

# 4Life® Fortify™

Good Works Through Good Nutrition

- Contains a full complex of vitamins and minerals
- Includes 4Life Transfer Factor®
- Provides a high protein meal with the texture of a true meal, not simply porridge
- Provides proper nutrition for individuals of all ages, as well as a feeling of satiety
- Tastes great and can be enjoyed by different cultures worldwide

## What is 4Life Fortify?

In many parts of the world, children don't get the daily nourishment they need. Parents struggle to provide life-essential food for their children—let alone strengthening vitamins and minerals. This problem is especially true of children living in orphanages or receiving assistance from childcare facilities. By purchasing, donating, and promoting 4Life® Fortify™ meal packs, 4Life distributors will serve children in need of quality nutrition around the world. Each meal pack provides 12-24 great-tasting meals of rice, lentils, and beans, along with a complete nutritional complex of vitamins and minerals and 4Life Transfer Factor®—a great foundation of overall wellness.

4Life Fortify is a general health and wellness product, created to support the humanitarian efforts of independent distributors while promoting successful business building. Each bag purchased will be donated to children in need through 4Life's third-party distribution company Feed the Children.

## Key Features

- Includes 4Life Transfer Factor.
- Provides nutrition that will enrich a child's life and promote proper growth and development.
- Supplies a vehicle for distributors to be a part of a meaningful corporate-wide effort to end world hunger.
- Reinforces business building efforts by awarding personal Life Points (LP).\*
- Since each bag of 4Life Fortify purchased will be donated to Feed the Children, a 501(c)3 entity, your donation might be tax deductible.\*\*

## Did You Know?

The World Food Programme (WFP) reports that with more than one billion undernourished people in the world today, hunger and malnutrition are the number one risks to health worldwide. One in six people do not get enough food to be healthy. (<http://www.wfp.org/hunger>)

In addition, the World Health Organization reports that more than one third of child deaths worldwide are attributed to under-nutrition, with poverty playing a central role. (World Health Statistics, 2009)



## Nutrition Facts

Serving Size: ¾ cup (159g)  
Servings Per Container: 12

Amount Per Serving		%Daily Value*
<b>Calories</b> 500	Calories from Fat 15	
		%Daily Value*
<b>Total Fat</b>	1.5 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	1530 mg	64%
<b>Potassium</b>	500 mg	14%
<b>Total Carbohydrate</b>	110 g	37%
Dietary Fiber	14 g	56%
Sugars	3 g	
<b>Protein</b>	20 g	40%
Vitamin A 50%	Vitamin C 100%	Calcium 50%
Iron 20%	Vitamin D 50%	Vitamin E 100%
Thiamin 100%	Riboflavin 100%	Niacin 50%
Vitamin B6 100%	Folate (total) 50%	Vitamin B12 100%
Biotin 30%	Pantothenic Acid 100%	Phosphorus 20%
Iodine 70%	Magnesium 50%	Zinc 50%
Selenium 70%	Copper 50%	Manganese 80%
Chromium 80%		

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	2,000	2,500
Total Fat	less than 65g	80g
Saturated Fat	less than 20g	25g
Cholesterol	less than 300mg	300mg
Sodium	less than 2,400mg	2,400mg
Potassium	less than 3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:  
Fat 9 • Carbohydrates 4 • Protein 4

**Ingredients:** Long Grain White Rice, Lentils, Red Beans, Chicken Bouillon, Chicken TWP, White Rice Flour, Garlic, Onions, Vitamin Premix (calcium carbonate, magnesium oxide, potassium chloride, ascorbic acid, tocopheryl acetate, d-calcium pantothenate, niacinamide, zinc gluconate, carbonyl iron, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, manganese sulfate, copper gluconate, vitamin A palmitate, folic acid, sodium selenite, potassium iodide, biotin, chromium chloride, phytanadione, cyanocobalamin, cholecalciferol), Iodized Salt, Carrots, Green & Red Bell Peppers, Seasoned Salt, Bovine Colostrum Filtrate and Egg Yolk Concentrate.

CONTAINS MILK AND EGGS.

## Ordering Information

Item # 15001

\*Note: 4Life Research™ offers an incentive to buy, donate, and promote 4Life Fortify™ meal packs. Commission is included in the price of the pack and allows distributors to invest their time and resources to encourage others to join Foundation 4Life's legacy of service. 4Life Fortify is a product created and supported by 4Life Research, a for-profit company that facilitates donations of purchased 4Life Fortify meal packs to non-profit partners such as Feed The Children. Charity partners distribute 4Life Fortify to children in need without charge or fees.

\*\*Consult your tax advisor to determine what impact, if any, your donation of 4Life Fortify may have on your tax situation.

