

# YOUR WEIGHT LOSS GUIDE

2015  
EDITION

## **FACTOR4** **Weight Control**<sup>®</sup>

*The Ultimate Breakthrough  
in Weight Loss and Metabolic Health*

**Gluten Free**



*With  
**Power Amino Acids**<sup>®</sup>*

**Dr. George A. Scheele**  
**Creator of Factor4™**

**NOVALIFE<sup>®</sup> NUTRITION NOVALIFE<sup>®</sup> NUTRITION**

# ***FACTOR4*** ***Weight Control®***

**The Ultimate Breakthrough  
in Weight Loss and Metabolic Health**

LOSE WEIGHT **NOW!**

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LOOK YOUNGER  
LIVE LONGER  
FEEL BETTER

**George A. Scheele, M.D.**

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Cover design and layout by  
Minuteman Press of Rancho Cucamonga  
Rancho Cucamonga, CA

Minuteman Press, August 2014

## MEET DR. SCHEELE

As a world-renowned physician, scientist, author, inventor and nutrition expert, Dr. Scheele has dedicated his life to the study of Medicine, helping those who suffer from chronic degenerative diseases and overweight disorders.

Dr. Scheele has recently developed Factor4 Weight Control®, a delicious nutritional shake which stimulates weight loss and achieves sustained weight control. Factor4 also combats Metabolic Syndrome, which is associated with chronic degenerative disease that leads to accelerated aging.

As the inventor who developed 2D gel electrophoresis, the first method to separate all of the proteins in the human body, Dr. Scheele developed the concept of **METABOLIC HEALTH 4 LIFE™** that links “Protein Deficiency Syndrome” with the risk factors associated with poor metabolic health, including overweight disorders.

Schooled in the Ivy League and trained in Medicine at Johns Hopkins and UCSF, Dr. Scheele served as Professor of Medicine at The Rockefeller University, Yale University, and Harvard Medical School. As a pioneer in the development of Cell and Molecular Biology and their impact on understanding chronic metabolic disease in humans, he participated in work that won two Nobel Prizes in Medicine, awarded in 1974 and 1999.



“As a medical doctor with over 30 years of research experience, my personal mission is to improve metabolic health and reduce worldwide obesity. This is why I created Factor4 Weight Control®.”

*Dr. George A. Scheele*

# ACHIEVING SUCCESS WITH FACTOR4 WEIGHT CONTROL®

*The Only Weight Loss Solution that Makes You Feel Better Every Day!*

## THE SECRET TO HEALTHY WEIGHT LOSS

Up to 96% of individuals lose weight on Factor4 Weight Control®<sup>1</sup>. Factor4 works as a highly effective appetite suppressant that provides feelings of “comfort, satisfaction and well-being” within minutes of taking a shake. Factor4™ also stimulates fat metabolism and increases body pep, energy and activity.



Factor4 Weight Control® power shakes and smoothies with Power Amino Acids® are the secret to the success of the Factor4 weight Loss Program. An 8 oz power shake (70 Calories) or 16 oz double power shake (140 Calories) will stimulate fat metabolism while blocking food cravings, hunger pangs, famished states and eating binges.

<sup>1</sup>See [www.factor4health.com](http://www.factor4health.com) and click on Success Stories.

## THE MAGIC OF FACTOR4

The magic of Factor4® is that it aligns appetite reduction and fat metabolism in the weight-loss experience. All of its effects, including building muscle, burning fat, boosting energy, and taming appetite work naturally through the body's metabolic pathways. Although exercise is helpful for fitness reasons, it is not essential for weight loss.

You do not have to count “Calories,” “Points,” or “Blocks,” as recommended by the Atkins, South Beach, Dean Ornish, Weight Watchers or Zone diets. However, it is necessary to eat less food and to focus on high-value nutritious foods, mostly avoiding those foods with empty calories, including saturated fats, trans fats, refined sugar, processed carbohydrates, fast foods and salt. Cut out snacks especially those that come in large

cellophane bags and pass on the sugar- and fat-enriched desserts. Never skip a meal, but learn to take Factor4 shakes or smoothies in lieu of meals or with half meals. Continue to eat three times a day. Just eat rather modestly during two of those meals. Splurge at dinner, but splurge with protein (more fish and chicken and less red meat) and serve multiple vegetables, at least two or even three servings according to your liking.

Factor4 makes dieting enjoyable and fulfilling because it suppresses appetite naturally by satisfying food cravings, hunger attacks, famished states and eating binges. It builds muscle which is important in burning fat. It balances metabolic pathways that burn even more fat. And the enhanced energy will increase your pep, stamina, endurance, and performance.

Most customers continue to take Factor4 even after they have lost their excess body fat. Why? Because Factor4 Health feels “Sooo Good”! And by continuing to tame your appetite, you actually tame the world in which you live. Most customers enjoy looking younger, living longer and feeling better. And they enjoy seeing the changes in the mirror that remind them of an earlier time in life.

For every dollar that you spend on Factor4 you will save two to three dollars or more in food and snack costs. Plus you will not need to purchase vitamins, minerals, micronutrients, or any of those expensive supplements that you find in health food stores.

Finally, a Weight Loss Solution  
that Restores Body Health!

