

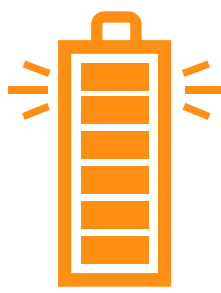


**4Life**

## Food supplement for the **immune system**<sup>1</sup>



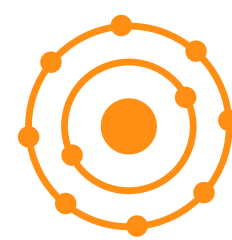
**Immune system**<sup>1</sup>



**Tiredness  
and fatigue**<sup>3</sup>



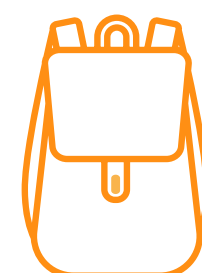
**Low  
in calories**<sup>4</sup>



**Oxidative  
stress**<sup>2</sup>



**Energy  
metabolism**<sup>3</sup>



**Easy to carry  
and share**



**1000 mg  
4Life Tri-Factor**<sup>5</sup>

**4LIFE<sup>®</sup> TF-BOOST<sup>™</sup>**

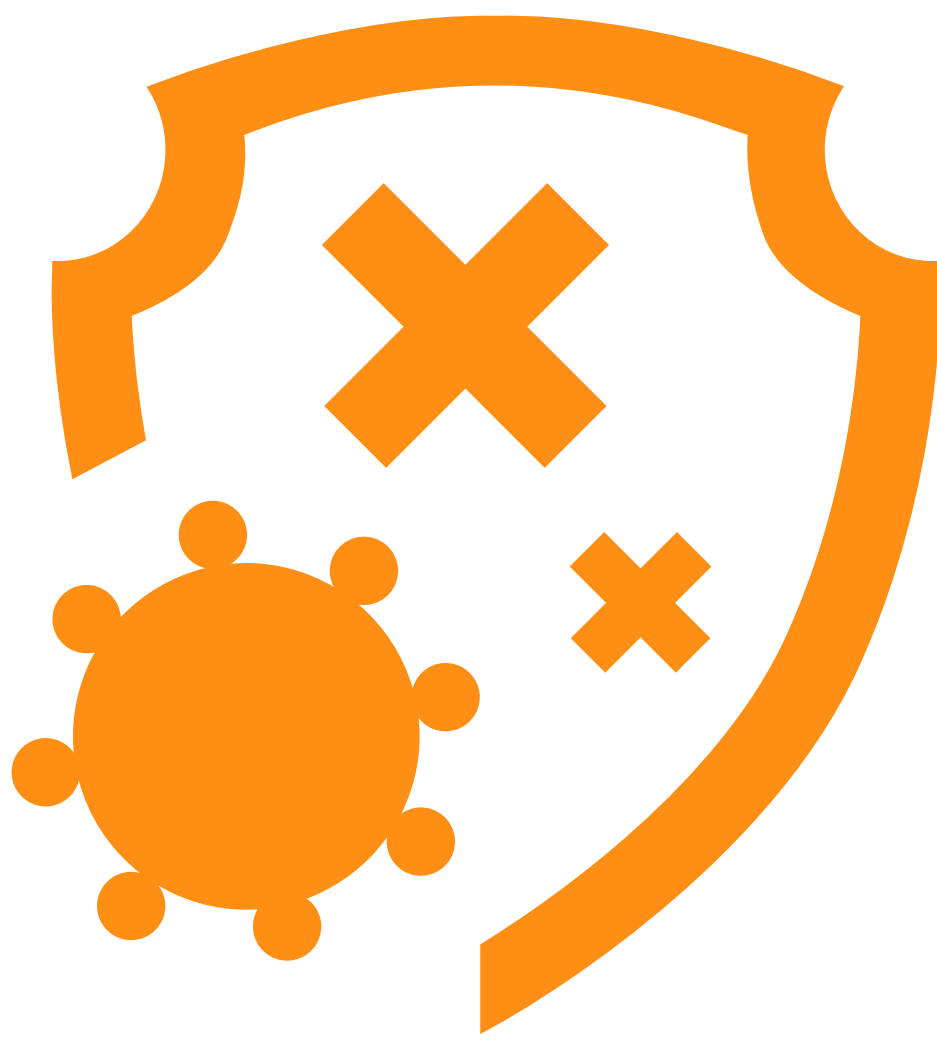
**IMMUNE SYSTEM**

- (1) Vitamins C, D, B6 and zinc contribute to the normal functioning of the immune system.
- (2) Vitamins C, B2 (Riboflavin) and zinc help protect cells against oxidative stress.
- (3) Vitamins C, B6 and B2 (Riboflavin) help reduce tiredness and fatigue and help maintain normal energy metabolism.
- (4) 27 kcal per packet (15 kcal per 100 ml of prepared product).
- (5) Product containing the highest amount of 4Life Transfer Factor.

