

# NutraStart®

WITH 4LIFE TRANSFER FACTOR E-XF™

## Nutritious and Delicious Weight Management Supplement

Healthy choices don't always come with the option for great taste... but this one does! 4Life's NutraStart health drink is packed with hearty health essentials like 10 grams of fiber, 18 grams of soy and whey protein, vitamins, minerals, and immune-boosting Transfer Factor E-XF™. And even better, it offers all-natural, vanilla-flavored goodness that tastes great. NutraStart is perfect as an in-between-meal snack, or as a satisfying meal replacement when mixed with your favorite fruits and vegetables. It contains only 160 calories and is low in sugar, so NutraStart is also a smart choice for healthy weight management.

### Key Points

- **Transfer Factor E-XF:** Transfer Factor E-XF is the ingredient that gives 4Life Transfer Factor its immune punch. It works by educating and boosting your immune system—the body system responsible for fighting off threats and keeping you healthy. In fact, an independent study\* reports that 4Life Transfer Factor boosts Natural Killer cell immune activity up to 283 percent!
- **Hearty Health Essentials:** A healthy diet is key to a healthy body. NutraStart gives your body the nutrition it needs to maintain health with a quality source of vitamins and minerals, 10 grams of fiber, and 18 grams of soy and whey protein to support muscle growth, energy, and healthy weight management.
- **Weight Management Support:** A change in routine may be just the trick for moving your body beyond a plateau. Adjusting your daily caloric intake by 30-50 percent every other day during a weight loss plateau can help stimulate your metabolism and move your body beyond this challenging obstacle. 4Life's NutraStart is a satisfying health drink that can help you adjust your calories and achieve success!

The immune system is also a key factor in achieving and maintaining healthy weight levels. If you have a weakened immune system, you could have weight problems. Transfer Factor E-XF in NutraStart helps give you added immune system support that can contribute to more effective weight management.

### Did you know?

Transfer factors are tiny messenger molecules that transfer immunity information from one entity to another, such as between a mother and her breastfeeding infant.

The extraction processes for transfer factors from colostrum and egg sources are protected by US patents 6,468,534 (egg yolks) and 6,866,868 (exclusive manufacturing techniques), with other patents pending.

Soy offers a "complete" protein profile. Soybeans contain all the amino acids essential to human nutrition, which must be supplied in the diet because they cannot be synthesized by the human body.

Scientists agree that foods rich in soy protein can have considerable value to heart health, a fact backed by dozens of controlled clinical studies. A yearlong review of the available human studies in 1999 prompted FDA to allow a health claim on food labels stating that a daily diet containing 25 grams of soy protein, also low in saturated fat and cholesterol, may reduce the risk of heart disease.

### Technical Points

- Contains Transfer Factor E-XF, along with 18 vitamins and minerals to contribute to overall health and superior immune function.
- Contains no artificial flavors or aspartame.
- Supplies 10 grams of dietary fiber, which has been shown to play a role in controlling blood cholesterol.

### Ordering Information

Item # 28085 - Vanilla/15 servings  
Item # 28086 - 12 for the price of 11

Shaker Cup

Item # 90027 - single cup  
Item # 90028 - 6/pk



**DIRECTIONS:** Add two (2) scoops of NutraStart to 8 oz of water. Blend or shake well until smooth, drink immediately.

**Serving Size:** Two (2) scoops  
**Servings Per Container:** 15

### Nutrition Facts

Serving Size: Two (2) scoops (52g)  
Servings Per Container: 15

Amount Per Serving in 8 oz of water	
<b>Calories</b> 160	Calories from Fat 40
	% Daily Value*
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>6%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrates</b> 19g	<b>6%</b>
Dietary Fiber 10g	<b>42%</b>
Sugars 4g	
<b>Protein</b> 18g	
Vitamin A 35%	• Vitamin C 35%
Calcium 50%	• Iron 45%
Vitamin D 35%	• Vitamin E 35%
Thiamin 35%	• Riboflavin 35%
Niacin 35%	• Vitamin B6 35%
Folate 40%	• Vitamin B12 35%
Biotin 35%	• Pantothenic Acid 35%
Phosphorus 45%	• Iodine 35%
Magnesium 35%	• Zinc 35%
Copper 40%	• Chloride 2%

**Transfer Factor E-XF® 100mg**  
A patented concentrate of transfer factors and other natural components from cow colostrum and egg yolk.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Transfer Factor E-XF, Soy protein isolate, whey protein concentrate, sunflower oil creamer (high oleic sunflower oil, corn syrup solids, sodium caseinate (a milk derivative), mono- and diglycerides, dipotassium phosphate, tricalcium phosphate, soy lecithin, tocopherols), Polydextrose-Litesse II, Xylitol, maltodextrin fiber, natural flavor, fructose, soy fiber, Vitamin and Mineral Blend (calcium, magnesium, ascorbic acid, vitamin E, niacin, iron, zinc, d-calcium pantothenate, pyridoxine hydrochloride, copper, riboflavin, vitamin A, thiamin, folic acid, potassium, cyanocobalamin), cellulose gum, stevia, salt.

CONTAINS MILK, SOY AND EGG.

Store in a cool, dry place.

4Life Transfer Factor is protected by US patent 6,468,534 and 6,866,868 with other patents pending.