## SLOW AND STEADY WEIGHT LOSS IS BEST

Remember that it took years for you to gain those excess pounds of unwanted weight. Naturally, it will take time to lose those pounds and achieve the healthy attractive physique that you deserve.

Fortunately, Factor4 comes to the rescue by rebuilding your body with Power Amino Acids® that are required to achieve metabolic health and sustained weight control. During the period that Factor4 is rebuilding your body, you are not only building up muscle tone but you are optimizing and

maximizing the health of every organ and tissue in your body providing you with pep, energy, activity, stamina and endurance. Slow and steady weight loss is the best weight loss of all.

#### ENDPOINTS FOR FACTOR4 SUCCESS:



##### **BENEFIT #1: COMFORT, SATISFACTION AND WELL-BEING (SATIETY)**

Customers recognize that drinking power shakes or smoothies with Factor4 Weight Control®, containing Power Amino Acids®, leads to feelings of “comfort, satisfaction and well-being” within 5 to 10 minutes of drinking a shake. Recognizing these feelings indicates that Factor4™

effectively suppresses appetite, food cravings, hunger pangs and famished states. Within a few short days, you will lose your “sweet tooth” and your “fat tooth”, which means you will lose your cravings for sweets and fats.

##### **BENEFIT #2: INCREASED ENERGY**

Within one to two weeks of starting on Factor4 Weight Control® with Power Amino Acids®, subjects notice that they have significantly more “pep, energy, activity, stamina and endurance.” These states of increased energy indicate that significant changes have occurred to the metabolic pathways in the body.

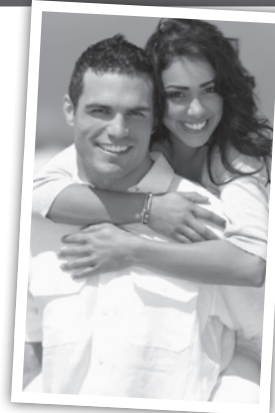
##### **BENEFIT #3: LOSS OF BODY FAT**

The first sign that your body is losing fat deposits is that your clothes will fit better. The second sign that you are losing body fat is when your weight decreases according to the weight scale. However, your weight according to the gravimetric scale will not decrease until after your muscle tissue is built up. This may take several weeks or a month depending on your body type. Remember, slow and steady weight loss is the best weight loss of all!

##### **BENEFIT #4: METABOLIC HEALTH**

Many customers notice improvements in their blood pressure and blood chemistries when they have been on Factor4 for 6 to 12 months or more. These changes include (i) lower blood pressure, (ii) lower levels of blood sugar, LDL (bad) cholesterol, triglycerides, and inflammatory markers, and (iii) higher levels of HDL (good) cholesterol.

#### HOW TO ACHIEVE WEIGHT LOSS



The Factor4 Weight Loss Program™ allows you to achieve slow and steady weight loss without intense exercise routines or strict dietary regimens. The Plan is unique in that it uses Power Amino Acids® and Health-Plus Proteins™ to treat the four nutritional traps associated with overweight conditions and obesity: (i) The Taste trap, (ii) The Vanity Trap, (iii) The Food Swing Trap and (iv) The Sedentary Trap. The Factor4 Weight Loss Program™ will restore your nutritional health and switch fat-storing pathways to fat-burning pathways.

The more power shakes and smoothies you take per day, the less food that you will need, and the more weight you will lose. However, additional factors need to be taken into consideration. First, weight loss goals are different for every individual who joins the Factor4 Health Club. Second, metabolic rates vary according to age, gender, genetic profiles and exercise levels.



## FACTOR 4 WEIGHT MANAGEMENT PROGRAM

Because individuals vary in their weight loss needs NovaLife has developed a weight management program with increasing levels of commitment to Factor4 Weight Control® to manage effective weight loss in a broad spectrum of individuals with different goals and requirements. The weight management program is built around Factor4 shakes and smoothies.

Factor4 shakes may be mixed by hand using a simple bottle blender containing a stainless steel whisk. Factor4 smoothies are usually prepared in an electric blender or one of the juicing devices by adding berries, yogurt, veggie fare or a combination thereof. Recipes for Factor4 shakes and smoothies may be seen on our blog at <http://blog.factor4health.com>.

The amount of Factor4 required to lose weight depends on how much excessive weight needs to be lost. The table below provides general advice on how much Factor4 is required to lose weight according to gender and initial body weight.

Gender	Starting Weight (lbs)	Shake/ Smoothie Size	F4 Scoops	Times per day
Women	125 to 150	8 oz	2	2-3
Women	150 to 200	12 oz	3	3-4
Women	200 to 300	16 oz	4	3-4
Men	160 to 200	8-12 oz	2-3	2-3
Men	200 to 300	16 oz	4	3-4
Men	300 to 400	20 oz	5	3-4

## MEAL REPLACEMENT WEIGHT LOSS PROGRAM

The most effective way to lose weight is to take Factor4 smoothies as meal replacements twice daily. The amount of Factor4 in scoops and the size of the smoothie should be adjusted according to initial body weight as shown in the above table.

Most individuals take a fruit smoothie in lieu of breakfast and either a yogurt or veggie smoothie in lieu of lunch. Combination smoothies also work well. You may take a normal, but sensible, dinner with two vegetables and a protein source, which is best provided by fish or chicken. After dinner use Factor4 power shakes to avoid snacks in front of the television set or before retiring for bed. Taken in this fashion Factor4 will increase your energy levels during the day and provide for sound sleep at night.

