

## WEIGHT MANAGEMENT AND BODY TRANSFORMATION

### Part 3: Smart Supplementation with the 4LifeTransform® 30-Day Accelerator System for Men or Women

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In the previous articles of this series, Drs. Mei-Ling Sui-Caldera and Ty Hopkins discussed the benefits of a [healthy diet](#) and [proper exercise](#). In this article, I will discuss smart supplementation as the third element to a successful weight management program. I will share how the 4LifeTransform 30-Day Accelerator System for Men or Women can help you achieve your health goals.\*

The Accelerator System combines seven core products to help you accelerate toward your weight management goals in four easy steps.\*

**Step one:** Learn about the products. Each Accelerator System contains Tea4Life®, PRO-TF® Vanilla Cream, 4LifeTransform Burn®, 4LifeTransform® Man or 4LifeTransform® Woman, Renuvo®, Energy Go Stix® Berry, and RiteStart® Men or RiteStart® Women.

**Step two:** Set your body transformation goals. Focus specifically on fat loss, and not so much on your overall body weight.

**Step three:** Eat healthy foods and exercise. No transformation will be permanent if you do not couple it with improvements in both diet and exercise.

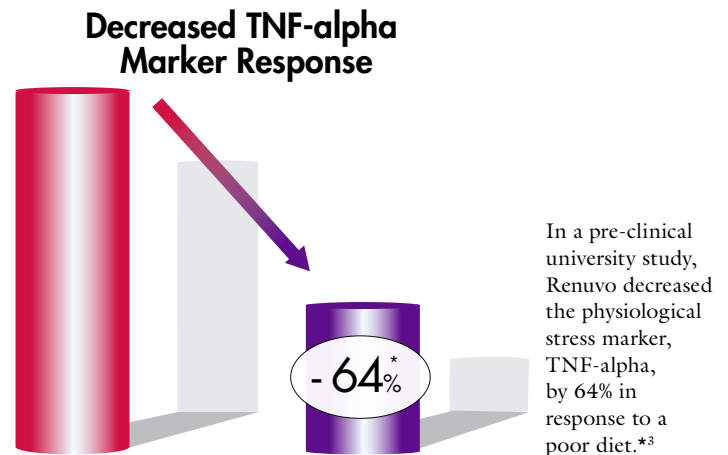
**Step four:** Follow the system. The Accelerator System guidebook walks you through a daily supplementation and exercise schedule. You can also use the [4LifeTransform® website](#) and the [4LifeTransform® App](#) to get additional help with your motivation, workout routines, and diet suggestions.

## That's it. Pretty simple!

This system centers on burning fat and managing physiologic stressors. There are two main types of fat in our bodies. Brown fat is metabolically active and actually helps burn calories to keep you warm. White fat comes in several forms and can be located under the skin (subcutaneous) or around your organs (visceral). The subsurface fat in your abdomen (or belly fat) and the fat that surrounds your organs seem to have the greatest negative impact on your health.\*1

An active lifestyle, diet, and many other factors can impose various forms of physiologic stress upon the body.<sup>2</sup> Ingredients in RiteStart and Renuvo help your body manage these forms of stress, making it easier for you to maintain your health and keep up with your active lifestyle.\*3

