

NutraStart™

MEAL REPLACEMENT DRINK



Nutritious and Delicious Weight Management Supplement

A creamy, smooth and great tasting health drink! For breakfast, lunch or dinner, NutraStart is an exceptional meal replacement drink designed for the “on-the-go” lifestyle that can make a significant impact in helping loose weight and feel great. Providing up to 50 percent of the recommended daily intake of many vitamins and minerals, NutraStart also features the patented Transfer Factor XF for increased immune support and healthful soy protein to offer a low calorie, high-nutrient meal.* Available in all-natural chocolate or vanilla flavors, NutraStart can be mixed with milk or water. You can even add fruits or your favorite 4Life products to make a quick meal or nutritious snack. It is low in fat and contains no aspartame or artificial flavors—making it an excellent choice for great health and a great shape!

Key Points

- Excellent Plateau Breaker:** 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 meal replacement drink can help—simply use NutraStart to replace one or two meals every other day to effectively adjust your calories and achieve success!
- Transfer Factor XF:** Transfer Factor XF is 4Life's original Transfer Factor™ product, designed by Mother Nature to help teach your immune system how to work harder against the microbial invaders you encounter every day. 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. Including immune system support as part of your weight loss regimen has never been more important!
- Essential Vitamins and Minerals:** The best results in any weight management program can be more effectively achieved when the body is nutritionally fit. NutraStart contains up to 50 percent of many of the recommended daily vitamins and minerals to help you receive the nutrition you need every day.
- Soy and Protein:** Protein is one of the primary nutrients involved in muscle growth, development and repair of virtually all tissues in the body. Protein can also serve as an important source of energy for everyday needs or to improve workout performance. The health benefits of soy to our diet is well documented. Rich in phytoestrogens, soy helps maintain the delicate balance your body needs for overall wellness and weight management.

Did you know?

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 year long review of the available human studies in 1999 prompted the 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.*

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.

Technical Points

- Contains 18 vitamins and minerals and Transfer Factor, contributing to overall health and superior immune strength.
- Contains no artificial flavors or aspartame.
- Contains five grams of dietary fiber, which has been shown to play a role in maintaining healthy cholesterol levels and assist weight-management efforts.
- A single serving of NutraStart contains only 200 calories and only three fat grams, making it a smart choice for overall health and ideal weight.

Ordering Information

Item # 28080 - Chocolate/14 servings
Item # 28081 - 12 for the price of 11

Item # 28082 - Vanilla/14 servings
Item # 28083 - 12 for the price of 11

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



DIRECTIONS: Add two (2) scoops of NutraStart Chocolate or Vanilla to 7 oz of water or milk. Blend or shake well until smooth, then serve. Use 4Life Shaker Cup (not included) for quick and easy mixing.

Serving Size: Two (2) scoops
Servings Per Container: 14

Supplement Facts

VANILLA

Amount Per Serving in 7 oz of water	DV%
Calories	200 **
Calories from Fat	24 **
Total Fat	3 g 4% †
Saturated Fat	1 g 5% †
Cholesterol	15 mg 5%
Total Carbohydrate	28 g 9% †
Dietary Fiber	5 g 20% †
Sugars	14 g **
Protein	15 g 30%
Vitamin A (as palmitate)	2,500 IU 50%
Vitamin C (as ascorbic acid)	144 mg 240%
Vitamin D (as cholecalciferol)	200 IU 50%
Vitamin E (as d-alpha tocopheryl acetate)	15 IU 50%
Thiamin (as thiamin mononitrate)	800 mcg 50%
Riboflavin	900 mcg 50%
Niacin (as niacinamide)	10 mg 50%
Vitamin B6 (as pyridoxine hydrochloride)	1 mg 50%
Folate (as folic acid)	200 mcg 50%
Vitamin B12 (as cyanocobalamin)	3 mcg 50%
Biotin	150 mcg 50%
Pantothenic Acid (as d-calcium pantothenate)	5 mg 50%
Calcium (from whey protein)	74 mg 7%
Iron (from iron amino acid chelate and soy protein isolate)	3 mg 16%
Iodine (from potassium iodide)	75 mg 50%
Zinc (from zinc amino acid chelate)	3 mg 20%
Copper (as copper amino acid chelate, soy protein isolate)	1 mg 50%
Sodium (from sodium chloride)	165 mg 7%
Transfer Factor XF [†]	100 mg **

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established

OTHER INGREDIENTS: crystalline fructose, soy protein isolate, maltodextrin, whey protein concentrate, soy fiber, maltodextrin fiber, sunflower oil, corn syrup solids, natural flavors, cellulose gum, sodium caseinate, mono and diglycerides, dipotassium phosphate, dicalcium phosphate.

CHOCOLATE

Amount Per Serving in 7 oz of water	DV%
Calories	200 **
Calories from Fat	26 **
Total Fat	3 g 4% †
Saturated Fat	1 g 5% †
Cholesterol	15 mg 5%
Total Carbohydrate	29 g 10% †
Dietary Fiber	5 g 20% †
Sugars	21 g **
Protein	15 g 30%
Vitamin A (as palmitate)	2,500 IU 50%
Vitamin C (as ascorbic acid)	144 mg 240%
Vitamin D (as cholecalciferol)	200 IU 50%
Vitamin E (as d-alpha tocopheryl acetate)	15 IU 50%
Thiamin (as thiamin mononitrate)	800 mcg 50%
Riboflavin	900 mcg 50%
Niacin (as niacinamide)	10 mg 50%
Vitamin B6 (as pyridoxine hydrochloride)	1 mg 50%
Folate (as folic acid)	200 mcg 50%
Vitamin B12 (as cyanocobalamin)	3 mcg 50%
Biotin	150 mcg 50%
Pantothenic Acid (as d-calcium pantothenate)	5 mg 50%
Calcium (from whey protein)	75 mg 8%
Iron (from iron amino acid chelate and soy protein isolate)	3 mg 16%
Iodine (from potassium iodide)	75 mg 50%
Zinc (from zinc amino acid chelate)	3 mg 20%
Copper (from copper amino acid chelate, soy protein isolate)	1 mg 50%
Sodium (from sodium chloride)	290 mg 12%
Transfer Factor XF [†]	100 mg **

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established

OTHER INGREDIENTS: crystalline fructose, soy protein isolate, maltodextrin, whey protein concentrate, soy fiber, maltodextrin fiber, sunflower oil, corn syrup solids, natural flavors, cellulose gum, sodium caseinate, mono and diglycerides, dipotassium phosphate, dicalcium phosphate.