



A Healthy and Strong Immune System: Your Key to Healthy Living

Inside your body, there's an amazing and complex network of organs, tissues and cells. They work in harmony every day, so you stay strong and healthy in the face of millions of invading bacteria, microbes, viruses, toxins and parasites. It's your immune system.

You probably don't usually give your immune system a second thought, except when it fails to do its job and you get sick. But every hour of every day, your immune system is fighting different battles for you. For the most part, it's winning those battles. But when your defenses become compromised by things like viruses, bacteria, a poor diet, not enough sleep, a busy lifestyle and more, you can become sick. And even before you get sick, you feel tired, fatigued and rundown.

Whether you live a healthy or debilitated life largely depends on the health of your immune system. And because none of us do all the right things for our health all the time, it's easy to understand how important it is to build and maintain the immune system.

THE IMMUNE SYSTEM EFFECT

The immune system is closely connected to virtually every other system of the body. When it's not functioning at its best, the rest

of your body suffers, leaving you vulnerable to a host of foreign invaders. And like every other part of your body, the immune system needs nutrients to function optimally. If you treat your body badly with junk food, little or no exercise and a stressful lifestyle, your immune system is forced to work overtime to protect your body.

Inflammation is the immune system's immediate response to an infection or injury, such as when you get a cut on your arm. In most cases, as the immune system deals with the problem, the immune cells then retreat from the area and inflammation, redness and swelling go down. But occasionally, the immune cells do not withdraw and the inflammation continues, creating a chronic problem within the body.

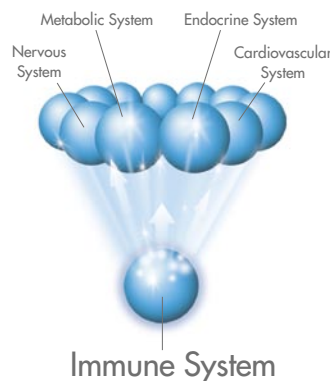
Chronic inflammation has gained recent attention within the medical and scientific communities because of its role in driving many of the most

feared illnesses of middle and old age. Scientific research supports that managing the inflammatory response and supporting the immune system in the first place is the best approach for lifelong health.

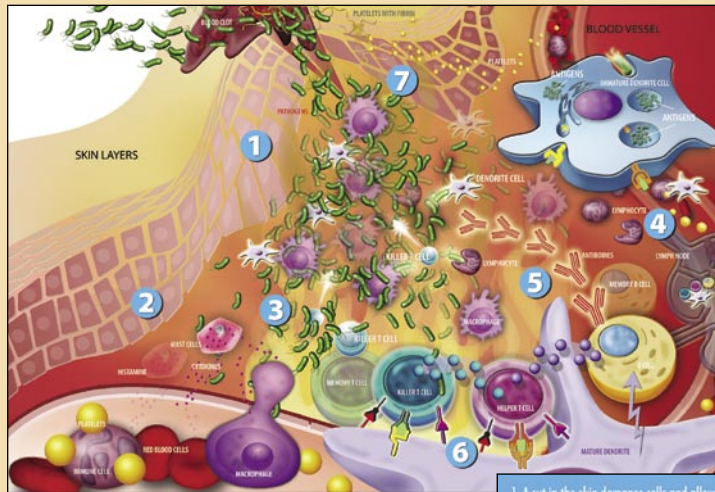
NATURAL KILLER CELLS: THE IMMUNE SYSTEM'S FIRST RESPONSE

Recent research has uncovered interesting characteristics about natural killer, or NK, cells. Natural killer cells provide a crucial first defense against infectious agents and diseased cells. Until now, scientists took for granted that NK cells came equipped with the ability to do their job properly. In the February issue of *The Journal of Immunology*, researchers

led by Christian Munz, Ph.D. and Guido Ferlazzo, Ph.D. of Rockefeller University, published two separate papers exploring their findings that NK cells require education from another source to learn how to search out and destroy diseased cells. They further hypothesize that natural killer cell function can be "tailored" or "targeted" toward specific immune support activity.



