



Radically Transform Your Figure^{††}

The Healthy, Natural Way



See reverse for
TruHealth Shake
recipe and
Supplement Facts

If you're tired of wearing baggy clothes and feeling like you'll never be able to fit into your skinny jeans again, it's time to take back your life. Now you can drop that unwanted fat with Mannatech's all-natural and nutritious shake.[†]

Packed with **20 grams of plant-based protein** that help keep you satisfied, our fiber-rich TruPLENISH Meal Replacement Shake also comes with vitamins, minerals and Glycans. With your choice of delicious Rich Chocolate or Creamy Vanilla, the TruPLENISH Shake can be blended with fruits and veggies to give each day its own unique flavor. Finally, a shake that can keep up with you!

Your body is amazing. The TruPLENISH Shake can help it look—and feel—as fabulous as it was meant to be. **Start creating the healthy body you want with the TruPLENISH Shake today!**^{††}

Benefits:[†]

- Helps maintain lean muscle.
- Helps reduce feelings of hunger and increases satiety.
- Supports healthy weight management.
- Promotes healthy fat loss.
- Promotes healthy digestion.
- Helps form healthy habits.
- Helps you look and feel better.



FUN FACT

The protein powder in **TruPLENISH** includes a rich array of amino acids, including nine essential ones that the body needs from food.

[†]Individual results may vary.

^{††}When taken in conjunction with a reduced calorie diet and regular exercise.

TruHealth Signature Shake

Ingredients:

- 2 scoops of the TruPLENISH Nutritional Shake (Rich Chocolate or Creamy Vanilla)
- ½–1 cup fruit of your choice (frozen berries work great)
- 2 cups chopped, organic kale leaves with tough stems removed, or spinach
- 6 ice cubes (for a more frozen texture)
- 1 cup water, coconut water or almond milk
- ½ teaspoon or pinch of stevia or xylitol
- ½ tablespoon healthy fat (we recommend coconut oil or flax seed)



Instructions:

In a blender, combine fruit, kale/spinach, ice cubes, water, stevia, healthy fat and the TruPLENISH Nutritional Shake. Pulse a few times, then purée until smooth, scraping down the sides as necessary. Go ahead, lick the spoon. It's good

TRUPLENISH Rich Chocolate - shake

Supplement Facts

Typical Values	Per 100 g	Per Serving* (% NRV)
Energy	1525 kJ	1219 kJ
Protein	42 g	29 g (52 %)
Carbohydrate	35 g	29 g
- Sugars	21 g	23 g
- Fibre**	10 g	5 g
Fat	7 g	2,4 g
- Saturated Fat	2 g	1 g
Sodium	419 mg	330 mg
Vitamin A (as beta-carotene)	507 µg	248 µg
Vitamin B1	1,4 mg	0,8 mg (67%)
Vitamin B2	1,7 mg	1,2 mg (92%)
Vitamin B6	1,9 mg	1 mg (59%)
Vitamin B12	1 µg	1,5 µg (63%)
Biotin	156 µg	80 µg (267%)
Folic Acid	417 µg	200 µg (50%)
Niacin	17 mg	8,2 mg (51%)
Pantothenic Acid	5,7 mg	2,8 mg (56%)
Vitamin C	58 mg	28 mg (28%)
Vitamin D	3,1 µg	1,5 µg (10%)
Vitamin E	7 mg	3,3 mg (22%)
Calcium	563 mg	580 mg (45%)
Chromium	43 µg	20 µg (57%)
Copper	0,8 mg	0,5 mg (56%)
Iodine	83 µg	46 µg (31%)
Iron	11 mg	5,3 mg (41%)
Magnesium	138 mg	116 mg (32%)
Manganese	2,6 mg	1,2 mg (52%)
Potassium	542 mg	680 mg
Phosphorus	98 mg	250 mg (20%)
Selenium	35 µg	17 µg (31%)
Zinc	3,9 mg	3 mg (30%)

*45.3 g + 250 ml skimmed milk (required).

Nutrient Reference Values (NRVs) for individuals 4 years old and older.

** Fibre Method - AOAC

Recommended Use: Enjoy TruPlenish in place of one meal. Simply add 2 scoops to 250 ml of skimmed milk (required) and mix. TruPLENISH shakes should be used in conjunction with two other well-balanced meals. It is important to maintain adequate daily fluid intake.

Do not use if inner seal is missing or broken. Keep out of reach of children. Before and after opening, keep bottle tightly closed. Store in a cool, dry place. Contents may settle during shipping. This product is sold by weight not volume.

