincare regimen designed to transform the appearance of your complexion using nature-inspired, moisture-rich formulas and ancient Korean beauty techniques. Green tea blends and ferments, rose water, and other water sources come together in naturally fragranced formulas that incorporate the simple science of renewal.



ALL äKwä FORMULAS ARE:

- Paraben-free, sulfate-free, and phthalate-free
- Dermatologist-tested for mildness
- Kind to your skin and the environment
- Cruelty-free—never tested on animals
- Gluten-free
- Formulated with all-natural fragrances

Warning: keep out of reach of children.



FIRST WAVE™ Oil-to-Foam Cleanser

Splash. Rinse. Refresh.

- Combines fermented green tea water and sea water for a refreshing and effective two-phase cleanser.
- Refines pores with rice ferment and provides nourishing and skin-smoothing enzymes to moisturize and purify your complexion.
- Provides a vegan formula that lifts away debris before transforming into a foaming cleanser.

Directions for Use: Lightly massage one to two pumps onto dry skin, covering your entire face and taking care to avoid getting product into eyes. Add room temperature water, lather up, and rinse. Pat dry. Cleanse twice a day, morning and evening. Follow with Glacier Glow Four-Way Toner.

net wt: 3.4 fl oz (100 ml)



LAVAPURE™ Volcanic Mud Mask

Purify. Sustain. Refine.

- Combines fermented green tea water, black soybean extract, and earth-hewn volcanic ash to create a nature-rich, beautifying experience.
- Renews, refreshes, and energizes the look of your complexion, while volcanic properties cleanse the skin's surface for a purifying experience.
- Provides a vegan formula that draws out deep impurities, refines pores, lifts dead skin cells, and during wash-off, exfoliates to smooth and energize the skin's surface.

Directions for Use: After cleansing skin, apply to face, extending to neck and chest if desired. Avoid eyes, nostrils, and mouth. Let dry for 5 to 15 minutes. Then, add water and massage gently to exfoliate. Rinse clean. To use as a spot treatment, dab on problem area, allow to dry, and rinse. Follow with Glacier Glow Four-Way Toner on a cosmetic pad, sweeping across treated area to remove any remaining mud.

net wt: 3.5 oz (100 g)



GLACIER GLOW™ Four-Way Toner

Clear. Illuminate. Prepare.

- Clears and brightens the complexion with fermented green tea water and rose water, while supporting surface smoothness, firmness, elasticity, and optimal moisture levels.
- Prepares your skin for additional cleansing and moisture, primes your skin for cosmetics, sets your makeup look, or mists your skin any time of the day.
- Provides an alcohol-free and vegan formula.

Directions for Use: Gently mist product on your face with eyes closed. Use to (1) tone, (2) prepare your skin for additional moisture, (3) set your makeup, or (4) refresh, settle, and hydrate any time of the day. You can also apply the product on a cotton pad and gently sweep across face to remove any residual makeup. Follow with Precious Pool Vitamin Essence.

net wt: 3.4 fl oz (100 ml)



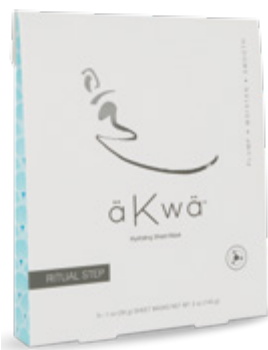
PRECIOUS POOL™ Vitamin Essence

Nourish. Fortify. Brighten.

- Nourishes and moisturizes your complexion with fermented green tea water and red maple leaf extract.
- Provides ingredient support for a healthy skin surface microbiome and skin conditioning.
- Sustains skin's environment against daily stressors.
- Infuses your skin with essential vitamins, ferments, and super-antioxidants in a vegan formula for a nourished, more youthful-looking complexion.

Directions for Use: After cleansing and toning, dispense a small amount onto fingertips and gently sweep over face, neck, and around delicate eye area. Lightly pat into skin until completely absorbed. Follow with Ripple Refine Eye Cream. Use twice a day during your morning and evening regimens.

net wt: 1.7 fl oz (50 ml)



ROYAL BATH™ Sheet Mask

Nice Skin. Moisten. Smooth.

