

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 you support a healthy weight and feel great. Providing up to 50 percent of the recommended daily intake of many vitamins and minerals, NutraStart also features Transfer Factor E-XF, found in 4Life Transfer Factor Advanced Formula. Together with healthful soy protein, NutraStart offers 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 fruit 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 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 help achieve success!
 - Transfer Factors:** Providing support that goes beyond any vitamin, mineral or herb known today, transfer factors educate your naïve immune cells about a present or potential danger in your body along with a plan for action. In addition, transfer factors bring unique support to the immune system according to your body's needs. 4Life's proprietary E-XF blend creates a unique and highly effective supplement that provides exceptional support to your body's immune system. Developed exclusively by 4Life using patented and patent-pending technology, the E-XF blend calls upon the knowledge of two sources, providing an enhanced combined effect of transfer factors from both cow colostrum and egg yolks.
- The immune system has been shown to be 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 management 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 Protein:** Protein is one of the primary nutrients involved in muscle development and body tissue support. 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?

Soy protein products can make a significant contribution to weight management, mainly by providing essential high-quality protein in a concentrated form for specially designed, low-calorie/high-nutrient density meals.

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.

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 yearlong 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.

Technical Points

- Contains 18 vitamins and minerals and Transfer Factor E-XF, 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 controlling blood cholesterol.
- NutraStart contains only three grams of fat and 200 calories, 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 (from copper amino acid chelate, soy protein isolate)	1 mg	50%
Sodium (from sodium chloride)	165 mg	7%
Transfer Factor E-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 E-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.