Factor4 works immediately to block food cravings and hunger pangs. By taking Factor4 power shakes in the evening you will avoid snacks rich in refined sugar, processed carbohydrates and fat. Avoiding snacks after dinner allows you to lower your blood sugar and insulin levels so that you burn fat during the night.

Despite the reduction of daily calories to 1,000-1,200 or even less, the essential nutrients in Factor4 will replace your feelings of hunger and cravings with feelings of comfort, satisfaction and well-being.

Should you become hungry during the day, despite the two meal replacements, feel free to make an additional Factor4 shake or increase the number of scoops of Factor4 added to each smoothie. Individuals who are dependent on refined sugar and carbs may need an extra boost of Factor4 in the beginning of the program.

Should you encounter weight-loss plateaus during your weight loss efforts, the tips for breaking through these plateaus are revealed in a series of articles under “Monitoring Success” on our blog at <http://blog.factor4health.com>.

## ACCELERATED WEIGHT LOSS PROGRAM

The accelerated program confirms the concept shown in the above table that large men and women need to increase the size of Factor4 shakes and smoothies according to their body weight.

Double shakes and smoothies as described in the table above work particularly well in large people who desire to lose challenging amounts of

body fat. Start the day with a large Factor4 smoothie with added fruits or vegetables. Sip on double shakes at home or work throughout the day and during the evening or night. Keep them semi-chilled with ice cubes or by storing them briefly in a refrigerator. Achieve variety in your double shakes and smoothies by following our Factor4 recipes.

Factor4 should be taken in double shakes or smoothies 3 to 5 times per day in this program, which will allow calories to be reduced to less than 800 calories per day without hunger. All participants are surprised at how good their bodies feel and how well they sleep during the accelerated program. Most marvel at the absence of hunger on Factor4. That is the marvelous power of Factor4!

## HEALTH MAINTENANCE PROGRAM



Once excess body weight has been lost, many of our customers remain on Factor4 in a maintenance program. In this program it is best to take a Factor4 smoothie for a single meal replacement during the day and use Factor4 power shakes for snack-control at night. Two heaping scoops of Factor4 per shake or smoothie normally suffice during our maintenance program for continued health and enhanced longevity.

Our health maintenance program may be enriched when individuals begin to shift from animal-based foods towards plant-based foods. For patients over the age of 40 it is advisable to significantly reduce the ingestion of red beef (hamburger, prime rib, steak) because of the large amounts of fat contained in these foods. Learn more about how “Dietary Shifts Promote Wellness and Longevity” under “Monitoring Success” on our blog at <http://blog.factor4health.com>.

Remember, Factor4 tames appetite, burns fat, builds muscle and boosts energy. However, it is the appetite reduction benefit that allows you to thrive on daily regimens of half calories. Once weight loss goals are

achieved, it is possible to revise caloric contents upward, but carefully, to find your break-even point. During the aging process most people feel better if they continue to take Factor4 to maintain weight control but also to boost energy and provide feelings of comfort, satisfaction and well-being.

## TAKE THE APPETITE SUPPRESSION CHALLENGE

The secret of Factor4, appetite suppression, enables you to achieve healthy lifestyles, weight loss, metabolic health, and anti-aging health as well. When you tame your appetite you tame the world around you. Without relentless hunger, you have the opportunity to truly enjoy life to the fullest by achieving the #1 priority of life: **GOOD HEALTH.**

Because appetite suppression is key to the success of Factor4 Health we suggest that you take the APPETITE SUPPRESSION CHALLENGE. This simple exercise will determine the exact serving size (or dose) of Factor4 that leads to optimal suppression of food cravings for your body type. This challenge is conducted as follows.

- On the first day take a power shake (8 oz) with one heaping scoop of Factor4 powder.
- On the second day take a shake (8 oz) with two heaping scoops of Factor4 powder, the recommended serving size.
- On the third day take a shake (8 oz) with 3 heaping scoops of Factor4 powder.

On all three days take notice, or actually record, the amount of time that your appetite is satiated.

Notice that the more Factor4 you take the more your appetite is suppressed... the more your sweet tooth disappears... the more your food cravings are satisfied... and the more that Factor4 prevents hunger attacks, famished states, and eating binges. This allows you to reduce your food intake by approximately 50% during the weight loss period.

Once you have taken the appetite challenge you will know the exact serving size of Factor4 to satiate your appetite or control your eating habits without suffering from hunger pangs throughout the day!



## CONGRATULATIONS!

You have just taken control of your eating habits and, for the first time in your life, you may enjoy robust Healthy Lifestyles, Weight Control, Metabolic Health, Revitalized Youth and Anti-Aging Health. Once these goals are achieved you will enjoy the benefits of top-level fitness, improved body definition, attractive body physique, and complete nutritional health... naturally... the way **MOTHER NATURE** intended!

## THE OBESITY CURE

In order to understand why Factor4 is the breakthrough wellness product of our time, please read Dr. Scheele's recent book, entitled *The Obesity Cure*, which is available on [www.amazon.com](http://www.amazon.com). In *The Obesity Cure*, Dr. Scheele demonstrates how the current "paradoxes" of obesity and metabolic disease prove that something "essential" is missing in our current understanding of nutritional health and weight control.