- Provides the only sheet mask in the world with 4Life Transfer Factor from colostrum and egg yolks to soften and soothe the skin to a royal luster.
- Infuses intense and sustained moisture to the skin for a noticeable improvement in the appearance of moisture levels after one use.
- Brightens the complexion and greatly lessens the appearance of fine lines, wrinkles, and lax skin.

Directions for Use: Complete this ritual step after using the Precious Pool Vitamin Essence. Remove mask from package and gently unfold. Carefully place into position on your face, avoiding eye and lip area, and ensuring even contact with skin. Leave on for 15 to 20 minutes to allow serum to penetrate your skin's surface. Remove mask and pat dry until absorbed. Follow with Ripple Refine Eye Cream.

5 x 1 oz (28 g) Sheet masks • NET WT. 5 oz (140 g)



RIPPLE REFINE™ Eye Cream

Polish. Infuse. Firm.

- Soothes puffiness around the eye area with fermented green tea water, cucumber, and bamboo juice.
- Promotes a smoother, more refined, and more polished outer-eye appearance with moisturizers, decadent emollients, and an ancient mushroom that's naturally rich in plant-derived collagen.
- Offers a vegan formula that settles the appearance of dark circles around the eyes.

Directions for Use: Apply small amount onto entire eye area, taking care to avoid getting product into eye, and gently tap with fingertips until absorbed. Begin by testing with a small amount. Follow with RainBurst™ Moisture Cream.

net wt. 1 fl oz (30 ml)

Warning: if irritation occurs, remove product immediately



RAINBURST™ Moisture Cream Quench. Correct. Firm.

- Helps calm and reinvent the skin with fermented green tea water, birch tree sap, and ginseng.
- Offers a surge of intense hydration in a light and airy, cloud-like formula.
- Provides a formula that corrects imperfections and reduces the appearance of wrinkles.

Directions for Use: Directions for Use: Both morning and evening, apply desired amount to cleansed and toned face, neck, and chest. Allow product to absorb.

.....
net wt. 2.5 oz (70 g)



äKwä™ SKINCARE SYSTEM

This system includes one of each formula to help you transform the appearance of your skin using nature-inspired, moisture-rich formulas and ancient Korean beauty techniques.

Content

- First Wave Oil-to-Foam Cleanser
- LavaPure Volcanic Mud Mask
- Glacier Glow Four-Way Toner
- Precious Pool Vitamin Essence
- Ripple Refine Eye Cream
- Royal Bath Sheet Mask 5 ct set
- RainBurst Moisture Cream

PERSONAL CARE

The 4Life® personal care products offer you a truly indulgent experience with top-quality skin care formula.



enummi™ Bath & Body Body Lotion™

- Features the patented 4Life Transfer Factor™.
- Promotes soft, smooth skin with aloe vera and shea butter..

Directions for use: Smooth generously over entire body every day. Repeat as needed.

.....
250 ml



4Life Transfer Factor™ Renewall™

Soothing skin gel.

- Contains ingredients that promote beautiful skin.
- Includes aloe vera, rosemary, chamomile, and lavender.

Directions for use: Apply freely to desired skin areas.

.....
net wt. 2 oz (56,7 g)

Warning: For external use only. Keep out of reach of children. Store in a cool, dry place.



4LIFE FUNDAMENTALS™



BASIC WELLNESS

At 4Life, we've harnessed the purest and finest ingredients for our 4Life Fundamentals products—a supplementation designed to get you on the path to a healthy and active lifestyle.

Warning: do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. Keep out of reach Of children. Store in a cool, dry place.





ESSENTIAL FATTY ACID COMPLEX

Food supplement with omega-3, omega-6 and vitamin E.

- Provides omega-3 fatty acids (ALA, EPA and DHA) from fish oil and omega-6 fatty acids (GLA and CLA) from flax seed oil, borage seed oil and safflower seed oil.
- Each daily dose provides 500 mg of EPA and DHA, which are omega-3 fatty acids contributing to the normal function of the heart.
- Vitamin E contributes to the protection of cells from oxidative stress
- Contains fish oil with a high degree of purity.

