



## SUPPLEMENT GUIDE

# Plant Based Protein

**\$45.95**

Vanilla, Chocolate,



## BENEFITS

### Plant Protein Helps Support:

- Aids in Weight Loss
- Support Heart Health
- May Promote Kidney Function
- Maintains Muscle Mass
- Helps Boost Metabolism
- Balances Blood Sugar Level

## HOW TO USE

1 scoop with 6 - 8 oz.  
of cold water,  
unsweetened almond,  
coconut milk or use in  
a smoothie.

## Information

Fit Bodies 4 Life Nutrition Plant Protein is a non-gmo vegetable pea protein isolate that contains 18 grams of easily digested protein. Each scoop contains over 2,200 mg branch chain amino acids, plus 15 amino acids.

Fit Bodies 4 Life Nutrition Plant Protein is 100% pure and natural, no sugar, no aspartame, no sucralose and no acesulfame - k.

Sweetened with Stevia

Gluten-Free

Soy Free

Dairy-Free

0g Sugar

30 servings per container

# Whey Protein

\$45.95

Vanilla, Chocolate,



## BENEFITS

### Whey Isolate Protein

#### Helps Support:

- Aids in Weight Loss
- Support Heart Health
- May Promote Kidney Function
- Maintains Muscle Mass
- Helps Boost Metabolism -
- Balances Blood Sugar Level

## HOW TO USE

1 scoop with 6 - 8 oz.  
of cold water,  
unsweetened almond,  
coconut milk or use in  
a smoothie.

## Information

100% Whey Protein Isolate a high quality protein source providing 18 grams per serving to support muscle.

Each serving contains over 3 grams of branched chain amino acids and 15 amino acids.

A perfect fit that will support your active lifestyle and can be used post workout, between meals, along with a healthy breakfast or anytime of the day.

No Sugar, Aspartame. Sweetened with Stevia.

Gluten, Soy and Lactose Free.

Manufactured by FitBodies 4Life Nutrition, LLC, a subsidiary of FitBodies 4Life Nutrition, LLC.

[www.fitbodies4lifefitnutrition.com](http://www.fitbodies4lifefitnutrition.com)



# Collagen Protein

**\$45.95**



Vanilla, Chocolate,

## BENEFITS

### **Collagen Protein Helps Support:**

- Promote Skin, Hair, and Nail Health
- Support Joint Health - Boost The Body's Natural Anti-Aging Abilities

## HOW TO USE

1 scoop with 6 - 8 oz. of cold water, unsweetened almond, coconut milk or use in a smoothie.

## Information

16 g of Flavored Collagen Protein in every serving

Support Joint Health and Rejuvenate Cartilage  
Improve Health Of Skin, Hair, Nails  
Improves Bone Health, Immune System, and Healthy Digestion  
Zero Fat, Carbs & Sugar  
Gluten-Free, Soy Free, Dairy Free, Non-GMO  
Sweetened with stevia

## Balance Hormone Support

\$34.95



### BENEFITS

#### **Balance Helps Support:**

- Promotes Healthy Estrogen
- Promotes Weight Loss
- Reduces Cortisol Levels
- Stress and Hot Flashes

### HOW TO USE

Take 2 capsules daily with 6- 8 ounces of water. Take after breakfast.

### Information

**A Revolution in Hormone Imbalance:** Balance helps normalize estrogen levels

**Promotes Healthy Cortisol Levels:** Balance provides a natural way to relieve stress, anxiety & insomnia & promote relaxation

**Body Discomfort Relief:** Balance is formulated to reduce hot flashes and night sweats

**Optimal Health:** Balance helps Increase energy & metabolism

# Omega 3

\$34.95



## BENEFITS

### Omega 3 Helps Support:

- Anti-Aging
- Heart Health
- Anti-Inflammation
- Joint Comfort
- Vision Focus
- Memory Acuity

## HOW TO USE

Take 1 capsules daily with 6- 8 ounces of water. Can be taken at breakfast or with dinner.

## Information

**5x MORE DHA OMEGA 3 THAN OMEGA 3 FISH OIL:** The Omega 3 formula boosts DHA more than fish oil omega 3 supplements to nourish joint, eye, brain and skin tissue.

**TAME INFLAMMATION:** Omega 3 supplements can ease swelling and improve circulation; take 2 omega 3 supplements a day for better mobility and less joint pain.

**BLOOD CIRCULATION SUPPLEMENT:** Target healthy cholesterol and low blood pressure with FB4L Omega 3 health supplements; high EFA is essential for inflammation!

**ANTI-AGING ANTIOXIDANT:** FB4L Omega 3 supplements contain an optimized ratio of EPA and DHA omega 3 fatty acids that can repair and protect cells.



# Joint Support

**\$29.95**



## BENEFITS

### **Joint Support Helps Support:**

Powerful joint relief; a complete dietary supplement for joints; it helps repair cartilage, boost joint mobility, increase joint flexibility, support joint structure and protect joint tissue; suitable for anyone with joint pain, joint inflammation or stiff joints.

## HOW TO USE

Take two (2) capsules once a day. Can be taken with any meal.

## Information

Extra strength ingredients; Glucosamine, Chondroitin, Msm with Turmeric Root Extract, Boswellia and Ginger Root Extract for better joint health, range of motion and comfort; helps rebuild and maintain joint flexibility and ease discomforts that comes with age, weight, or sports related stress.



