

Food supplement with proteins, vitamins, minerals and fibre.

Do you find it hard to eat breakfast?

Don't feel like cooking at dinner time?

Do you sometimes end up eating the first thing you find, maybe because you are traveling or eating out?

It's common to resort to unhealthy options instead of proper meals to get by once in a while:

- There are people who don't like having breakfast or spending too much time on it.
- If you travel or are busy with several commitments and meetings, you might not have the time to sit down and eat healthy meals.
- When you get home after a long day, sometimes thinking about cooking may be the least appealing option; that's when you choose to snack on anything available.

NUTRASTART is a fast, nutritious and healthy option to compensate for the imbalances of these situations



PESO NETO: 804 g

WHAT NUTRASTART CHOCOLATE OFFERS

Each shake (two scoops of NutraStart) provides 17 g of high-organic-value proteins obtained from whey and soy. A shake offers you an amount of protein similar to a main course with a serving of fish, meat (e.g. medium-size fillet), or a two-egg omelet.

- Very low in fat (mainly healthy polyunsaturated fats).
- Pea fiber
- 11 vitamins and 4 minerals, which help us compensate for the nutrients our diet is poor of
- 100 mg of the 4Life Transfer Factor™ Formula



Maintenance of muscle mass.^[1]
Reduction of tiredness and fatigue^[2]
Normal functioning of the immune system.^[3]
Maintenance of normal bones^[4]
Contributes to normal muscle function.^[5]
Normal functioning of the nervous system.^[6]
Contributes to the protection of cells from oxidative stress^[7]

It contains: ^[1] protein; ^[2] iron, magnesium, vitamin C, and vitamin B6; ^[3] iron, vitamin A, vitamin C, vitamin D, vitamin B6, and vitamin B12; ^[4] calcium and vitamin D; ^[5] magnesium, calcium, and vitamin D; ^[6] magnesium, vitamin C, niacin, vitamin B2, thiamine, vitamin B6, vitamin B12, and biotin; ^[7] vitamin C and vitamin B2.

NUTRASTART™

WITH 4LIFE TRANSFER FACTOR™

WEIGHT CONTROL

VANILLA

HOW TO TAKE NUTRASTART

- For a complete breakfast, it can be combined with a piece of fruit, nuts, oatmeal, etc.
- For an express lunch or dinner, it can be combined with a plain salad or a yogurt with natural fruit.



DIRECTIONS

Mix two (2) scoops of NutraStart Vanilla with 8 oz (240 ml) of water. Stir or shake well until

obtaining a smooth and homogeneous blend. Drink immediately. Use within 30 days of opening.

INGREDIENTS

Soy protein isolate, fructose, whey (**milk**) protein concentrate, sunflower oil cream (sunflower oil, corn syrup, sodium caseinate), thickener (polydextrose), maltodextrin, sweetener (xylitol), **soy** fiber, vanilla flavoring, stabilizer (sodium carboxymethyl cellulose), tricalcium phosphate, cream flavoring, magnesium oxide, sodium chloride, 4Life Transfer Factor™ (obtained from cow colostrum [**milk**] and **egg** yolk), L-ascorbic acid, acetate retinyl, zinc gluconate, D-biotin, ferrous citrate, nicotinamide, calcium D-pantothenate, cupric gluconate, dl-alpha-tocopherol, pyridoxine hydrochloride, cholecalciferol, riboflavin, thiamine mononitrate, folic acid, and cyanocobalamin.

Nutritional information

Daily dose: 2 shakes • Daily dose per container: 7,5 Shake Shake
size: 53,6 g (2 scoops) • Shakes per container: 15

Amount:	per shake (53,6 gr) / per daily dose / per 100 gr		
Calories:	190 kcal	380 kcal	355 kcal
Proten:	17 g	34 g	31,7 g
Total carbohydrate:	28 g	56 g	52,2 g
of which sugars:	10 g	20 g	18,65 g
Total fat:	5 g	10 g	9,32 g
of which saturates:	1 g	2 g	1,87 g
Fiber:	11 g	22 g	20,52 g

Amount:	per shake / per daily dose		% RI* per shake / per daily dose	
Calcium	219 mg	438 mg	27%	46%
Magnesium	68,7 mg	137,4 mg	18%	36%
Vitamin C	14,1 mg	28,2 mg	18%	36%
Iron	3,9 mg	7,8 mg	28%	56%
Niacin	2,8 mg	5,6 mg	18%	36%
Pantothenic acid	2,1 mg	4,2 mg	35%	70%
Vitamin A	985 µg	1,97 mg	123%	246%
Vitamin B6	0,5 mg	1 mg	36%	72%
Copper	0,5 mg	1 mg	50%	100%
Vitamin B2	0,4 mg	0,8 mg	29%	58%
Vitamin B1	0,3 mg	0,6 mg	27%	54%
Biotin	54,4 µg	108,8 µg	109%	218%
Folic acid	46,6 µg	93,2 µg	23%	46%
Vitamin D	1,2 µg	2,4 µg	24%	48%
Vitamin B12	0,4 µg	0,8 µg	16%	32%
Soy protein	11 g	22 g	—	—
Whey protein	8 g	16 g	—	—
Soy fiber	2 g	4 g	—	—
Sodium Caseinate	0,8 mg	1,6 mg	—	—
Colostrum	70 mg	140 mg	—	—
Egg yolk	30 mg	60 mg	—	—

*RI: Reference intake



Enjoy a healthy lifestyle with other 4Life products according to your nutritional goal

ATHLETES: Glutamine Prime™, Energy Go Stix™, Fibro AMJ™, and Renuvo™.

WEIGHT CONTROL: 4LifeTransform™ BURN, Super Detox™, and Fibre System Plus™.

FOOD SUPPLEMENTATION:

Women: BioEFA™, Belle Vie™, and 4LifeTransform™ Woman

Men: BioEFA™, MalePro™, and 4LifeTransform™ Man

Warnings: 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 and dry place.