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

60 softgels • Net wt: 69,3 g



FIBRO AMJ™

Food supplement with magnesium and boswellia.

- With *Boswellia serrata*, which supports joint health.
- 66.7 mg of magnesium, which contributes to the normal functioning of muscles and healthy bones.
- 3.3 mg of vitamin B6, which helps reduce tiredness and fatigue.
- It contains a combination of glucosamine, methylsulfonylmethane (MSM), and bovine cartilage.

Directions: Take one (1) capsule per day with 250 ml of fluid.

90 capsules • net wt: 84,8 g

Warning: Not for children younger than 12 years old. Inform your doctor or pharmacist in case of concomitant intake of medicinal products. Do not use in case of gastric or duodenal ulcer or gallstones.



4LIFE FORTIFY™

12–24 great-tasting meals of rice, lentils, and beans, along with a complete nutritional complex of vitamins, minerals, and 4Life Tri-Factor™ Formula.

- Provides a protein-rich meal with the texture of a true meal, not simply porridge.
- Supply proper nutrition for individuals of all ages.
- Tastes great and can be enjoyed by different cultures worldwide.

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.

12-24 meals • net wt: 3lbs 8 oz (1608 g)

Warning: 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 Affiliates 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.

4LIFE PRODUCT INGREDIENTS INDEX

4LIFE TRANSFER FACTOR™

4Life Transfer Factor™ Classic: 4Life Transfer Factor™ (made from cow colostrum (**milk**)), gelatine, maltodextrin and water.

4Life Transfer Factor Chewable: 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).

4Life Transfer Factor Plus™ Tri-Factor™ Formula: 4Life Tri-Factor™ Formula (made from colostrum (**milk**) and **egg yolk**), inositol hexaphosphate, **soy** bean powder (*Glycine max* L. Merr.), 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.

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

TARGETED TRANSFER FACTOR™

4Life Transfer Factor BCV™: Magnesium L-lysinate, gelatine, ascorbic acid, garlic (*Allium sativum*), 4Life Transfer Factor™ (made from **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.

4Life Transfer Factor Belle Vie™: Cruciferous vegetable blend (broccoli, cabbage, and 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 colostrum (**milk**) and **egg yolk**), grape seed extract (*Vitis vinifera* L.), red clover (*Trifolium pratense* L.), stabilizer (water), and clove oil (*Syzygium aromaticum* L. Merr.).

4Life Transfer Factor Collagen™: Hydrolyzed **fish** collagen, sweetener (sucrose), maltodextrin, chicken bone broth, natural strawberry mango flavor, ascorbic acid, malic acid (acidity regulator), citric acid (acidity regulator), sodium chloride (flavoring agent), *Haematococcus pluvialis* algae powder, d-alpha-tocopheryl acetate, 4Life Tri-Factor Formula (made from colostrum (**milk**) and **egg yolk**), biotin, sweetener (*Stevia rebaudiana* leaf extract), acidity regulator (sodium acetate), **egg** shell membrane collagen, vitamin A acetate, and wheat (*Triticum aestivum*) seed extract.

4Life Transfer Factor Glutamine Prime™: L-glutamine, stabilizer: gelatin (capsule), L-arginine, N-acetyl-L-cysteine, anti-caking agent: microcrystalline cellulose, alpha lipoic acid, stabilizer: water, anti-caking agent: stearic acid, and colostrum (**milk**).

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

4Life Transfer Factor Lung™: L-ascorbic acid, glazing agent (hydroxypropyl methylcellulose), thyme (*Thymus vulgaris*) leaf and flower extract, 4Life Tri-Factor Formula (made from colostrum (**milk**) and **egg** yolk), N-acetyl L-cysteine, broccoli (*Brassica oleracea*) seed extract, *Panax ginseng* root extract, black cumin (*Nigella sativa*) seed extract, citrus fruit bioflavonoid complex, d-alpha tocopheryl acetate, water, bilberry (*Vaccinium myrtillus*) fruit extract, **mustard** (*Sinapis alba*) seed powder, medium chain triglyceride oil, and beta carotene.

4Life Transfer Factor MalePro™: 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 Tri-Factor Formula (made from colostrum (**milk**) and **egg** yolk), water, zinc oxide, L-selenomethionine, lycopene, and stabilizer (lecithin).