**The Obesity Cure** makes the breakthrough proposal that both overweight disorders and metabolic syndrome are caused by "Selective Protein Deficiency" when diets are deficient in positive-charged amino acids. It explains why essential amino acids, and in particular, "Power Amino acids," must be central to any successful treatment of these disorders. Given this breakthrough in understanding metabolic disease, *The Obesity Cure* is poised to revolutionize weight control and metabolic health around the world.

**The Obesity Cure Primer** is a shorter book focused on the causes of obesity and the FACTOR4 Health Plan designed to normalize weight and improve metabolic health

## WHAT OTHER SUPPLEMENTS SHOULD BE TAKEN

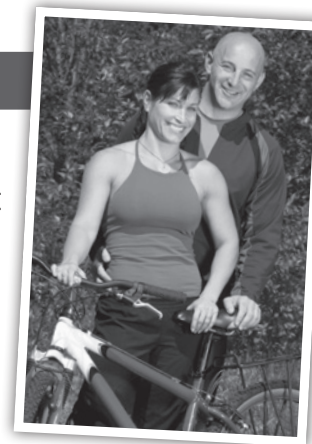


Factor4 contains all the vitamins, minerals and micronutrients together with fructo-oligosaccharides that are favored by probiotic organisms in the large intestine. However, make sure you take omega-3 essential fatty acids (5-6

soft gel capsules per day) and a rich source of fiber like rye crisp crackers available in health food stores.

## EXERCISE

Naturally, vigorous exercise will accelerate weight loss according to intensity of workout routines. However, with Factor4 Weight Control® it is not necessary to engage in intense exercise routines. Thus Factor4 Weight Control® works naturally, through Nature's pathways, to stimulate weight loss and achieve optimal weight control.



## LIFESTYLE ADJUSTMENTS

If you are cooking at home you can adjust portion sizes and meal frequencies to meet caloric restrictions. If you are eating out in restaurants cutting back is more challenging. First off, you need to wave the bread basket as well as desserts. Salads are best served with the dressings served on the side. When the entrée is placed on the table you need to avoid the weight gaining foods like hamburger buns, potatoes, salt and ketchup. A great way to avoid calories in restaurants is to thrive on soups and salads for lunch and vegetarian fare or fish for dinner.

Finally, it is especially helpful to keep a diary and define a test period of 2 to 6 months to determine the Factor4 potential for achieving a healthier body by building muscle and burning fat. It is important to record body weights and body mass index (BMI) at bi-weekly or monthly intervals during this test period. A BMI calculator may be found on the home page of [www.factor4health.com](http://www.factor4health.com). It is also helpful to record other signs of improved health like skin color, nail growth, hair texture, and body dimensions (circumference of neck, upper arms, waist, hips, and upper thighs).

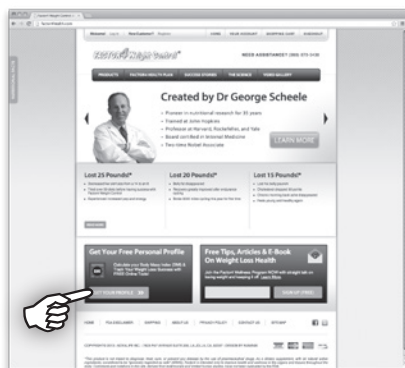
Remember, Factor4 tames appetite, burns fat, builds muscle and boosts energy. However, it is the appetite reduction benefit that allows you to thrive on daily regimens of half calories. Once weight loss goals are achieved, it is possible to revise caloric contents upward, but carefully,

to find your break-even point. During the aging process most people feel better if they continue to take Factor4 to maintain weight control but also to boost energy and provide feelings of comfort, satisfaction and well-being.

## JOIN THE FACTOR4 HEALTH CLUB™ AND SAVE 5%

The Factor4 Health Club™ is a continuity program that will lead to supercharged health with the following promise. By committing to Factor4 Weight Control® on a daily basis you will Look Younger Every Day and *Feel Better in Every Way!*

- Members of the Factor4 Health Club™ who place a recurrent order will receive a 10% discount on Factor4 Weight Control.
- With your first order of Factor4™ you have received, FREE OF CHARGE, your own personal Weight Loss Guide that explains how you can achieve *Optimal Weight* and *Metabolic Health 4 Life™*, a \$14.95 value.
- When you join the Factor4 Health Club™, as a continuity member, you will receive on your second order, FREE OF CHARGE, your own blender bottle to make perfectly smooth, nutritious Factor4™ power shakes in your kitchen or on the go, an \$8.95 value.



Factor4 Health Home Page

- On the Home page of [www.factor4health.com](http://www.factor4health.com) use the body mass Index (BMI) calculator to create your own personal profile and receive guidance on how to identify your weight loss goals and define your roadmap to weight loss success, ABSOLUTELY FREE.