# Our defence systems

**Our current demanding lifestyles mean our bodies are very well prepared and boast complex and highly organised defence mechanisms, including:**

- **Immune system:** made up of external defence barriers, consisting of skin and mucous membranes and internal barriers, in cells, such as macrophages and lymphocytes, among others.
- **Antioxidant system:** consisting of enzymes such as catalase, superoxide dismutase, and other elements such as glutathione.





## Everyday challenges

Sometimes, an external supplement or boost can be of great help, since our bodies cannot always keep up with the pace of our daily lives:

- **During long, frequent trips**, we are faced with changes in temperature, adverse environmental conditions and pollution in larger cities.
- In **busy places or on crowded transport**, such as airports, aeroplanes, trains, the underground and buses, exposure to infections may be higher.
- **Strenuous exercise or strict training** may cause greater production of free radicals, which may compromise the immune system.
- **Situations of physical or emotional stress** can also affect our immunity.





## What does TF-Boost™ offer?

- **1,000 mg of 4Life Transfer Factor™** per daily dose.
- A powerful **immune formula** with vitamin B6, vitamin C, vitamin D and zinc, which contribute to the normal functioning of the immune system.
- A powerful **antioxidant formula** with vitamins C, B2 (Riboflavin) and zinc, which help protect cells against oxidative stress.
- Vitamins C, B6 and B2 (Riboflavin) which help **reduce tiredness and fatigue** and help maintain **normal energy metabolism**.
- A drink with **natural sweetener** (stevia).
- Practical packet format which is **easy to carry**, easy to prepare and can be used at any time.





# Healthy Lifestyle

**As well as including TF-Boost to keep up with your pace of life, remember:**

- Eat a varied and balanced diet rich in plant-based foods.
- Get plenty of rest, make sure you relax properly and get enough sleep.
- Exercise regularly.

**And if possible, try to avoid or cut down:**

- Excessive alcohol consumption.
- Stress.
- Being too sedentary.







5

PACKETS



35,55 g

NET WT

**MIX ONE (1) PACKET WITH 180 ML OF WATER.  
TAKE IT ONCE A DAY.**

## NUTRITIONAL INFORMATION

**Daily dose:** one (1) packet (7.11g)

**Doses per box:** 5 packets

Amount per daily dose	%NRV*	
<b>Calories:</b>	<b>27 kcal</b>	-
<b>Protein:</b>	<b>0.37 g</b>	-
<b>Carbohydrates:</b>	<b>6.04 g</b>	-
of which sugars:	3.42 g	-
<b>Fat:</b>	<b>0.23 g</b>	-
<b>Salt:</b>	<b>1 mg</b>	-
Vitamin C	1,000 mg	1250%
Zinc	8 mg	80%
Vitamin B6	1 mg	71%
Riboflavin	0.8 mg	57%
Vitamin D	10 µg	200%
Colostrum	700 mg	-
Egg yolk	300 mg	-

**\*%NRV: nutritional reference values**

With sugar and sweetener.

**Warnings:** If you are pregnant, breastfeeding or taking medication, consult your doctor before using this product. Do not use for prolonged periods without the advice of a specialist. Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. Do not exceed the recommended daily dose. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

## INGREDIENTS:

Sucrose, L-ascorbic acid, 4Life Tri-Factor Formula (made from colostrum (**milk**) and **egg** yolk), flavouring, antioxidant (citric acid), flavouring, acidity regulator (sodium bicarbonate), stabiliser (calcium carbonate), sodium chloride (salt), colorant (beta carotene), sweetener (steviol glycosides), acidity regulator (magnesium carbonate), colorant (bright orange colorant (sweet pepper concentrate (*Capsicum annuum*), carrot concentrate (*Daucus carota*))), flavouring, zinc oxide, cholecalciferol, colorant (beetroot), pyridoxine hydrochloride and riboflavin 5'-phosphate sodium.



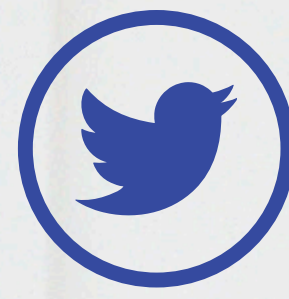
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catalogue**



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