4Life Transfer Factor Metabolite™: Stabiliser (hydroxypropylmethyl cellulose), grape (*Vitis vinifera*) fruit extract, pomegranate (*Punica granatum*) fruit extract, cranberry (*Vaccinium macrocarpon*) fruit powder, olive (*Olea europaea*) leaf extract, grapefruit (*Citrus paradisi*) fruit extract, grape (*Vitis vinifera*) seed extract, chokeberry (*Aronia melanocarpa*) fruit powder, 4Life Tri-Factor Formula (made from colostrum (**milk**) and **egg** yolk), kelp (*Laminaria digitata*) powder, water, L-selenomethionine, and quercetin dihydrate.

Product may contain traces of **fish** and/or **crustacean shellfish**.

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

4Life Transfer Factor Reflexion™: Wild green oat (*Avena sativa* L.) herb extract, L-theanine, coating agent (hydroxypropylmethylcellulose), 4Life Tri-Factor™ Formula (made from colostrum (**milk**) and **egg** yolk), anti-caking agent (magnesium stearate), water, and anti-caking agent (silicon dioxide).

4Life Transfer Factor Vista™:

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).

RIOVIDA™ PRODUCTS

4Life Transfer Factor RioVida Tri-Factor Formula:

Apple juice (*Malus domestica*), blueberry juice (*Vaccinium myrtillus*), grape juice (*Vitis vinifera*), thickener (glycerin), pomegranate juice (*Punica granatum*), elderberry juice (*Sambucus nigra*), 4Life™ Tri-Factor™ Formula (made from colostrum (**milk**) and **egg** yolk), L-ascorbic acid, berry cream flavour, acai berry pulp powder (*Euterpe oleracea*), antifoaming agent (silicon dioxide).

4Life Transfer Factor RioVida Burst™ Tri-Factor

Formula: 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 colostrum (**milk**) and **egg** yolk), gelling agent (xanthan gum, guar gum), berry cream flavor, vitamin c, and emulsifier (monoglycerides).

4Life Transfer Factor RioVida Stix™ Tri-Factor

Formula: Fructose, flavor enhancer (citric acid), grape flavor, 4Life Tri-Factor™ Formula (made from colostrum (**milk**) and **egg** yolk), bulking agent (gum arabic), pomegranate-*açaí* flavor, carrot powder (*Daucus carota*), apple powder (*Malus domestica*), *açaí* 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).

RITESTART™

Ritestart, Multiplex™ Capsule: Tricalcium phosphate, anti-caking agent (microcrystalline cellulose), gelatin, magnesium oxide, ascorbic acid, bulking agent (magnesium stearate), biotin, ferrous sulfate, beta carotene, niacinamide, copper gluconate, anti-caking agent (silicon dioxide), d-tocopherol acetate, calcium D-pantothenate, pyridoxine hydrochloride, thiamin mononitrate, cholecalciferol, riboflavin, cyanocobalamin, and pteroylmonoglutamic acid.

Ritestart, Transfer Factor Plus™ Tri-Factor™

Formula Capsule: 4Life Tri-Factor Formula (made from colostrum (**milk**) and **egg** yolk), **soy** (*Glycine max*) bean extract, inositol hexaphosphate, gelatin, zinc gluconate, *Cordyceps sinensis*, baker's yeast, *Agaricus blazei*, *aloe* (*Aloe barbadensis*), oat (*Avena sativa*) seed extract, maitake mushroom (*Grifola frondosa*), shiitake mushroom (*Lentinus edodes*), anti-caking agent (magnesium stearate), and anti-caking agent (silicon dioxide).

Ritestart, Antioxidant Capsule: Green tea (*Camellia sinensis*), citrus bioflavonoids, gelatin, acerola (*Malpighia glabra*), curcumin (*Curcuma longa*), bulking agent (microcrystalline cellulose), grape (*Vitis vinifera*), pine (*Pinus maritima*), anti-caking agent (magnesium stearate), and anti-caking agent (silicon dioxide).