- Sign up for FREE Tips, Articles, and eBooks on the Home Page of [www.factor4health.com](http://www.factor4health.com) to download NovaLife's Healthy Living Guides, Dr. Scheele's proprietary and proven plan for changing your diet to ensure weight loss success with Factor4 Weight Control®. We offer the following three eBooks FREE:

◇ **Power Amino Acids: The Factor4 Advantage in Weight loss Health**

◇ **Power Amino Acids: The Factor4 Advantage in Metabolic Health**

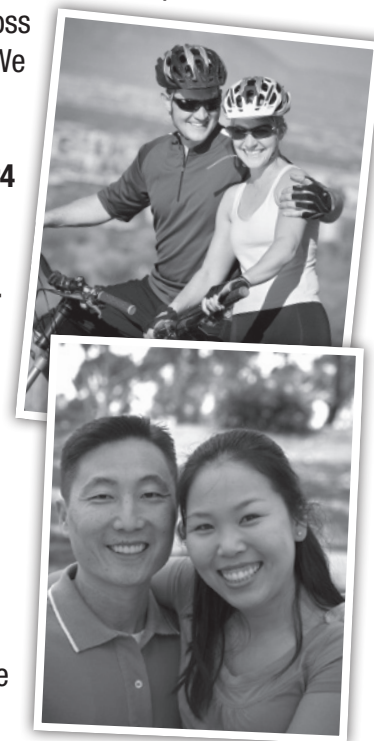
◇ **Power Amino Acids: The Factor4 Advantage in Eating Disorders**

- Submit product reviews to share your experience with like-minded individuals who are interested in normalizing body weight and improving metabolic health. Learn from others in your same age range and share your personal success too, ABSOLUTELY FREE.

- By committing to Factor4 Weight Control® in a continuity program you will lose excess weight and feel better in up to 50 ways in the 8 major health systems of the body as listed on page 14 & 15!

### Free Shipping

In addition to saving 10% on all recurrent orders, all customers with individual or recurrent orders qualify for FREE SHIPPING when you order 4 or more containers of Factor4. Free shipping applies to domestic orders only.



# FEEL BETTER IN UP TO 50 WAYS IN THE 8 MAJOR HEALTH SYSTEMS OF THE BODY

No.	Health System	Effects of Factor4 Weight Control® with Power Amino Acids® & Health-Plus Proteins®
1	Body weight & energy health	<ul style="list-style-type: none"> <li>Fat loss in extremities<sup>2,3</sup></li> <li>Fat loss in central torso<sup>2,3</sup></li> <li>Decrease in total body weight<sup>2,3</sup></li> <li>Increase in pep &amp; energy<sup>2,3</sup></li> <li>Increase in physical activity &amp; exercise<sup>2,3</sup></li> <li>Metabolic balance<sup>2</sup></li> <li>Increase in lean muscle mass<sup>2,3</sup></li> <li>Muscle strength enhanced<sup>2</sup></li> <li>Muscle relaxation increased<sup>2</sup></li> </ul>
2	Beauty health	<ul style="list-style-type: none"> <li>Skin color, texture &amp; health increased<sup>2</sup></li> <li>Hair becomes smoother, thicker &amp; healthier<sup>2</sup></li> <li>Nails increase in color, strength &amp; radiance<sup>2</sup></li> </ul>
3	Mental balance/health	<ul style="list-style-type: none"> <li>Clarity of thought increased<sup>2</sup></li> <li>Memory improved<sup>2,4</sup></li> <li>Mood stabilized<sup>2,3</sup></li> <li>Stress reduced<sup>2</sup></li> <li>Depression relieved<sup>2</sup></li> <li>Sleep enhanced<sup>2,3</sup></li> <li>Addictions decreased<sup>3,4</sup></li> <li>Sensory health increased (peripheral vision<sup>2</sup>, hearing<sup>2</sup>, taste, smell, touch)</li> </ul>
4	Digestive health	<ul style="list-style-type: none"> <li>Taste adapts to high-value foods<sup>2</sup></li> <li>Appetite satisfied<sup>2</sup></li> <li>Calming effect on stomach<sup>2</sup></li> <li>Decrease in acid reflux &amp; heart burn<sup>2</sup></li> <li>Increased regularity of bowel movements<sup>2</sup></li> </ul>

5	Metabolic health	<ul style="list-style-type: none"> <li>Type II Diabetes reduced with weight loss<sup>1</sup></li> <li>Systolic &amp; diastolic blood pressure reduced with weight loss<sup>1</sup></li> <li>Total &amp; LDL cholesterol levels reduced with weight loss<sup>1</sup></li> <li>Decrease in blood sugar with weight loss<sup>1</sup></li> <li>Metabolic Syndrome combatted<sup>1,2,3</sup></li> <li>Body wasting disorders corrected<sup>2,3</sup></li> </ul>
6	Immune health	<ul style="list-style-type: none"> <li>Increased resistance to viruses<sup>2</sup></li> <li>Increased resistance to bacteria<sup>2</sup></li> <li>Increased resistance to fungi<sup>2</sup></li> <li>Decreased free radicals<sup>4</sup></li> <li>Decreased non-specific inflammation<sup>4</sup></li> <li>Decreased C-reactive protein<sup>3</sup></li> </ul>
7	Sexual & Reproductive health	<ul style="list-style-type: none"> <li>Sexual desire increased<sup>2</sup></li> <li>Erectile function increased<sup>2</sup></li> <li>Sexual activity increased<sup>2</sup></li> <li>Ejaculate volume increased<sup>2</sup></li> <li>Ovarian health increased<sup>4</sup></li> </ul>
8	Aging health	<ul style="list-style-type: none"> <li>Decrease in tired, weak feelings<sup>2</sup></li> <li>Anabolic (beneficial) effects on organ functions, including heart, lung, liver, kidneys, etc.<sup>3,4</sup></li> <li>Decrease in functional age<sup>2</sup></li> <li>Disease prevention during aging<sup>2,3</sup></li> <li>Aging performance increased<sup>2</sup></li> <li>Increase in longevity<sup>4</sup></li> </ul>

