

Create Your Own Complete Coffee Blends

Enjoy Delicious Recipes for the Day Ahead

GLYCOCAFÉ™ RECIPES

HOT

Add one GlycoCafé sachet to a mug of hot water. Stir well.

HONEY & CINNAMON DRINK

Add ½ teaspoon cinnamon and 1 tablespoon of honey. Stir in almond milk to taste.

CHILLI HOT CHOCOLATE

Add 1 pinch cayenne pepper, ¼ teaspoon cinnamon, 2 squares dark chocolate or 1 heaping teaspoon 100% cacao powder, and ¼ teaspoon vanilla extract. Stir in organic cream to taste.



COLD

TRUHEALTH COFFEE SHAKE

Add 1 cup (240ml) of almond or rice milk, 2 scoops of Vanilla TruPlenish (or chocolate for a Mocha flavour), ice and 1 sachet of GlycoCafé, to a blender. Blend until desired consistency.



FRUIT INFUSIONS

Compliment with a squeeze of 1/2 lime and 1 tablespoon of extra virgin coconut oil. Stir. Add ice.

Or add pulp of a peach and/or blend.



 MANNATECH

The World's MOST COMPLETE COFFEE

Enhanced by Nature



 MANNATECH



Up to this point, you've only been drinking half a cup of coffee. That's about to change with Mannatech's GlycoCafé. By using all parts of the coffee fruit for their unique properties, Mannatech has created **the most complete coffee in the world**—with the added benefits of nutrients from nature.

Crafted using a blend of **organic Arabica beans**, antioxidant-rich **coffee fruit**, metabolism-boosting **green coffee bean extract** and infused with **Glyconutrients**, GlycoCafé doesn't just give you a delicious boost to get through your morning, it supports **wellness for the entire day**.*

For a **complete coffee experience** that's enhanced by nature, order GlycoCafé today!



Benefits:

- Improves cognitive function.*
- Provides high levels of antioxidants.*
- Supports a healthy metabolism.*



Coffee Fruit

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

Pulp (Fruit)

Green Bean

Roasted Bean

Green Coffee Bean

These are the beans you may not be used to. They are actually the seeds of the coffee fruit that haven't been roasted yet. The usual process of roasting the beans degrades them, reducing their chlorogenic acid content and other polyphenol levels. So, leaving them in their natural form may provide more benefits.*

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

Organic Roasted Arabica Coffee Bean

This is the coffee you're normally used to. It's the roasted bean on the inside of the fruit that gives your morning cup that rich, smooth flavor.