The Immune Response:



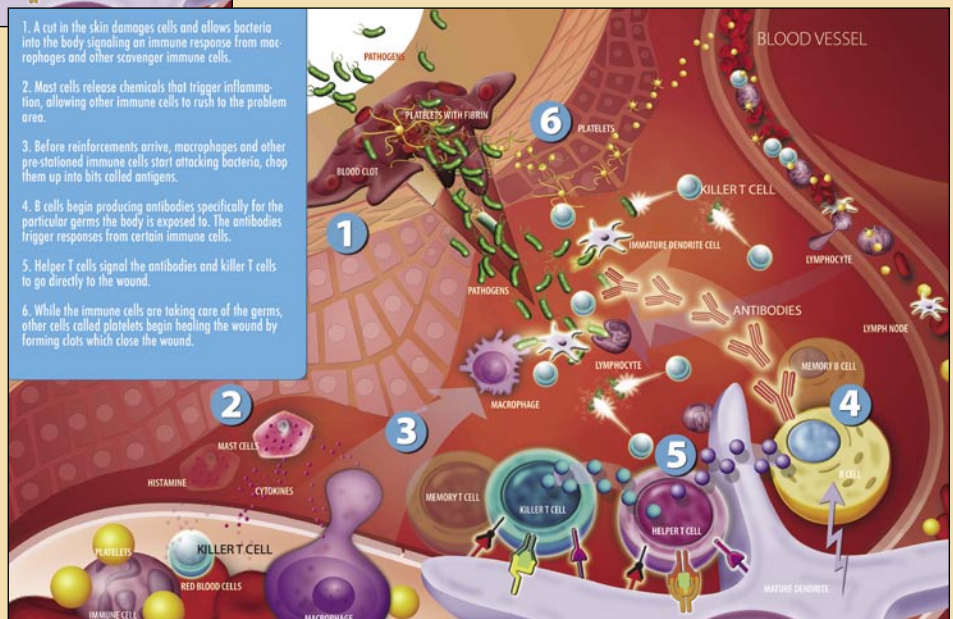
PRIMARY IMMUNE RESPONSE

The first time your body is exposed to particular viruses or bacteria, it takes time for your immune system to recognize the invading organisms and to figure out how to kill them. During this elapsed time, bacteria and viruses grow exponentially, increasing the amount of time it takes to completely eliminate the infection.

SECONDARY IMMUNE RESPONSE

The second time the body is exposed to a particular virus or bacteria, the immune system recognizes the invading organism more quickly and immediately knows how to fight it off. Because the amount of time required is shorter, the infection can be eliminated more quickly. 4Life® Transfer Factor™ triggers a secondary immune response by borrowing the immune memory from transfer factors derived from cow colostrum and chicken egg yolks.

1. A cut in the skin damages cells and allows bacteria into the body signaling an immune response from macrophages and other scavenger immune cells.
2. Mast cells release chemicals that trigger inflammation, allowing other immune cells to rush to the problem area.
3. Before reinforcements arrive, macrophages and other pre-stationed immune cells start attacking bacteria, chop them up into bits called antigens.
4. B cells begin producing antibodies specifically for the particular germs the body is exposed to. The antibodies trigger responses from certain immune cells.
5. Helper T cells signal the antibodies and killer T cells to go directly to the wound.
6. While the immune cells are taking care of the germs, other cells called platelets begin healing the wound by forming clots which close the wound.



4Life® Transfer Factor™

Nature's Answer for Immune System Support

4Life Transfer Factor Advanced Formula and 4Life Transfer Factor Plus® Advanced Formula are unique, effective supplements that give your immune system unprecedented support. They educate your immune system to promote balance and stay healthier throughout your life.

4Life Transfer Factor Advanced Formulas:

- Promote your immune system's ability to remember past invasions, allowing your body to more quickly respond to similar health threats.
- Educate naive immune cells about a present or potential danger and equip them with a plan for action.
- Shorten the recognition phase of an infection.
- Boost your immune response or balance it by suppressing an overactive immune system.
- Teach your immune system how to better manage the inflammatory response.



"Poor diet, chronic stress, obesity and underlying disease all contribute to immune dysfunction. 4Life Transfer Factor Advanced Formulas are extraordinary blends that support the immune system health of people worldwide. As our understanding of transfer factors improves, we stand on the threshold of amazing possibility. 4Life Transfer Factor is truly making a difference throughout the world."

—Richard Bennett, Ph.D., Infectious Disease Immunology, Medical Advisory Board Member

"Before taking 4Life Products, I had gone through some stressful experiences with my health. When I began taking 4Life Transfer Factor Plus and later RiteStart®, the first change I noticed was to experience energy and happiness, and I began to have more desire to get out and do things. My change in attitude is evident. My friends and family noticed the difference in me and asked me about it. I am investing in my health and happiness. Thank you 4Life."

—Martha Laura San Miguel S. 4Life Distributor, Tamaulipas, Mexico