Ritestart, Essential Fatty Acid Complex softgel

capsule: **Fish** oil, gelatin, water, glazing agent (glycerol), flax (*Linum usitatissimum*) seed oil, borage (*Borago officinalis*) seed oil, safflower (*Carthamus tinctorius*) seed oil, and antioxidant (tocopherol-rich extract).

DIGEST4LIFE™

Fibre System Plus™: 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 (*Cerantonia siliqua*) bean powder, xanthan gum, papaya (*Carica papaya* L.) fruit powder, pineapple

(*Ananas comosus*) fruit extract, and spirulina (*Arthrospira platensis*).

PRE/O™: Galactooligosaccharides, corn fiber, fructooligosaccharides, fully hydrogenated coconut oil (*Cocos nucifera*), cane sugar, maltodextrin, 4Life Tri-Factor Formula (made from colostrum (**milk**) and **egg** yolk), **fish** gelatin, natural lemon flavouring, thickener (glycerol), *Bifidobacterium longum* subsp. *infantis*, sodium chloride, emulsifier (**soy** lecithin), *Bifidobacterium longum*, stabilizer (pectins), *Lactobacillus rhamnosus*, *Lactobacillus acidophilus*, sweetener (steviol glycosides), and *Bifidobacterium animalis* subsp. *lactis*.

Super Detox™: Red clover (*Trifolium pratense* 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.

4LIFETRANSFORM™

4LifeTransform Burn™: Citrus (*Citrus paradisi*, *Citrus sinensis* and *Citrus aurantium*) fruits extract, *Coleus forskohlii* root extract, coating agent (hydroxypropylmethylcellulose), African mango (*Irvingia gabonensis*) seed extract, dihydrocapsiate, water, ginger (*Zingiber officinale*) root oil, and anticaking agent (magnesium stearate).

4LifeTransform Man: L-citrulline, citrus fruit bioflavonoid complex, coating agent (hydroxypropyl methylcellulose), *Panax ginseng* root extract, cholecalciferol, medium chain triglycerides, and water.

4LifeTransform Woman: L-Citrulline, coating agent (hydroxypropylmethylcellulose), evening primrose (*Oenothera biennis*) seed extract, purslane (*Portulaca oleracea* L.) herb extract, anti-caking agent (magnesium stearate), medium chain triglyceride oil, and water.

ChitoCarb BLX™: Chitosan (crustaceans), glazing agent (hydroxypropylmethylcellulose), anti-caking agent (calcium phosphate), white kidney bean (*Phaseolus vulgaris*) extract, yeast (*Saccharomyces cerevisiae*) extract, dragon fruit (*Hylocereus undulatus*) extract, and water.

PRO-TF™ Chocolate: Whey protein (milk, soy), maltodextrin, egg white protein, cocoa powder, natural chocolate flavor, medium chain triglycerides, 4Life Tri-Factor™ Formula (made from colostrum (milk) and egg yolk), sodium chloride, thickeners (xanthan gum, sodium carboxymethylcellulose), and sweeteners (sucralose, acesulfame K).

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

Renuvo™: Rhaponticum (*Rhaponticum carthamoides* (Willd.) Iljin) root extract, schisandra (*Schisandra chinensis* (Kurz.) Baill.) fruit extract, gelatine, L-carnitine, green tea (*Camellia sinensis* L. Kuntze) leaf extract, ashwagandha (*Withania somnifera* L. Dunal) root extract, 4Life® Tri-Factor™ Formula (made from colostrum (milk) and egg yolk), turmeric (*Curcuma longa* L.) root extract, Japanese knotweed (*Polygonum cuspidatum* Siebold et Zucc.) root extract, black pepper (*Piper nigrum* L.) fruit extract, and anti-caking agent (silicon dioxide).

ENERGY PRODUCTS

Energy Go Stix™ Berry: Isomaltulose (a combination of glucose and fructose), 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, cranberry flavour, anti-caking agent (silicon dioxide), colorant (red beet), sweetener (sucralose), guarana (*Paullinia cupana* Kunth., Bonpl. et Kunth) seed extract, colorant (beta carotene), 4Life Transfer Factor™ Formula (made from colostrum (milk) and egg yolk), and flavour enhancer (sodium acetate).

