

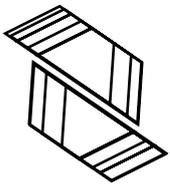
4LIFETRANSFORM™

Lean and Fit Pack



Cover your **sporting needs!**





4LIFETRANSFORM™

DO YOU WANT TO GET THE MOST OUT OF YOUR WORKOUTS?

When we exercise and aim for more specific goals there are three bases to work on: training, nutrition and rest (recovery).

When we start doing sport, the inner part of our body also needs a “stretch”, this means the right nutrients to get the most out of our training. We need to have a proper nutritional base for our body to function optimally.

Planning, organisation, stress control and healthy habits such as a balanced diet are all tools within our reach that will help us to give 100% of ourselves.

Training
+
Nutrition
+
Recovery!



THE IMMUNE SYSTEM *Company*™

KEY NUTRIENTS FOR OPTIMAL BODY FUNCTION

Calcium and Magnesium

1.

Contribute to the maintenance of normal bones and the normal functioning of muscles

Vitamin C

2.

Contributes to the normal function of the immune system, the nervous system and the protection of cells against oxidative damage

Vitamins B1, B2, B6, B12

3.

Contribute to normal energy metabolism and normal functioning of the nervous system

Adaptogens

4.

Regulate body functions and strengthen organic systems compromised by stress. Relieves fatigue and vitalises the nervous system

Boswellia serrata

5.

Contributes to the maintenance of joints, bones and muscles

Glutamine and Arginine

6.

To support our antioxidant system, cellular energy production and muscle maintenance



SELECTION OF 4LIFE SUPPLEMENTS TO ENHANCE YOUR SPORTS PERFORMANCE

| PRODUCT | WHY? | WHEN? | HOW? |
|---|--|--|--|
|  | <p>Specially formulated with antioxidant and adaptogenic ingredients. Adaptogens are natural plant-base substances that regulate body functions and strengthen organic systems compromised by stress. Relieves fatigue and vitalises the nervous system.</p> | <p>Upon waking and before going to sleep.</p> | <p>Take two capsules twice daily on an empty stomach with 240 ml of water.</p> |
|  | <p>For maintaining healthy joints, bones and muscles. Boswellia serrata helps the joints stay healthy. Magnesium helps the muscles function normally and helps keep the bones healthy. Vitamina B6 helps to reduce tiredness and fatigue.</p> | <p>Upon waking up to receive specific nutrients in order to stay healthy and become more agile and flexible.</p> | <p>Take one (1) capsule per day with 250 ml of fluid.</p> |
|  | <p>For the muscle mass increase and maintenance. With a delicious flavour, but low in calories and fat. Provides 10g of hydrolysed protein per shake.</p> | <p>Your recovery moment: right after the exercise.</p> | <p>One dose dissolved in water.</p> |
|  | <p>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.</p> | <p>Upon waking and before going to sleep.</p> | <p>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.</p> |
|  | <p>With caffeine and plant extracts that help boost concentration, alertness and physical and mental performance. Vitamin A aids the normal metabolism of iron and the normal functioning of the immune system. Chromium aids helps maintain normal levels of glucose in the blood.</p> | <p>To ignite enthusiasm, take it before exercise for a greater physical and mental equilibrium.</p> | <p>Mix 1 packet with 240 ml of water, once a day. Avoid taking it during the 6 hours prior to your usual time of going to bed.</p> <p>Contains caffeine. Not recommended for children or pregnant women.</p> |

Lean and Fit Pack



BUY NOW

4Life

THE IMMUNE SYSTEM *Company*™