1 Demonstrated in published clinical trials

2 Demonstrated in testimonials

3 Predicted with supporting evidence in literature

4 Predicted

***Turn Back the Hands of time with Factor4 Weight Control®***

## HEALTH BENEFITS OF FACTOR4 IN YOGURT, FRUIT AND VEGGIE SMOOTHIES

Factor4 Weight Control® helps bring yogurt, fruit and veggie smoothies into the mainstream wellness community in the following ways:

- While fruit smoothies are tasteful, veggie smoothies by themselves are largely unpalatable. When Factor4 is added to the mixture, the results exceed your wildest expectations...so good that they are described as “Yummy.”
- While yogurt, containing beneficial probiotic organisms, is exceedingly healthful, the overnight fermentation process results in sour tastes that are unpalatable. This forces the food industry to mask the sour taste with large amounts of sugar, which dramatically reduces the “health potential” of the product. However, in the presence of Factor4, even unprocessed yogurt is “Yummy.”
- Vegetarian foods like fruit and veggies are high in micronutrients but deficient in amino acids and protein. Factor4 corrects the amino acid and protein deficiencies in fruits and vegetables

In summary, Factor4 not only corrects for the protein and amino acid deficiencies in fruits and vegetables but also optimizes the tastes of unprocessed yogurt and veggie smoothies, with or without fruit.



For those who want to know more about the benefits of veggie smoothies, Victoria Boutenko has written an excellent book, entitled “Green for Life,” the Updated Classic on Green Smoothie Nutrition.

## HEALTH BENEFITS OF FRUITS, VEGETABLES, YOGURT & FISH

It is important to understand the considerable health benefits of the Mediterranean Diet, which contains fruits, vegetables, yogurt and fish. Fruits, vegetables and fermented foods like yogurt exist at the bottom of the food chain, where unsaturated fatty acids (think omega-3 and -6 essential fatty acids) are incorporated into cellular membranes. Fish is also rich in unsaturated fatty acids as fish oil has served as the optimal source of omega-3 and -6 fatty acids for a long time. Unsaturated fats, like mono- and poly-unsaturated fatty acids, guard against arteriosclerosis, cardiovascular disease, heart attack and stroke.

In contrast, at the top of the food chain, where poultry, livestock, and humans reside, saturated fatty acids are incorporated into cellular membranes. The problem with animal-based foods, like dairy products, chicken and red beef, is that these foods contain cholesterol and saturated fatty acids, which eventually lead to inflammatory changes in blood vessels, which result in arteriosclerosis, cardiovascular disease, heart attack and stroke.

The ultimate goal of Factor4 Weight Control®, is not only to normalize body weight but to allow the Modern American Diet (MAD) or the Standard American Diet (SAD) to move away from animal-based foods and move toward fish, yogurt and plant-based foods. Without Factor4 this is virtually impossible because of the amino acid and protein deficiencies inherent in fruits and vegetables. With Factor4, containing Power Amino Acids® and Health-Plus Proteins™, this relative shift in food choices is not only desirable but highly enjoyable.

So at the ultimate level of Factor4 health, you will not only enjoy weight control but you will also enjoy metabolic health that serves to help prevent a long list of chronic degenerative diseases that are associated with the Metabolic Syndrome, including (i) type 2 diabetes, (ii) cardiovascular disease, heart attack and stroke, (iii) cancer, (iv) arthritic conditions, including osteoarthritis and rheumatoid arthritis, (v) gallbladder, liver and kidney disease, and (vi) autoimmune diseases as well.



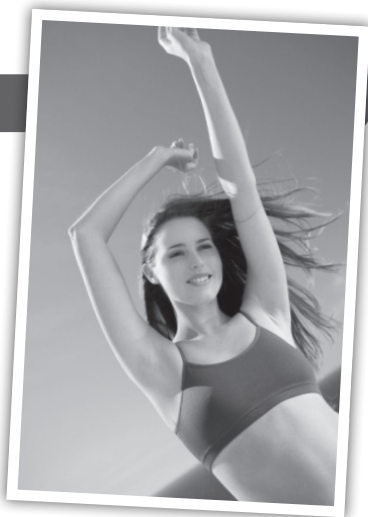
Furthermore, as you improve your chances for living a long and healthy life, you will be able to monitor your progress by watching your cardiac risk factors improve with Factor4 Weight Control® as it serves to:

- Lower blood pressure
- Lower fasting blood sugar levels.
- Lower LDL levels (bad cholesterol)
- Increase HDL levels (good cholesterol)
- Lower triglycerides levels
- Lower inflammatory markers like C-Reactive Protein (CRP)

#### ULTIMATE FACTOR4 BENEFITS

When used as instructed, Factor4 Weight Control®, containing Power Amino Acids®, will serve to provide the following bonuses related to improved health.

