



Radically Transform Your Figure^{††}

The Healthy, Natural Way



TruPLENISH™ Nutritional Shake
The foundation of our
TruHealth
30-Day Fat-Loss System*

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 Shake also comes with vitamins, minerals, probiotics, enzymes and Glyconutrients. With your choice of delicious Chocolate or 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!**[†]

FUN FACT

TruPLENISH can be used as a quick, nutritious shake on-the-go, or as part of our TruHealth 30-Day Fat-Loss System!

Benefits:[†]

- Helps maintain lean muscle.*
- Helps reduce feelings of hunger and increases satiety.*
- Supports healthy weight management.*
- Promotes healthy weight loss.*
- Promotes healthy digestion.*
- Helps form healthy habits.*
- Helps you look and feel better.*
- Does not include ingredients that were produced using biotechnology.
- Supports cell-to-cell communication by providing a blend of Glyconutrients, which are beneficial saccharides found in nature.



*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.

TruPLENISH Supplement Facts

TRUPLENISH Chocolate - shake

Supplement Facts

Serving Size 2 scoops (41 g)
Servings Per Container 14

	Amount Per Serving	% Daily Value
Calories	165	
Calories from Fat	20	
Total Fat	2 g	4%
Total Carbohydrate	12 g	4%
Dietary Fiber	5 g	20%
Total Sugars	5 g	
Protein	20 g	40%
Vitamin A (as beta-carotene)	1000 IU	20%
Vitamin C (from acerola)	25 mg	42%
Vitamin D (from mushroom)	200 IU	50%
Vitamin E (as d-alpha tocopherol)	15 IU	50%
Thiamin (from yeast)	0.7 mg	47%
Riboflavin (from yeast)	0.8 mg	47%
Niacin (from yeast)	8 mg	40%
Vitamin B6 (from yeast)	0.9 mg	45%
Folate (from yeast)	200 mcg	50%
Vitamin B12 (from yeast)	3 mcg	50%
Biotin (from yeast)	75 mcg	25%
Pantothenic Acid (from yeast)	2.75 mg	28%
Calcium (from algae)	200 mg	20%
Iron (from protein blend)	5.8 mg	32%
Iodine (from yeast)	15 mcg	10%
Magnesium (from marine mineral complex and yeast)	40 mg	10%
Zinc (from yeast)	1.5 mg	10%
Selenium (from yeast)	7 mcg	10%
Copper (from yeast)	0.2 mg	10%
Manganese (from yeast)	0.2 mg	10%
Chromium (from yeast)	12 mcg	10%
Molybdenum (from yeast)	7.5 mcg	10%
Sodium	231 mg	10%
Potassium	132 mg	4%
Alpha-Linolenic Acid (from flaxseed and chia seed)	160 mg	†
<i>Lactobacillus acidophilus</i>	1 billion CFU (at the time of manufacture)	†
Proprietary Digestive Enzyme Blend (Alpha & Beta Amylase, Protease 1, Lactase, Lipase, Cellulase, Invertase)	50 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Pea protein, brown rice protein, fructose, acacia gum, cocoa powder, guar gum, natural flavors, Reb A (stevia leaf extract), Glyconutrient Proprietary Blend (Arabinogalactan, aloe vera extract (inner leaf gel powder), gum tragacanth), Proprietary Berry Blend (Strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), Proprietary Veggie Blend (Broccoli, broccoli sprouts, tomato, carrot, spinach, kale).

Guaranteed free from gluten, dairy, soy, genetically modified DNA, MSG, flavors or sweeteners

SUGGESTED USE FOR ADULTS AND CHILDREN 9 YEARS AND OLDER: Simply add 2 scoops to 8 oz of cold purified water, almond milk or other beverage of choice and mix.

DIRECTIONS FOR KIDS: Mix 1 scoop with 8 fl oz of liquid. This product is not intended to be used for weight management for kids, or for consumption by kids under 4 years old.

WARNING: If you are pregnant, nursing, taking medication, have a health condition or are planning a medical procedure, consult your health professional before use. Discontinue use and consult a doctor if any adverse reaction occurs.

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

Product Number 16201

US.16201.44

TRUPLENISH Vanilla - shake

Supplement Facts

Serving Size 2 scoops (39.5 g)
Servings Per Container 14

	Amount Per Serving	% Daily Value
Calories	167	
Calories from Fat	17	
Total Fat	2 g	3%
Total Carbohydrate	11 g	4%
Dietary Fiber	5 g	20%
Total Sugars	5 g	
Protein	20 g	40%
Vitamin A (as beta-carotene)	1000 IU	20%
Vitamin C (from acerola)	25 mg	42%
Vitamin D (from mushroom)	200 IU	50%
Vitamin E (as d-alpha tocopherol)	15 IU	50%
Thiamin (from yeast)	0.7 mg	47%
Riboflavin (from yeast)	0.8 mg	47%
Niacin (from yeast)	8 mg	40%
Vitamin B6 (from yeast)	0.9 mg	45%
Folate (from yeast)	200 mcg	50%
Vitamin B12 (from yeast)	3 mcg	50%
Biotin (from yeast)	75 mcg	25%
Pantothenic Acid (from yeast)	2.75 mg	28%
Calcium (from algae)	200 mg	20%
Iron (from protein blend)	6 mg	33%
Iodine (from yeast)	15 mcg	10%
Magnesium (from marine mineral complex and yeast)	40 mg	10%
Zinc (from yeast)	1.5 mg	10%
Selenium (from yeast)	7 mcg	10%
Copper (from yeast)	0.2 mg	10%
Manganese (from yeast)	0.2 mg	10%
Chromium (from yeast)	12 mcg	10%
Molybdenum (from yeast)	7.5 mcg	10%
Sodium	205 mg	9%
Potassium	44 mg	1%
Alpha-Linolenic Acid (from flaxseed and chia seed)	160 mg	†
<i>Lactobacillus acidophilus</i>	1 billion CFU (at the time of manufacture)	†
Proprietary Digestive Enzyme Blend (Alpha & Beta Amylase, Protease 1, Lactase, Lipase, Cellulase, Invertase)	50 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Pea protein, brown rice protein, fructose, acacia gum, guar gum, natural flavor, Reb A (stevia leaf extract), Glyconutrient Proprietary Blend (Arabinogalactan, aloe vera extract (inner leaf gel powder), gum tragacanth), Proprietary Berry Blend (Strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), Proprietary Veggie Blend (Broccoli, broccoli sprouts, tomato, carrot, spinach, kale).

Guaranteed free from gluten, dairy, soy, genetically modified DNA, MSG, flavors or sweeteners

SUGGESTED USE FOR ADULTS AND CHILDREN 9 YEARS AND OLDER: Simply add 2 scoops to 8 oz of cold purified water, almond milk or other beverage of choice and mix.

DIRECTIONS FOR KIDS: Mix 1 scoop with 8 fl oz of liquid. This product is not intended to be used for weight management for kids, or for consumption by kids under 4 years old.

WARNING: If you are pregnant, nursing, taking medication, have a health condition or are planning a medical procedure, consult your health professional before use. Discontinue use and consult a doctor if any adverse reaction occurs.

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Product Number 16301

US.16301.44

TruHealth Signature Shake



Ingredients:

- 2 scoops of the TruPLENISH Nutritional Shake (chocolate or vanilla)
- 1/2–1 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
- 1/2 teaspoon or pinch of stevia or xylitol
- 1/2 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 for you!

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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