

SUPPLEMENT YOUR ACTIVITY WITH COMPLEMENTARY MANNATECH PRODUCTS

Dose up with real food-solutions that help you achieve better health for optimal performances in and out of the gym.



Advanced Ambrotose®—Our flagship product that delivers an abundance of Glycans to support digestive and immune function.



OSP—It's wellness on the go. Individual packets are filled with three of our core products to make sure you've got the vitamins, minerals, trace minerals, antioxidants and herbal extracts to assist and support the immune system, endocrine system and general well-being.



Omega-3 with Vitamin D₃—This mighty supplement provides an abundance of omega-3 fatty acids and vitamin D₃ in order to support cardiovascular and brain health—so the only thing you break is barriers.



OsoLean®—Get the protein you need. With an added bonus of calcium from milk, it assists in the building of lean muscle mass while assisting with weight loss when combined with regular weight/resistance training and an energy-reduced diet.

TIPS FOR ATHLETIC SUCCESS

- Eat fresh foods! Abs are made in the kitchen, so be sure to avoid pre-processed foods and bad fats.
- Get plenty of protein. Mix it up between animal and plant, but just get some. It helps you feel fuller for longer, so you're not reaching for junk in between meals.
- Don't be shy about supplements! Mannatech has created a line of products that help complement and augment your athleticism. Use them!
- Cut out drinks with added sugar such as sodas, juices and alcohol.
- Make room for activities! Incorporate at least 2 ½ hours of moderate-intensity activities a week. These include brisk walking, gardening or dancing.
- Weight train to help keep lean muscle. Aim for two sessions a week.
- SLEEP! Proper sleep is important to every body function. Try to get at least 7 hours of uninterrupted sleep per night.

PLAN YOUR DAY with the Elite Performance Kit

WHEN	WHAT TO TAKE
MORNING	1 CardioBALANCE capsule, 2 Omega-3 with Vitamin D ₃ capsules, 1 Optimal Support Packet, 1 serving of Ambrotose® powder (Complex or Advanced)
20 MINUTES BEFORE WORKOUT	EM•PACT drink mix (1 serving), 1 CardioBALANCE capsule
DURING WORKOUT	EM•PACT drink mix (1 serving)
AFTER WORKOUT	2 SPORT™ capsules, 1 CardioBALANCE capsule, OsoLean powder (2 scoops)
NIGHT	1 serving of Ambrotose powder (Complex or Advanced), OsoLean (2 scoops), 2 BounceBack capsules (should be taken on an empty stomach, and certainly without any other protein)



AMP YOUR ACTIVITY



PUSH HARDER, BE FASTER, GO LONGER WITH MANNATECH PRODUCTS FORMULATED TO GET YOU THAT EXTRA MILE, MINUTE OR LOST POUND.



TESTIMONIALS

My favourite products are OsoLean and EM•PACT. I've always struggled to pick up muscle mass and lose body fat. Within 2 weeks of starting to use OsoLean powder, my body fat percentage dropped, and muscle mass percentage went up. That is what any professional sportsman wants.*



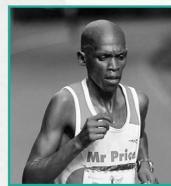
Jean Greef
Olympic Weightlifter

I have been playing professional rugby for 8 years now and have tried many various products to help me perform at my peak. It was only when I found Mannatech that I was really satisfied. The products have allowed me to have sustainable energy levels during intense training schedules, and especially have helped me to recover quicker and better!*



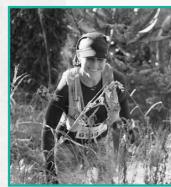
Gary Van Aswegen
Professional Rugby Player

Though I've won many races, I struggled with lack of energy. I tried the Elite Performance Kit for the Oceans Ultra Marathon, and couldn't believe how well it worked. Immediately, I signed up and started on two months of product supply and experienced improvement I've never experienced before. My next race, I beat my time and didn't experience cramping or stiffness, and had great energy. While taking NutriVerus® powder and EM•PACT, I actually achieved my fastest time in the history of my province, for any athlete.*



Mzwanele Maphele
Distance Runner

Being an athlete, I couldn't wait to get started with NutriVerus, EM•PACT drink mix and ImmunoSTART® products. EM•PACT and NutriVerus have greatly assisted to improve my energy levels, and reduce my fatigue. This year I will complete a 100 km mountain run, and my training for this race requires high-intensity training and long mountain running sessions. My recovery has been phenomenal since taking Mannatech products. I give credit to these awesome products!*



Gracia De Jager
Long Distance
Mountain Runner

EM•PACT® MAXIMISE YOUR EXERCISE

Say goodbye to wasted days at the gym with EM•PACT drink mix. This citrus energy drink contains L-carnitine and magnesium to help improve exercise without the hindrances of caffeine or gluten.

Benefits:

- Helps prevent work out fatigue by providing L-carnitine.
- Helps enhance aerobic performance.
- Provides medium chain triglycerides that help fuel your muscles and supply energy.
- Magnesium contributes to the maintenance of normal muscle function.
- Aloe has anti-inflammatory, antioxidant and immune-boosting properties.



SPORT™ AVOID THE CRASH

If working out is wearing you down, SPORT capsules are made from a blend of orchic substances and plant extracts that help maintain normal blood sugars so you can stay active during and after the gym.

Benefits:

- Helps you get the most out of exercise.
- Helps maintain existing normal blood sugar levels and support carbohydrate utilisation.
- Stimulant free.
- Formulated with a combination of orchic substances, sarsaparilla root, wild yam and Glycans.
- Gluten free.



CardioBALANCE® NOURISH EVERY BEAT OF YOUR HEART

Many of us don't get enough nutrients to keep our heart healthy. CardioBALANCE capsules help maintain blood vessel and cardiovascular health with vitamins for long-term wellness.

Benefits:

- N-Acetyl-L-cysteine provides a source of amino acids involved in muscle protein synthesis.
- Coenzyme Q10 helps to maintain and support cardiovascular health.
- Garlic helps reduce elevated blood lipid levels (hyperlipidemia) and maintains cardiovascular health in adults.



BounceBack® AID YOUR BODY'S NATURAL RECOVERY PROCESS

Most days you need to stay active to keep up with all of life's little events. The downside is, some activity can lead to soreness. That's why BounceBack was created—to give you back your freedom.

Benefits (when taken daily, over time):

- Aids the body's natural recovery process.
- Provides a powerful blend containing resveratrol, bromelain and avocado soy unsaponifiables for anti-inflammatory action.
- Contains turmeric to help relieve joint pain.
- Protease is a digestive enzyme that helps with the digestion of proteins.
- Antioxidant properties from vitamin C and resveratrol.



* Individual results may vary.