- Healthy Lifestyles with increased satiety, improved diet, exercise, sleep, attitude, and less dependency on sugar, caffeine and alcohol.
- Weight Control with lower body weight, improved body definition, and increased pep, energy, activity, stamina, endurance and performance.
- Metabolic Health with lower levels of blood cholesterol, triglycerides, sugar and less metabolic disease, including overweight disorders, hypertension, type 2 diabetes, cardiovascular disease, cancer, osteoarthritis, and gallbladder, liver & kidney disease.



- Anti-Aging Health with increased longevity and quality of life evidenced by reduced chronic degenerative disease and enhanced feelings of comfort, satisfaction, and well-being.

#### SIDE EFFECTS

There are no harmful side effects of Factor4 Weight Control®.

However, the following variant responses have been observed:

- A few subjects find that their bodies cannot adjust to the full-dose of Power Amino Acids® in Factor4 Weight Control® on the first administration. In this case, the subject should reduce the dose to 1/2 scoop per shake for a few days until they can take the full dose.
- A few subjects find that the initial taste of Factor4™ does not completely agree with their preferences for sweetness and/or flavors. This is not a significant problem as your taste buds will quickly adapt to the formulated sweetness and taste within a few days. The addition of spices may also solve this issue.
- A few subjects may find that chilled Factor4 shakes and smoothies lead to an increase in abdominal gas. It should be noted that chilled drinks, like ordinary milk shakes, absorb ambient air more than room temperature or heated drinks. Customers find that absorbed air may be decreased if the sips of Factor4 shakes and smoothies are retained in the mouth for several seconds before swallowing into the stomach.

#### SAVE MONEY WITH FACTOR4

For every dollar that you spend on Factor4 you will likely save \$2 to \$3 dollars in food and snacks that you no longer desire. When you take Factor4 you no longer need to purchase vitamins or minerals so these costs may be subtracted as well. The cost of a single Factor4 shake is just over \$1.26, which compares favorably with the \$2.50 cost of protein shakes on Google.

Note that Factor4, containing Power Amino Acids® and backup protein, is 10 times more effective in reducing appetite and maintaining health than

more expensive protein powders that are found on the market. In addition, by using Factor4 to maintain good health for your body you will also avoid the huge costs associated with poor metabolic health.

Further comments on the affordable cost of Factor4 Weight Control® may be found on our blog at <http://blog.factor4health.com>. Select “About Factor4” and Click on “Affordable Wellness.”

## SUMMARY

Everyone with excess weight may lose significant weight with Factor4™ and achieve optimal weight control. For those who are committed to Factor4™ it is just a matter of time to rebuild your body with Power Amino Acids®, improve metabolic health, and enjoy the natural effects of Factor4™ on weight loss health.

**The Factor4 Promise:**  
***Look Younger Every Day, Feel Better in Every Way!***

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## Recipes

### Factor4 Power Shakes and Smoothies

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Please visit our blog at <http://blog.factor4health.com> for delicious recipes on power shakes and smoothies in the following categories:

- **FACTOR4 Power Shakes:** A variety of delicious power shakes can be made “On the Go” with Factor4 Weight Control® using blender bottles. Factor4 shakes can also serve as liquids before or during meals. Factor4 shakes also serve as excellent nutritional snacks in the evening or before bed.
- **FACTOR4 Yogurt Smoothies:** Delicious low-fat and low-sugar yogurt smoothies can be made with Factor4 Weight Control® using blender bottles or electric blenders. Factor4 yogurt smoothies serve as excellent meal replacements.

- **FACTOR4 Fruit Smoothies:** Delicious “very-berry” smoothies can be made with Factor4 Weight Control® using electric blenders. Factor4 fruit smoothies serve as excellent meal replacements.
- **FACTOR4 Veggie Smoothies:** Delicious veggie smoothies can be made with handfuls of raw vegetable leaves and Factor4 Weight Control® using electric blenders. Factor4 veggie smoothies serve as excellent meal replacements.
- **FACTOR4 Combo Smoothies:** A variety of combo smoothies can be made by combining yogurt, fruit, veggies, and Factor4 Weight Control® topped off with your favorite spices to further enhance your health. Mix in an electric blender and enjoy the exotic tastes of spices nourished from the four corners of the earth! Factor4 combo smoothies serve as excellent meal replacements.
- **FACTOR4 in a Bowl:** Whether you mix Factor4 Weight Control® with oatmeal, cream of wheat, melon segments, or berries, you can enhance the nutritious nature of Breakfast.
- **FACTOR4 Hot Drinks:** Use Factor4 Weight Control® and coffee beans and tea leaves from around the world to make hot coffee and tea lattes to satisfy your discriminating taste buds.
- **FACTOR4 Iced Lattes:** Use Factor4 Weight Control® and coffee beans and tea leaves in iced lattes to spice up and refresh your drinks during the warm days of late spring and summer.

## FLAVORS

- Currently, Factor4 Weight Control® comes in a single flavor, vanilla praline, which is judged by nearly all our customers as “YUMMY.” If you prefer strawberry make a Factor4 smoothie with fresh strawberries. If you prefer chocolate, mix Factor4 with sugar-free cocoa powder, chocolate syrup or dark chocolate almond milk.