Energy Go Stix™ Tropical: Maltodextrin, taurine, green tea (*Camellia sinensis*) leaf extract, L-arginine, L-glutamine, acidity regulator (malic acid), natural mango flavor, yerba mate (*Ilex paraguariensis*) leaf extract, creatine, natural passion fruit-type flavor, beta carotene, anti-caking agent (silicon dioxide), acidity regulator (citric acid), natural passion fruit flavor, L-ornithine alpha-ketoglutarate, L-carnitine, eleuthero (*Eleutherococcus senticosus*) root extract, guarana (*Paullinia cupana*) seed extract, maca (*Lepidium meyenii*) root extract, 4Life Transfer Factor™ (made from colostrum (milk) and egg yolk), sweetener (sucralose), cherry extract, natural pineapple flavor, rhodiola (*Rhodiola rosea*) root extract, American ginseng (*Panax quinquefolium*) root extract, Korean ginseng (*Panax ginseng*) root extract, sweetener (acesulfame potassium), and chromium nitrate.

äKwä™ SKIN CARE

First Wave™ Oil-to-Foam Cleanser: Water, glycerin, dipropylene glycol, coco-betaine, coco-glucoside, acrylates copolymer, polyglyceryl-10 laurate, sodium methyl cocoyl taurate, 1,2-hexanediol, *Camellia sinensis* leaf water, sea water, rice ferment filtrate (sake), *Cucurbita pepo* (pumpkin) fruit extract, *Saccharomyces ferment*, bioflavonoids, *Brassica oleracea italica* (broccoli) extract, *Aloe barbadensis* leaf extract, *Helianthus annuus* (sunflower) seed oil, *Olea europaea* (olive) fruit oil, *Geranium maculatum* oil, *Citrus aurantium bergamia* (bergamot) fruit oil, *Cymbopogon martini* oil, *Lavandula angustifolia* (lavender) oil, *Citrus junos* fruit extract, *Pinus densiflora* leaf extract, *Anthemis nobilis* flower oil, *Artemisia annua* extract, *Citrus aurantium dulcis* (orange) peel oil, ethylhexylglycerin, potassium cocoyl glycinate, sodium chloride, tromethamine, potassium cocoate, propanediol, caprylic/capric triglyceride, disodium EDTA, sodium lauryl glycol carboxylate, caprylyl glycol, and butylene glycol.

Glacier Glow™ Four-Way Toner: *Camellia sinensis* leaf water, isopentylidol, glycerin, butylene glycol, 1,2-hexanediol, niacinamide, water, *Saccharomyces ferment*, *Rosa damascena* flower water, adenosine, *Undaria pinnatifida* nexttract, *Laminaria japonica* extract, *Hizikia fusiforme* extract, *Centella asiatica* extract, *Glycyrrhiza glabra* (licorice) root extract, *Camellia sinensis* leaf extract, *Rosmarinus officinalis* (rosemary) leaf extract, *Chamomilla recutita* (matricaria) flower extract, *Scutellaria baicalensis* root extract, *Polygonum cuspidatum* root extract, *Camellia japonica* flower extract, *Andrographis paniculata* extract, *Morus nigra* fruit extract, allantoin, *Citrus unshiu* peel extract, ethylhexylglycerin, propanediol, betaine, and disodium EDTA.

Precious Pool™ Vitamin Essence: *Camellia sinensis* leaf water, isopentylidol, butyleneglycol, dipropylene glycol, cetyl ethylhexanoate, methyl gluceth-20, niacinamide, 1,2-hexanediol, polyglyceryl-3 distearate, octyldodecanol, water, *Saccharomyces ferment*, adenosine, ascorbyl glucoside, *Saccharomyces lysate* extract, *Acer saccharum* (sugar maple) extract, *Centella asiatica* extract, *Glycyrrhiza glabra* (licorice) root extract, *Scutellaria baicalensis* root extract, *Rosmarinus officinalis* (rosemary) leaf extract,

Camellia sinensis leaf extract, *Camellia japonica* flower extract, arginine, allantoin, panthenol, *Citrus unshiu* peel extract, *Morus nigra* fruit extract, *Cymbopogon martini* oil, *Lavandula angustifolia* (lavender) oil, *Anthemis nobilis* flower oil, *Chamomilla recutita* (matricaria) flower extract, *Geranium maculatum* oil, *Polygonum cuspidatum* root extract, *Andrographis paniculata* extract, *Citrus aurantium bergamia* (bergamot) fruit oil, *Citrus aurantium dulcis* (orange) peel oil, betaine, ethylhexylglycerin, glyceryl stearate citrate, carbomer, propanediol, and caprylyl glycol.

