

4LifeTransform® PreZoom™

Q| What is 4LifeTransform PreZoom?

A| PreZoom is 4Life's cutting-edge pre-workout supplement designed to fine-tune your mind and body throughout your exercise session. This proprietary formula contains scientifically researched ingredients to help you replenish lost electrolytes; increase physical endurance, stamina, and focus; build lean muscle; and minimize post-workout recovery downtime. PreZoom is part of our 4LifeTransform® line and is the only pre-workout supplement in the world powered by patented 4Life Transfer Factor® to support and educate your immune system. Taking PreZoom can help you totally crush your workout, recover, then repeat!*

Q| What does PreZoom support?

- A| • Helps promote lean muscle growth, strength, and stamina*
- Supports optimal body composition*
- Helps replenish electrolytes and some amino acids lost during exercise*
- Improves exercise performance*
- Helps reduce muscle soreness and delays muscle fatigue*
- Improves mental alertness, attention, and focus*
- Supports healthy blood circulation*
- Supports the immune system*

Q| What ingredients are in this product and what do they do?

- A| This product is jam-packed with powerful ingredients to improve your exercise performance, increase your focus, and help your muscles recover from tough workouts. Here's what you'll find in this product:*
- **CarnoSyn® (beta-Alanine)** – Improves exercise performance*
 - **Creatine monohydrate** – Increases muscle power output, boosts muscle strength, supports healthy blood circulation, and increases water content of muscles*



- **Sodium bicarbonate and potassium bicarbonate** – Replenish lost electrolytes, support pH balance, and reduce acidity, especially in muscle tissue*
- **Betaine** – Supports muscle performance, optimizes lean muscle growth, and improves body composition and the body's tolerance to intense exercise*
- **BCAA (2:1:1)** – Improves muscle strength and reduces muscle soreness while helping improve body composition*
- **Glutamine** – Improves exercise performance, hastens recovery, is a building block for the antioxidant glutathione, and supports gut health and immune system health*
- **L-Citrulline** – Improves exercise performance and enhances blood flow and nitric oxide production during exercise*

- **Tyrosine** – Increases endurance and improves mental focus*
- **Green tea (*Camellia sinensis*)** – Provides 160 mg of natural caffeine per serving to increase stamina, strength, focus, agility, power, and energy*
- **L-Theanine** – Increases alertness, alleviates mental stress, and supports healthy blood circulation*
- **4Life Transfer Factor® Tri-Factor® Formula** – Helps your immune system more effectively recognize, respond to, and remember potential health threats by educating your immune system cells*

Q| How much caffeine does this product provide?

A| Each serving of PreZoom has 160 mg of natural caffeine from green tea.

Q| Does this product give me side effects similar to caffeine or those commonly associated with pre-workout supplements?

A| Green tea leaf extract in PreZoom provides 160 mg of natural caffeine per serving and 14 grams of nutritive support from amino acids. You won't experience the same intensity of caffeine's negative side effects like you might with other pre-workout products like jitters, tingling, or skin flushing.*

Q| Does PreZoom have 4Life Transfer Factor Tri-Factor Formula?

A| Absolutely! Even though this is a workout product, we are The Immune System Company™, so we want to offer immune system support. PreZoom is the first and only pre-workout supplement in the world powered by our proprietary 4Life Transfer Factor Tri-Factor Formula to educate your immune system cells, so they can recognize, respond to, and remember potential health threats.*

Exercise can be a help or hindrance to your immune system function, and too much or too little can have a negative impact on your immune system function. Therefore, the 4Life Transfer Factor Tri-Factor Formula in this product helps maintain immune system function regardless of whether you're running a marathon or taking a light walk in the park.*

Q| How is PreZoom different than 4Life's other energy products?

A| In addition to providing 160 mg of natural caffeine from green tea and other energy-boosting ingredients, PreZoom also contains many of the ingredients necessary for optimal fitness performance. This product promotes lean muscle growth and strength, improves your recovery time, replenishes lost electrolytes, and more! PreZoom is specifically dedicated to helping you show up at the gym and optimize your exercise output. PreZoom will also hasten your recovery for reduced downtime so you can crush your workout, quickly recover, and repeat!*

Q| Who should use PreZoom?

A| This product is the perfect workout companion for dedicated mid- to high-fitness adult men and women looking for a significant boost in their workout performance output.*

Q| Can PreZoom be combined with 4LifeTransform Burn®?

A| Those wishing to take 4LifeTransform Burn with PreZoom should only do so with express permission from their personal physician. Check with your doctor before combining these two products, especially if you have any sensitivities to caffeine or any of the ingredients in either product.

Q| How can/should PreZoom be combined with other 4LifeTransform® products?

A| PreZoom works well with Pro-TF®, Renuvo®, and 4LifeTransform® Woman or Man. Take these other products as directed on the label. In most cases, you'll want to take 4LifeTransform Man or Woman before your workout. You can either take Pro-TF before your workout for weight management or after your workout for lean muscle mass. Renuvo can further enhance the recovery benefits of PreZoom, helping you more easily achieve your workout goals tomorrow . . . and the next day . . . and the next day . . . and the next day.*

Q| Can PreZoom be combined with other products that contain L-Theanine?

A| Combining PreZoom with other sources of L-Theanine should be fine.

Q| Can I take PreZoom long-term?

A| You can take PreZoom long-term, but just like exercise, breaks are good for your body. We recommend using PreZoom for up to 3 weeks with a 1-2 week break in each 4-5 week period.

Q| How many calories in each serving of PreZoom?

A| PreZoom only has 60 calories per serving. It's amazing to get so many workout benefits from so few calories!

Q| Is there protein in PreZoom?

A| Yes, there are 14 g of protein in every serving of PreZoom.

Q| Is it flavored?

A| This product has an exhilarating and refreshing natural melon flavor.

Q| How and when do I take it?

A| Mix one serving (16 g) rounded scoop in 8 or more oz of water. For best results, consume 30-45 minutes before exercise. Take up to 2 servings per day.

Q| How many servings are in one container?

A| There are 20 servings per PreZoom container.

Q| How much does it cost?

A| Wholesale: \$45
Retail: \$60
LP: 30
Item # 24204

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