Ingredients: Plant protein [(pea protein, brown rice protein) (56%)], fructose, cocoa powder, gum acacia, guar gum, calcium carbonate, flaxseed powder, chocolate flavour, baker's yeast powder (vitamins B1, B2, B6, niacin, pantothenic acid, biotin, folic acid), dipotassium phosphate, acerola cherry extract powder, vanilla flavour, magnesium oxide, safflower oil, steviol glycosides (non-nutritive sweetener), fruit powders (strawberry, cherry, blackberry, blueberry, raspberry, banana, rice) vegetable powders (broccoli, tomato, carrot, spinach, kale), ferrous fumarate, d-alpha-tocopherol, gum tragacanth, beta-carotene, ergocalciferol, aloe vera gel extract powder, manganese sulfate, zinc oxide, sodium selenate, potassium iodide, copper sulfate, chromium (III) chloride, vitamin B12.

Product Number 16217

ZA.16217.44.002

TRUPLENISH Creamy Vanilla - shake

Supplement Facts

Typical Values	Per 100 g	Per Serving* (% NRV)
Energy	1557 kJ	1219 kJ
Protein	43 g	29 g (52 %)
Carbohydrate	36 g	29 g
- Sugars	21 g	23 g
- Fibre**	11 g	5 g
Fat	7 g	2,4 g
- Saturated Fat	2 g	1 g
Sodium	434 mg	330 mg
Vitamin A (as beta-carotene)	518 µg	248 µg
Vitamin B1	1,4 mg	0,8 mg (67%)
Vitamin B2	1,7 mg	1,2 mg (92%)
Vitamin B6	1,9 mg	1 mg (59%)
Vitamin B12	1,1 µg	1,5 µg (63%)
Biotin	160 µg	80 µg (267%)
Folic Acid	426 µg	200 µg (50%)
Niacin	17 mg	8,2 mg (51%)
Pantothenic Acid	5,9 mg	2,8 mg (56%)
Vitamin C	59 mg	28 mg (28%)
Vitamin D	3,2 µg	1,5 µg (10%)
Vitamin E	7 mg	3,3 mg (22%)
Calcium	574 mg	580 mg (45%)
Chromium	43 µg	20 µg (57%)
Copper	0,9 mg	0,5 mg (56%)
Iodine	85 µg	46 µg (31%)
Iron	11 mg	5,3 mg (41%)
Magnesium	140 mg	116 mg (32%)
Manganese	2,6 mg	1,2 mg (52%)
Potassium	245 mg	535 mg
Phosphorus	100 mg	250 mg (20%)
Selenium	36 µg	17 µg (31%)
Zinc	4 mg	3 mg (30%)

*45 g + 250 ml skimmed milk (required).

Nutrient Reference Values (NRVs) for individuals 4 years old and older.

** Fibre Method - AOAC

Recommended Use: Enjoy TruPlenish in place of one meal. Simply add 2 scoops to 250 ml of skimmed milk (required) and mix. TruPlenish shakes should be used in conjunction with two other well-balanced meals. It is important to maintain adequate daily fluid intake.

Do not use if inner seal is missing or broken. Keep out of reach of children. Before and after opening, keep bottle tightly closed. Store in a cool, dry place. Contents may settle during shipping. This product is sold by weight not volume.

Ingredients: Plant protein [(pea protein, brown rice protein) (57%)], fructose, gum acacia, guar gum, calcium carbonate, flaxseed powder, vanilla flavor, sunflower oil powder, baker's yeast powder (vitamins B1, B2, B6, niacin, pantothenic acid, biotin, folic acid), dipotassium phosphate, acerola cherry extract powder, magnesium oxide, safflower oil, steviol glycosides (non-nutritive sweetener), fruit powders (strawberry, cherry, blackberry, blueberry, raspberry, banana, rice) vegetable powders (broccoli, tomato, carrot, spinach, kale), ferrous fumarate, d-alpha-tocopherol, gum tragacanth, beta-carotene, ergocalciferol, aloe vera gel extract powder, manganese sulfate, zinc oxide, sodium selenate, potassium iodide, copper sulfate, chromium chloride, vitamin B12.

Product Number 16317

ZA.16317.44.002

IF YOU'RE READY TO TAKE BACK YOUR LIFE AND SEE RESULTS,
CONTACT ME TODAY!

P.S. In 30 days, you'll wish you had started today!

*Always consult with your physician or other qualified healthcare provider before embarking on a new diet or program. This program is not recommended for pregnant or lactating women. If you are taking medications, have a health condition or are planning a medical procedure, consult your health professional before beginning this program. It is also not recommended for children under the age of 18. If you have any specific questions about these matters you should consult your doctor or other healthcare provider.

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