Ripple Refine™ Eye Cream: *Camellia sinensis* leaf water, glycerin, butylene glycol, hydrogenated polydecene, caprylic/capric triglyceride, polyglyceryl-3 distearate, 1,2-hexanediol, cetearyl alcohol, niacinamide, *Olea europaea* (olive) fruit oil, water, *Butyrospermum parkii* (shea) butter, *Tremella fuciformis* (mushroom) extract, sodium hyaluronate, *Saccharomyces ferment*, ascorbyl glucoside, adenosine, *Cucumis sativus* (cucumber) extract, *Bambusa arundinacea* juice, *Centella asiatica* extract, *Camellia sinensis* leaf extract, *Anthemis nobilis* flower oil, *Polygonum cuspidatum* root extract, *Glycyrrhiza glabra* (licorice) root extract, *Rosmarinus officinalis* (rosemary) leaf extract, *Scutellaria baicalensis* root extract, *Camellia japonica* flower extract, *Morus nigra* fruit extract, *Citrus unshiu* peel extract, *Lavandula angustifolia* (lavender) oil, *Andrographis paniculata* extract, *Citrus aurantium bergamia* (bergamot) fruit oil, *Geranium maculatum* oil, *Citrus aurantium dulcis* (orange) peel oil, *Cymbopogon martini* oil, *Chamomilla recutita* (matricaria) flower extract, betaine, glyceryl stearate, glyceryl stearate citrate, ethylhexylglycerin, sorbitan isostearate, disodium EDTA, propanediol, behenyl alcohol, polyglyceryl-3 methylglucose distearate, ammonium acryloyldimethyltaurate/VP copolymer, hydroxyethylacrylate/sodium acryloyldimethyltaurate copolymer, and caprylyl glycol.

LavaPure™ Volcanic Mud Mask: *Camellia sinensis* leaf water, kaolin, glycerin, bentonite, butylene glycol, magnesium aluminum silicate, charcoal powder, 1,2-hexanediol, volcanic ash, *Coix lacryma-jobi* Ma-yuen seed extract, *Prunus armeniaca* (apricot) seed powder, *Juglans regia* (walnut) shell powder, *Glycine max* (soybean)

seed extract, bioflavonoids, Aloe barbadensis leaf extract, *Oryza sativa* (rice) extract, *Oryza sativa* (rice) bran extract, *Sesamum indicum* (sesame) seed extract, *Geranium maculatum* oil, *Avena sativa* (oat) kernel extract, *Pinus densiflora* leaf extract, *Citrus junos* fruit extract, *Artemisia annua* extract, *Lavandula angustifolia* (lavender) oil, *Citrus aurantium bergamia* (bergamot) fruit oil, *Saccharomyces ferment*, *Cymbopogon martini* oil, *Brassica oleracea italica* (broccoli) extract, *Phaseolus radiatus* seed extract, *Anthemis nobilis* flower oil, silica, water, xanthan gum, *Citrus aurantium dulcis* (orange) peel oil, ethylhexylglycerin, propanediol, disodium EDTA, hydroxyacetophenone, C12-14 pareth-12, caprylyl glycol, pentylene glycol, and dipropylene glycol.

