

PROTEIN: A FOUNDATION FOR A HEALTHY LIFE

Part 4: PRO-TF® and Proactive Healthy Aging

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This “From the 4Life® Labs” article is the final installment in a four-part series discussing the many benefits of protein and PRO-TF.

Part 3 described the enhanced digestibility and improved absorption that PRO-TF provides, as quantified by its Protein Digestibility-Corrected Amino Acid Score, or PDCAAS. In this part, we’ll discuss the protection that PRO-TF offers for vital muscle function in aging populations.*

With more people over the age of 65 than ever before, the topic of protecting vital muscle in the aging population has increased in the scientific community.¹ Loss of muscle mass, strength, and function are natural parts of the aging process. In fact, studies have shown that after age 40, some individuals may experience up to an 8% loss in lean muscle mass every ten years.²

Muscle-related health issues are generally caused by a combination of factors, such as:

- Genetics
- Decreased physical activity
- Nutritional deficiencies

Poor muscle health in the aging population can lead to unpleasant outcomes, including:

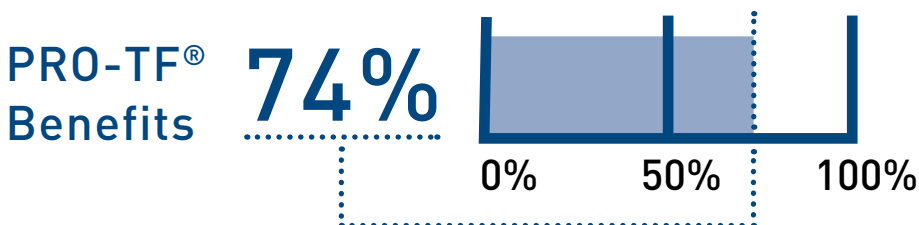
- Reduced independence
- Increased healthcare costs
- Progressive disabilities
- Higher risk of injury

Current research on muscle protection for the aging population has shifted from a reactionary response to a proactive prevention model. Studies have shown that eating a high-protein diet may help preserve muscle mass as people age. Research also suggests that consuming high-quality protein with each meal supports healthy muscle growth.³

When you incorporate exercise or maintain an active lifestyle, you can also help protect vital muscle function. Experts suggest consuming 20–30 grams of high-quality protein with each meal and 40 grams of high-quality protein post workout.⁴

PRO-TF[®] can help you navigate the sometimes challenging road of healthy aging. In pre-clinical studies at Auburn University, Low Molecular Weight PRO-TF[®] Protein Blend increased muscle growth by up to 74%.^{5*}

INCREASES MUSCLE PROTEIN SYNTHESIS*



(Mobley et al., *J IntSocSports Nutr*, 2015)

With PRO-TF[®], you can take proactive and preventive measures now to help build a greater reservoir of vital muscle mass and minimize the negative impacts of aging. Supplement your daily meals with PRO-TF and add resistance training to your exercise regime to improve muscle maintenance. Make a plan now for healthy aging so that your senior years can be some of the best of your life!*

Download the [4LifeTransform[®] App](#) from the App Store or Google Play.

LEARN MORE ABOUT THE SCIENCE OF PRO-TF.

Learn More

1. World Population Ageing 2013, United Nations.
2. Paddon-Jones D and Rasmussen BB. Dietary protein recommendations and the prevention of sarcopenia: Protein, amino acid metabolism and therapy. *Curr Opin Clin Nutr Metab Care* 2009 Jan;12(1):86–90.
3. Houston DK, Nicklas BJ, Ding J, et al. Dietary protein intake is associated with lean mass change in older, community-dwelling adults: the health, aging, and body composition (Health ABC) study. *Am J Clin Nutr.* 2008 Jan;87(1):150–5.
4. Breen L and Phillips SM. Skeletal muscle protein metabolism in the elderly: interventions to counteract the ‘anabolic resistance’ of ageing. *Nutr Metab (Lond)*. 2011 Oct 5;8:68.
5. Mobley CB, Fox CD, Ferguson BS, Pascoe CA, Healy JC, McAdam JS, Lockwood CM, Roberts MD. Effects of protein type and composition on postprandial markers of skeletal muscle anabolism, adipose tissue lipolysis, and hypothalamic gene expression. *J Int Soc Sports Nutr.* 2015 Mar 13;12:14.



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