

TruHealth

by MANNATECH



The single most important thing you can do to help somebody with their health is trim down their excess body fat.

According to the World Health Organization, it is the number one problem for people and their health today - there are more than 40 physical and psychological health problems that are directly related to excess body fat.

Body composition has an impact on your health, whether

you are overweight or of 'normal' body weight. Its best to start focusing on body composition rather than weight loss. This means focusing on centimetres lost or gained in the right places, how you feel and how your clothes fit.

As your body fat to lean ratio decreases, so does your health risks. It doesn't just improve your general health. It can change your quality of life for the better. It's not just looking good, or even feeling good. It's actually being healthier. Use the TruHealth System to get healthier now!

There are many resources that you can access at the website: www.truhealthfitness.com.au

- Choose a fitness plan
- Choose your virtual coach where you have access to over 45 exercise videos
- Get Support with a 30 day Meal Plan guide
- Track your progress and record your journey
- Join a challenge and win cash prizes
- Access to our recipes library
- Download current brochures
- Health Tips and Snack tips

TRUPLENISH

TruPLENISH Shake is one of the core components of our program. It is different from competitor shakes, in that it's a plant-based, complete meal replacement full of vitamins, minerals, probiotics, glyconutrients and over 20 grams of protein. It's a good source of fibre, keeping you feeling fuller for longer and it comes in our newly introduced and improved flavour in delicious Rich Chocolate and Creamy Vanilla. There are two different types of vegetable protein - pea protein and brown rice protein. There is no animal protein in this product. The protein in bodybuilding shakes usually starts at 20 grams. To supercharge your protein, add Osolean to your shake. The protein boosts to 30g which is excellent for muscle tone.



TRUPURE

TruPURE is formulated with natural ingredients to help support your body's ability to cleanse or diminish toxins that can cause oxidative stress. Taking one per day can provide glyconutrients, botanical antioxidants, and support for healthy detoxification. It is a total body cleanse product, designed to cleanse at a cellular level.



TRUSHAPE

TruSHAPE provides a naturally powered metabolism boost. This thermogenic (heat producing) product supports the stimulation of fat oxidation. This means it accelerates the rate at which you are converting stored body fat into energy.