RainBurst™ Moisture Cream: Camellia sinensis leaf water, water, butyleneglycol, cetyl ethylhexanoate, octyldodecanol, glycerin, cetyl alcohol, phytosteryl isostearyl dimer dilinoleate, polyglyceryl-3 methylglucose distearate, Simmondsia chinensis (jojoba) seed oil, niacinamide, hydrogenated vegetable oil, beeswax, 1,2-hexanediol, Panax ginseng root extract, adenosine, Centella asiatica extract, sodium hyaluronate, *Saccharomyces ferment*, honey extract, *Andrographis paniculata* extract, *Betula platyphylla japonica* juice, *Scutellaria baicalensis* root extract, panthenol, *Polygonum cuspidatum* root extract, Camellia sinensis leaf extract, *Glycyrrhiza glabra* (licorice) root extract, *Rosmarinus officinalis* (rosemary) leaf extract, *Anthemis nobilis* flower oil, *Morus nigra* fruit extract, *Chamomilla recutita* (matricaria) flower extract, *Citrus unshiu* peel extract, *Citrus aurantium bergamia* (bergamot) fruit oil, *Lavandula angustifolia* (lavender) oil, Camellia japonica flower extract, *Cymbopogon martini* oil, *Geranium maculatum* oil, *Citrus aurantium dulcis* (orange) peel oil, hydroxyacetophenone, glyceryl stearate, caprylic/ capric triglyceride, disodium EDTA, ethylhexylglycerin, microcrystalline wax, glyceryl stearate SE, ammonium acryloyldimethyltaurate/ VP copolymer, propanediol, bisdiglycerol polyacryladipate-2, caprylyl glycol, pentylene glycol, and dipropylene glycol.

Royal Bath™ Sheet Mask: Water, glycerin, butylene glycol, niacinamide, Lactobacillus/milk ferment filtrate, adenosine,

hyaluronic acid, sodium hyaluronate, sodium hyaluronate crosspolymer, hydrolyzed hyaluronic acid, hydrolyzed sodium hyaluronate, colostrum, dried egg yolk, Camellia sinensis leaf extract, *Glycyrrhiza glabra* (licorice) root extract, dipotassium glycyrrhizate, panthenol, *Zingiber officinale* (ginger) root extract, *Coptis chinensis* root extract, allantoin, arginine, *Citrus limon* (lemon) fruit extract, *Citrus nobilis* (mandarin orange) oil, *Eucalyptus globulus* leaf oil, *Geranium maculatum* oil, *Lavandula angustifolia* (lavender) oil, *Pinus palustris* oil, trehalose, ethylhexylglycerin, carbomer, hydroxyethylcellulose, 1,2-hexanediol, disodium EDTA, PEG-60 hydrogenated castor oil, and pentylene glycol.

4LIFE PERSONAL CARE

enummi™ Body Lotion: 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, phenoxyethanol, cyclopentasiloxane, caprylyl glycol, triethanolamine, tocopheryl acetate, *camellia sinensis* extract, dimethicone, colostrum, carbomer, *santalum album* extract, *phellodendron amurense* bark extract, *moringa pterygosperma* extract, cyclohexasiloxane, parfum, PEG-100 stearate, allantoin, sodium PCA, limonene, sorbic acid, dried egg yolk, disodium EDTA, leuconostoc/ radish root ferment filtrate, hexyl cinnamal, *aloe barbadensis* gel, linalool, linalil, citronellol, phospholipids, geraniol, retinyl palmitate, and ascorbyl palmitate.

4Life Transfer Factor™ Renewall™: Aqua, colostrum, PPG-2 isoceteth-20 acetate, butylene glycol, triethanolamine, 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.

BASIC WELLNESS

Essential Fatty Acid Complex: Fish oil, gelatin, water, glazing agent (glycerol), flax (*Linum usitatissimum*) seed oil, borage (*Borago officinalis*) seed oil, safflower (*Carthamus tinctorius*) seed oil, and antioxidant (tocopherol-rich extract).

Fibro AMJ™ Day-Time Formula: Glucosamine hydrochloride (crab and shrimp **crustaceans**), acid (malic acid), magnesium oxide, coating agent (gelatine), methyl sulfonyl methane, bovine cartilage powder, peppermint (*Mentha x piperita*) leaf powder, *Boswellia serrata* gum extract, water, anti-caking agent (stearic acid), N-acetyl L-cysteine, peppermint flavour, pyridoxine hydrochloride, bromelain, grape (*Vitis vinifera*) seed extract, L-cysteine, devil's claw (*Harpagophytum procumbens*) root extract, alpha lipoic acid, and anti-caking agent (silicon dioxide).

4Life Fortify™:

For ingredient list, please visit 4life.com





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