



WWW.4LIFE.COM

Country	email	Phone*	Schedule**	Language(s)***
Austria	austria@4life.com	0800 802 959	9-19 hrs.	German
Belgium	belgium@4life.com	080026124	9-19 hrs.	English - French
Bulgaria	bulgaria@4life.com	080030019	10-20 hrs.	English - Russian
Croatia	croatia@4life.com	0800200447	9-19 hrs.	English
Czech Republic	czechrepublic@4life.com	800088481	9-19 hrs.	English - Russian
Denmark	denmark@4life.com	80820234	9-19 hrs.	English
Estonia	estonia@4life.com	8000049097	10-20 hrs.	English - Russian
Finland	finland@4life.com	0800102179	10-20 hrs.	English
France	france@4life.com	0805088790	9-19 hrs.	French - English - Spanish
Germany	germands@4life.com	08000004378	9-19 hrs.	German - Spanish - Russian
Greece	greece@4life.com	8008481223	10-20 hrs.	English
Hungary	hungary@4life.com	0680088108	9-19 hrs.	English
Ireland	ireland@4life.com	01800817396	8-18 hrs.	English
Italy	italy@4life.com	800137003	9-19 hrs.	Italian-Spanish
Latvia	latvia@4life.com	80005426	10-20 hrs.	Russian - English
Lithuania	lithuania@4life.com	80000312	10-20 hrs.	Russian - English
Luxembourg	luxembourg@4life.com	80080926	9-19 hrs.	English
Netherlands	netherlands@4life.com	08005802527	9-19 hrs.	English
Norway	norway@4life.com	80024894	9-19 hrs.	English
Poland	poland@4life.com	800012038	9-19 hrs.	Polish - English
Portugal	portugal@4life.com	800789880	8-18 hrs.	Portuguese-Spanish
Romania	romania@4life.com	0800896475	10-20 hrs.	English
Slovakia	slovakia@4life.com	0800601016	9-19 hrs.	English - Russian
Slovenia	slovenia@4life.com	080488843	9-19 hrs.	English - Russian
Spain	espana@4life.com	900111904	9-19 hrs.	Spanish
Sweden	sweden@4life.com	020888519	9-19 hrs.	English
Switzerland	switzerland@4life.com	0800002003	9-19 hrs.	English - Spanish - German
United Kingdom	unitedkingdom@4life.com	08000988676	8-18 hrs.	English - Spanish

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* 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 each country local time.

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