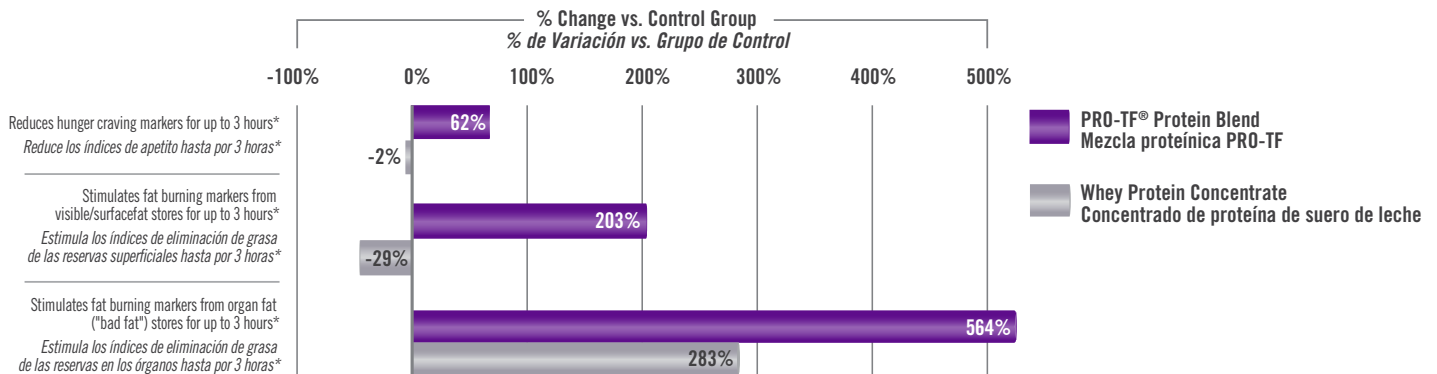
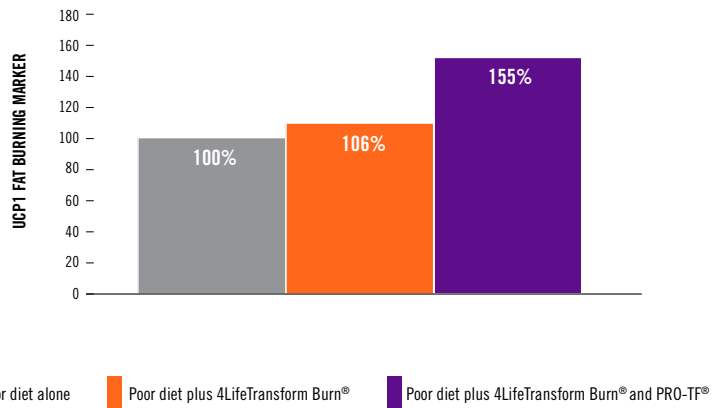
Products in the Accelerator System stimulate healthful, active brown fat, while helping shed unwanted organ and belly fat. 4LifeTransform Burn specifically increases UCP-1 levels, a marker of brown fat activity, and helps shed fat while maintaining muscle mass.\*4



- PRO-TF<sup>®</sup> protein helps you shed fat and build muscle.\*<sup>5</sup>
- Energy Go Stix<sup>®</sup> helps keep you energized and ready for the next workout.\*
- 4LifeTransform<sup>®</sup> Man increases physical stamina, supports healthy sexual performance, and promotes lean muscle mass and strength.\*
- 4LifeTransform<sup>®</sup> Woman supports healthy sexual experience and body transformation for a youthful, satisfying, and vibrant life.\*
- Tea4Life<sup>®</sup> offers a three-day countdown cleanse to prepare your body for transformation.\*
- RiteStart<sup>®</sup> Men and RiteStart<sup>®</sup> Women are all-in-one nutritional packs that support phenomenal performance, stamina, and health.\*

### INCREASED MOLECULAR FAT BURNING MARKER BY MORE THAN 50%\*

4LifeTransform Burn<sup>®</sup> combined with PRO-TF<sup>®</sup> increased the molecular fat burning marker, UCP1, by more than 50%.<sup>4\*</sup>



Protein can help protect healthy muscle in people of all ages, by increasing muscle growth and reducing muscle breakdown.\*

La proteína puede ayudar a proteger la masa muscular saludable en las personas de todas las edades, al incrementar el desarrollo de masa muscular y reducir su deterioro.\*

The combination of products, diet, and exercise in the 4LifeTransform<sup>®</sup> 30-Day Accelerator System gives you unparalleled acceleration toward your body transformation goals.\*

**Learn More**

1. <http://www.webmd.com/diet/features/the-truth-about-fat#1>
2. Christ A, et al. *Cell*. 2018, 172(1-2):162.
3. Mobley CB, et al. *Nutr Metab (Lond)*. 2014, 11:19.
4. Vieira-Brock PL, et al. *Pharmacognosy Res*, 2018, ahead of print.
5. Mobley CB et al., *J Int Soc Sports Nutr* 2015, 12:14.