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## Factor4 Blog

<http://blog.factor4health.com>

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In addition to delicious recipes for Factor4 Power Shakes and Smoothies, our blog serves as a community of Factor4 Friends who share recipes and tips on weight loss, metabolic health and anti-aging. Our blog also has many articles with helpful tips that may be critical to your weight management program.

### GUIDES

Our Guides provide essential tips on losing weight and improving your metabolic health:

- Quick Start Guide
- Weight Loss Guide

### MONITORING SUCCESS

As part of your journey to improved health, Monitoring Success contains articles to help you break through weight loss plateaus.

- Monitoring Success with Factor4 Weight Control®:
- Ensure Success with Factor4 Weight Control®
- How Much Factor4 Should You Take
- Which Factor4 Regimen is Best
- Break the “Metabolic Resistance Syndrome” in Obesity to Avoid Weight Loss Plateaus
- Dietary Shifts Promote Wellness and Longevity
- Avoid Sugar-Rich Foods in a Healthy Diet
- Lifestyle Matters with Factor4 Weight Control®
- Affordable Wellness with Factor4 Weight Control®

### DR. SCHEELE ARTICLES

These articles will show you the breakthrough clinical science behind Factor4 Weight Control® and a number of metabolic diseases including obesity.

### Introduction to Factor4, a Breakthrough in Metabolic Health

- Factor4 Health Improving Human Lives across the Span of Medicine
- Factor4 Weight Control® Ten-Times Better Than Protein Powders
- Accelerated Amino Acid Delivery Technology (AAADT) in the Treatment of Metabolic Disease and Aging

### Medical Articles on the use of Factor4 Weight Control® to combat the following conditions:

- Overweight Disorders and Obesity
- Type 2 Diabetes
- Lipid Disorders
- Cardiovascular Disease
- Aging
- Hormone Support in Aging
- Sleep Deprivation
- Depression
- Cognition, Memory and Focus
- Chronic Stress and Post-Traumatic Stress Disorder
- Anxiety and Mood Disorders
- Autoimmune Disorders

### Scientific Articles:

- 2009: Selective Protein Deficiency and Metabolic Syndrome
- 2010: New Aspects of Protein Function and Metabolic Health
- 2011: Imprimis Credentials of Factor4 Weight Control®
- 2012: Factor4 Weight Control®: Ten-Times Better Than Protein Powders
- 2013: The Metabolic Mystery in Human Health
- 2014: Molecular Mechanisms in Poor Dietary Health

### Clinical Trial: Weight Loss Study

- Factor4 Weight Control®: 12 Month Clinical Trial

### Media Articles:

- The Obesity Cure
- The Perfect Storm in Health Care Encircling the Globe

## VIDEOS

Learn more through videos that explain how Factor4, the breakthrough of our time, works to restore normal body weight and improve metabolic health.

### How Factor4 Works:

- Factor4 Weight Control®: A Breakthrough in Weight loss Health

### Video Testimonials:

- Judge Napolitano on Weight loss Success
- Testimonials from Real People Who Incorporate Factor4 Shakes into Their Diet



### Dr. Scheele Video Talks:

- Lose Weight and Thrive on Factor4 Weight Control®
- The Role of the Food Chain Gap in Obesity
- Factor4: Better Than Popular Diets, Meal Programs or Diet Pills
- Four Levels of Commitment to Factor4 Weight Control
- Factor4: The #1 Dietary Supplement in Today's Market
- Factor4 Combats Eating Disorders
- Sleep Tight with Factor4 Weight Control®
- Avoid Chronic Degenerative Diseases with Factor4
- Enhanced Memory, Mood and Mental Performance
- Revitalize Youth with Factor4 Weight Control®
- Anti-Aging Health with Factor4 Weight Control®

### Factor4 How-To Videos

These videos show you how to use [www.factor4health.com](http://www.factor4health.com) to order product, maintain your account and receive financial credits toward your purchase of future Factor4

- How to Log-in and register a new user account to purchase Factor4
- How to navigate your user-Factor4 account
- How to make changes to your recurrent orders
- How to update your credit card information for recurring orders
- How to use the Customer Referral Credit Program

Be sure to visit our blog to join other Factor4 Friends in spreading the good word on Factor4 Health throughout neighborhoods and communities around the world. Follow us on You Tube, Facebook, Twitter, Linked In, Google+1 and Pinterest.

Bon Voyage to Good Health

*Dr. George A. Scheele*

And the Factor4 Marketing Team

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## Notes

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INFORMATION:

**To Order Factor4 Weight Control®**

**visit:**  
**[www.factor4health.com](http://www.factor4health.com)**

**For Recipes**

**visit:** *Updates Regularly*  
**[blog.factor4health.com](http://blog.factor4health.com)**

**Contact Us**

**Via Email: [Support@Factor4Health.com](mailto:Support@Factor4Health.com)**  
**Via Phone: 844-Factor4 (844-322-8674)**

***Start Your NewLife with NovaLife!***

# YOUR WEIGHT LOSS GUIDE

## *The Factor4 Promise:*

*Look Younger Every Day*

*Feel Better in Every Way*



## **FACTOR4** Weight Control<sup>®</sup>

**POWER AMINO ACIDS<sup>®</sup> & SUPER-CHARGED HEALTH<sup>®</sup>**

**[www.factor4health.com](http://www.factor4health.com)**  
**T: 844-Factor4 (844-322-8674)**

SKU 401WLG

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