

PRO-TF™ Protein Bar

Featuring PRO-TF Protein Blend

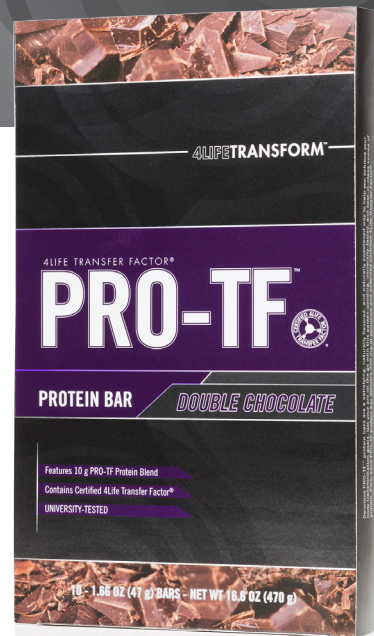
- Features delicious double chocolate flavor with a chewy and satisfying crunch
- Includes 300 mg of 4Life Transfer Factor® in every bar
- University tested
- Contains 12 total g of protein and only 23 g of carbohydrates
- Offers body transforming 1:1 ratio of high-quality protein to net carbohydrates
- A portable and sharable way to get your PRO-TF Protein!

What is PRO-TF Protein Bar?

The PRO-TF Protein Bar offers a satisfying, delicious, naturally-flavored and naturally-sweetened way to help you achieve your body transformation goals. Get your protein on the go with this patent-pending, university-tested, and best-in-class protein source. Plus, each PRO-TF Protein Bar delivers 300 mg of exclusive and patent-protected 4Life Transfer Factor®. The PRO-TF Protein Bar supports every performance program and low carb nutrition plan.

Key features

- Provides 10 g of patent-pending PRO-TF protein blend—the most advanced and effective protein available—plus, undenatured whey protein concentrate for a total of 12 g of protein
- Offers a low sugar snack that is healthy, filling, and delicious
- Supports your body optimization program, whatever it may be



PRIMARY SUPPORT:
Weight Management

Ordering Information

Item #17501—10 individually wrapped bars per box
Item #17502—12 boxes for the price of 11



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Did you know?

Human beings cannot live without protein; it gives our bodies structure¹. Protein is also important for building and maintaining healthy muscle, which can be lost as we age, making it vital to the support of healthy aging. Including protein in each meal will help you feel full longer and maintain a healthy weight.

Not all proteins are created equal; our bodies can use animal proteins better than plant-based protein.

Naturally-Occurring Amino Acids in PRO-TF®	Typical Amount Per Serving (one bar)
	Milligrams
Alanine	600
Arginine	442
Aspartic Acid	1,359
Cysteine	284
Glutamic Acid	2,054
Glycine	253
Histidine [^]	253
Isoleucine ^{^†}	727
Leucine ^{^†}	1,359
Lysine [^]	1,138
Methionine [^]	284
Phenylalanine [^]	474
Proline	916
Serine	758
Threonine [^]	727
Tryptophan [^]	190
Tyrosine	411
Valine ^{^†}	727
[^] Essential Amino Acids	5,878
[†] Branched Chain Amino Acids	2,812

DIRECTIONS: Consume between meals as a healthy, high-protein snack alternative to help you achieve your daily protein needs.

Nutrition Facts

Serving Size: One (1) Bar
Servings Per Container: 10

Amount Per Serving	
Calories 190	
Calories from Fat 50	
	% Daily Value*
Total Fat 6 g	9%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 30 mg	10%
Sodium 210 mg	9%
Total Carbohydrate 22 g	7%
Dietary Fiber 6 g	24%
Sugars 5 g	
Sugar Alcohol 7 g	
Protein 12 g	24%
Vitamin A 0%	Vitamin C 0%
Calcium	Iron 4%

*Percent 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	65 g	80 g
Sat Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Total Carb		300 g	375 g
Dietary Fiber		25 g	30 g

Calories Per Gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: 4LIFETRANSFORM™ Protein Formula [PRO-TF™ Protein Blend (Extensively Hydrolyzed Whey Protein Concentrate, Extensively Hydrolyzed Egg White Protein, 4Life® Tri-Factor® Formula [UltraFactor XF® (ultra-filtered colostrum powder), OvoFactor® (egg yolk powder), NanoFactor® (nano-filtered colostrum powder)]), whey protein concentrate], vegetable glycerine, oligofructose, chocolate flavored coating (sugar, palm kernel oil, cocoa powder, whey powder, nonfat milk powder, soy lecithin, vanilla), brown rice crisps (brown rice, brown rice syrup, salt), palm fruit oil, Dutch alkalized cocoa powder, brown rice syrup, natural flavor, chocolate liquor, soy lecithin, sea salt, purified stevia extract.

ALLERGENS: Contains whey and other ingredients derived from milk, egg albumen and other ingredients derived from eggs, and lecithin from soybeans.

¹ McDonald, J. (2013, May). The importance of protein. Chicago Defender Retrieved from <http://search.proquest.com/docview/1366362688?accountid=458>

References:

- Vella, M.S., C., & Kravitz, Ph.D., (2013, November). Sarcopenia: The Mystery of Muscle Loss.
- Protein plus exercise equals less muscle loss with aging. (2014). Tufts University Health & Nutrition Letter, 32(4), 7. Retrieved from <http://search.proquest.com/docview/1524699897?accountid=458>



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