## Multi Vitamin

**\$29.95**



### BENEFITS

#### **Multi Vitamin Helps Support:**

Contains a synergistic blend of vitamins, minerals, antioxidants (vitamins A, C, and E)

Contains antioxidants including vitamins A, C, and E to help combat the effects of free radicals

Provides a comprehensive package of D vitamins

### HOW TO USE

Take two (2) capsules once a day with breakfast.

### Information

FB4L Multi-Vitamin provides a synergistic combination of vitamins, minerals, antioxidants (vitamins A, C, and E) to help supply the body with the nutritional components it needs to maintain optimal health. The ingredients in FB4L Multi-Vitamin will help supplement an individual's diet and provide the nutritional balance often lacking in the daily diet.



## Super Reds

**\$29.95**



### BENEFITS

#### **Super Reds Helps Support:**

- All day energy
- Metabolism
- Blood Sugar
- Weight Management
- Detoxification
- Hormonal Health
- Heart & Brain
- Includes 25 superfoods

### HOW TO USE

1 scoop with 6-8 oz. of cold water. You can add with Super Greens, or add to any smoothie.

### Information

**Super Reds is a powerfully delicious antioxidant "superfood drink" that can help...**

Fight free radical damage for improved skin elasticity

Reduce symptoms of premature aging

Increase "metabolic rate" for a slimmer figure

Boost mental and body energy that lasts all-day

Stimulate "fast-acting" brain functions

Lessen uncomfortable joint aches and pains

Super Reds is the **ULTIMATE** superfood drink that combines the 3 most necessary energy and digestive blends: polyphenol, metabolic, and pre + probiotic.

# Super Greens

\$29.95



## BENEFITS

### **Super Greens Helps Support: -**

- All day energy
- Metabolism
- Blood Sugar
- Weight Management
- Detoxification
- Hormonal Health
- Heart & Brain
- Includes 25 superfoods

## HOW TO USE

1 scoop with 6-8 oz. of cold water. You can add with Super Reds, or add to any smoothie.

## Information

### **Super Greens contains FOUR blends of nutrient-dense superfoods that may help:**

Increase mental and body energy that lasts all day long

Balance gut health for improved digestion

Relieve oxidative stress to help lessen unsightly wrinkles

Rejuvenate your skin for a healthy, more youthful glow

Boost metabolism health to encourage better and quicker slimming results

# Turmeric

**\$29.95**



## BENEFITS

### **Turmeric Helps Support: -**

- Fast Joint Relief
- Mood Relaxant
- Potent Antioxidant
- Helps Fight Inflammation
- Max Nutrient Absorption

## HOW TO USE

Take 2 capsules once daily. Can be taken with any meal.

## Information

**2000% NUTRIENT ABSORPTION INCREASE.** Turmeric benefits are enhanced with BioPerine; our Turmeric Curcumin with BioPerine promotes an enhanced full-body dietary supplement antioxidant boost

**ANTI-INFLAMMATORY SUPPLEMENT:** Turmeric Curcumin vitamins can alleviate joint pain; 95% curcuminoids are active turmeric components that promote joint comfort and overall well being

**BOLSTERS HEALTHY JOINTS:** Turmeric Curcumin is a natural antioxidant boost that promotes healthy, robust cells; dietary supplements can neutralize free radicals, delaying and preventing cell damage

**ENHANCES MIND HEALTH:** Vegetarian-friendly vegetable capsules empower positive cognitive function; high bioavailability (high absorption capability in the bloodstream) means balanced moods can be maintained.

## Ultra Probiotic

**\$36.95**



### BENEFITS

**Ultra Probiotic Helps Support:**

- 50 Billion Live Bacteria
- 13 Effective Strains
- Total Intestinal Support
- Immune Support
- Extended Release Capsule

### HOW TO USE

Take one (1) capsule once a day. For best results, take first thing in morning.

### Information

Ultra Probiotic Formula – Digestive and Gut Support  
Contains 50 Billion CFU  
13 Strain Probiotic  
Total Intestinal Support  
Immune Support  
Extended Release Capsule

# Fuel

**\$32.95**

Fruit Punch Flavor



Contains creatine and caffeine for an amazing workout!

## BENEFITS

### **Fuel Helps Support: -**

- Promote Energy
- Increase Strength
- Enhance Endurance
- Sharpen Mental Focus

## HOW TO USE

1 scoop with 8 oz.  
of water 30  
minutes before  
workout.

## Information

Pre Workout Powder for Better Focus, Energy & Strength: Cutting-edge thermogenic pre-workout drink designed for men and women who want to get lean and perform their best in the gym.

Pre Workout for Physique Improvements: Improve your physique without sacrificing hard-earned muscle mass. Experience clean energy, enhanced blood flow, increased stamina, and precision focus so you can dominate your training sessions.

Pre Workout for Physique Improvements: Boost nitric oxide (NO) levels and blood-flow to the muscle to maximize endurance, strength, and fuel muscle growth.

Sweetened with Stevia.



All products have these 3 logos - Made in the USA - GMP - FDA

## Product Information

All products are made in the **USA**.

They are all verified by **GMP** (Good Manufacturing Practices) A third-party GMP (Good Manufacturing Practices) certification for supplements signifies that an independent organization has verified that a supplement manufacturer adheres to established quality and safety standards during production. This certification goes beyond mere compliance with FDA GMP regulations, providing an additional layer of assurance to consumers and retailers about the product's quality, safety, and accurate labeling.

All products are manufactured in an **FDA** registered facility!

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