

### 1. What makes GlycoCafé a “healthy” cup of coffee?

It's healthy because of benefits. In fact, GlycoCafé:

- May improve cognitive function and alertness.\*
- Provides superior antioxidant support.\*
- Supports healthy metabolism.\*
- Supports a healthy cardiovascular system.\*
- Energizing and supports longevity.\*
- Is rich in polyphenols and infused with glyconutrients.

### 2. With concerns over so many additives in coffees, how natural is GlycoCafé?

GlycoCafé is so natural we like to call it coffee enhanced by nature. Some of those benefits include:

- No sweeteners
- Gluten-free
- Free from corn, including maltodextrin and dextrose
- No MSG
- Free from artificial colors and flavors
- Free from soy and dairy
- No genetically modified DNA

### 3. With so many concerns about the environment and labor conditions, were there any special consideration when sourcing the coffee in GlycoCafé?

You can feel confident in your GlycoCafé purchase because our beans are harvested and supported by the Rainforest Alliance. They support collective action for people and nature, contributing toward a better future.

### 4. Is GlycoCafé vegan friendly?

Absolutely!

### 5. What do you mean when you call it a “complete” cup of coffee?

GlycoCafé is the first coffee that derives its flavor and benefits using all three parts of the coffee fruit for one complete, healthy beverage:

- Roasted organic Arabica coffee beans
- Green coffee beans (unroasted)
- The coffee berry

### 6. Why was Arabica coffee chosen?

The roasted Arabica is known for improving cognitive functions, increasing alertness and focus and even providing high antioxidant support. Since it has a superior flavor than Robusta (which is often used in instant coffee), it was a no brainer.

### 7. What is “green coffee”?

Green coffee is derived from the seeds of the coffee plant that haven't been roasted yet. The usual process of roasting the beans tends to remove beneficial amounts of chlorogenic acid. Leaving them in their natural form gives more benefits.

Cholorogenic acid is believed to have significant health benefits including supporting a healthy metabolism, and increasing thermogenesis.

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

## 8. What is a coffee berry?

This is the outside of the coffee fruit. Sometimes called the coffee cherry, it's red when ripe and offers a high concentration of polyphenols, which are powerful antioxidants.

## 9. Has anything else been added to GlycoCafé?

In addition to the organic roasted Arabica coffee, the green coffee and coffee berry, GlycoCafé has also been infused with Glycans from Manapol<sup>®</sup>, wakame and coconut oil for added smoothness.

## 10. Where do Glycans in GlycoCafé come from?

Glycans are naturally found in the coffee berry, wakame and Manapol ingredients.

## 11. Can I use GlycoCafé in my Keurig<sup>®</sup>?

No. But GlycoCafé comes in a convenient instant powder in an easy-to-use slimstick. No special machine is necessary—just hot water.

## 12. GlycoCafé has a lighter, fruitier aroma. Why is that?

The aroma comes from using more than just a roasted bean. GlycoCafé uses the whole coffee, including both the berry and the green bean, which is reflected in the fresher scent.

## 13. Does GlycoCafé have caffeine in it?

GlycoCafé contains about the same amount of caffeine found in other coffees, approximately 135 mg per slimstick.

## 14. GlycoCafé has natural thermogenic properties. What does that mean?

A thermogenic helps increase the heat in the body and in turn helps support the body's metabolism.

## 15. Can I use GlycoCafé with other Mannatech products?

Yes, GlycoCafé may be enjoyed while taking any of your Mannatech favorites. We suggest the TruHealth<sup>™</sup> products since it can be part of your healthy fat loss plan by providing both energy and support for a healthy metabolism.\*

## 16. Is GlycoCafé suitable for everyone?

No. GlycoCafé, like all caffeinated coffees, is not intended or recommended for children and those sensitive to caffeine. Pregnant or nursing women, those with a medical condition and those taking medication should consult a healthcare professional before use.

## 17. Does GlycoCafé contain acrylamide?

None of Mannatech's products have acrylamide added to the formulas. However, acrylamide is a naturally occurring by-product of the cooking process that forms naturally in a wide variety of foods when they are heated or cooked, including coffee, chocolate, almonds, french fries, crackers, potato chips, cereal, bread and even some fruits and vegetables. While acrylamide has been present in the human diet ever since we began cooking with fire, it was not known to be in food until 2002 when a group of Swedish scientists presented research that detected it in some baked and fried foods. Prior to the Swedish study, food was not analyzed for acrylamide because it was not an added ingredient, nor was it known to be a component of food. At doses much higher than what naturally occurs in foods, acrylamide has been found to cause cancer in laboratory animals. Please note: these studies use concentrated acrylamide and not foods that naturally contain this component through the cooking/heating process. In addition, the laboratory animals process acrylamide in a manner different than humans. Currently, the U.S. Food and Drug Administration, the World Health Organization and most other health regulatory bodies have not determined that the presence of acrylamide in food presents a health risk to humans and do not recommend that consumers change their diets for the purpose of avoiding acrylamide.

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