



TRUPLLENISH™ NUTRITIONAL SHAKE (SKU 16201, 16301, 51501, 53301) PRODUCT TRAINING SHEET



PRODUCT BASICS

PRODUCT DESCRIPTION: The TruPLENISH Nutritional Shake is one of the core components of the TruHealth™ 30-Day Fat-Loss System.*‡ It's a plant-based, supplement option full of vitamins, minerals, probiotics, Glyconutrients and over 20 grams of protein.

Drink a delicious TruPLENISH shake each day to help keep you feeling fuller longer and enable you to easily reduce your calorie intake without sacrificing nutritional needs.* This shake helps form the foundation of your personal fat-loss agenda.*‡ Once you've reached your goals, continuing to incorporate TruPLENISH shakes into your daily routine will help you maintain your weight, your new improved body shape, and health.*

BENEFITS:

- Helps transform your body and improve your body composition through the maintenance of lean muscle.*‡
- Provides sustained energy.*
- Helps reduce feelings of hunger and increase satiety.*
- Supports healthy weight management.*
- Promotes healthy weight loss, for a healthier, leaner body.*‡
- Promotes healthy digestion.*
- Helps you form healthy habits.*
- Helps you look and feel better.*‡

FEATURES:

- Naturally gluten-free
- Suitable for vegans
- No genetically modified DNA
- Free from soy or soy-derived ingredients
- Free from dairy or dairy derived ingredients
- Free from MSG
- Free from artificial colors, flavors or sweeteners and preservatives
- Low glycemic
- Contains naturally-sourced ingredients
- Suitable for individuals ages nine and older

WHAT MAKES THIS PRODUCT SPECIAL?

POINT OF CONVENIENCE:

TruPLENISH is available in two flavors, rich chocolate and creamy vanilla. Each flavor is available in bulk, resealable, gusset bags for convenient storage. They are also available in single serve pouches.

WHO IS IT FOR?

- Primary: Individuals looking for a fat-loss system.*†
- Secondary: Individuals looking for a healthy nutritional shake to supplement their normal diet.*

WHAT MAKES IT UNIQUE?

- Unlike other nutritional shakes on the market, Mannatech's TruPLENISH Shake contains prebiotics and probiotics which help to nourish the microbiome.*
- Contains digestive enzymes to help your body's ability to digest and absorb the rich vitamin and minerals that the shake has to offer.*
- TruPLENISH contains Mannatech's unique Glyconutrient Proprietary Blend.

TOP FAQ:

1. What is the importance of doing a cleanse at the start of this program?

Cleansing can help kick-start your body's own detoxification system.* The TruHealth 30-Day Fat-Loss System is specially formulated to provide your body with the nourishment it needs while supporting your body's detoxification processes.*

2. What physical changes could I experience during the TruHealth 30-Day Fat-Loss System?

During the duration of the program, you may experience an increase in urination and bowel movements. These are simply natural effects of cleansing and the body's elimination process and should not interfere with your daily activities.

In some cases, you may experience temporary effects like headaches, weakness, fatigue and others. This simply means your body is beginning the cleansing process as you withdraw from certain substances such as caffeine and sugar. For example, caffeine withdrawal typically causes headaches, so be sure to drink plenty of water. These temporary effects are expected to subside in a day or two. If they persist, we suggest you discontinue the program and consult your healthcare professional.

3. Is it okay to add fruits or other healthy ingredients to my TruPLENISH Shake?

Absolutely! Who doesn't love a little strawberry? Just keep in mind that some fruits are high glycemic, so it's best to opt for fruits that fall under the low glycemic index.

4. What is the source of fructose in the TruPLENISH Shakes?

The fructose in the TruPLENISH Shakes is from sugar cane or sugar beets and is NOT high fructose corn syrup. The TruPLENISH Shakes contain a very modest amount of fructose, at approximately 2 g per serving. For reference, a typical medium sized apple contains approximately 7 g of fructose. Therefore, our TruPLENISH Shakes contain much less fructose than a medium sized apple.

5. Can I use fruit juices when making shakes?

You can use 100% pure juice; nothing from concentrate or with additives. We suggest using freshly squeezed fruit juices.

6. As a diabetic, do I need to be concerned about the sugar in the TruPLENISH Shake?

First of all, any individuals with health conditions, including diabetes, should always consult with their healthcare practitioner before commencing with any changes to their diet. However, if used as directed, it should be completely safe for you to incorporate the TruPLENISH Shake into your meal regimen. If you choose to add fruit to your TruPLENISH Shake, be conscious of the types of fruit that you use, and make sure they fall under the low glycemic index.

7. Can I give my 4-year-old child the TruPLENISH Shake?

The TruPLENISH Shake directions for children 4 and older is to mix 1 scoop with 8 oz of beverage of choice. Please follow the recommended label guidelines.

COMPLEMENTARY PRODUCTS:

TruHealth System: The TruHealth 30-Day Fat-Loss System[†] is a versatile program designed to help cleanse and nourish your body with the power of real-food nutrition.* This system combines beneficial, whole foods with naturally-sourced supplements and exercise to help support your body's natural ability to reduce harmful toxins, encourage fat loss and to help you take back your life.*

TruPURE® Cleanse Slimsticks: Mannatech's unique, nutritional cleansing drink mix is formulated with natural ingredients to help support your body's ability to cleanse or diminish toxins that can cause oxidative stress.*[†] Unlike many cleanses, TruPURE slimsticks aren't a laxative or diuretic. They are essential for Cleanse Days when used in conjunction with the TruHealth 30-Day Fat-Loss System[†] and can be used as an everyday drink, providing Glyconutrients, botanical ingredients and support for healthy detoxification.*



TruSHAPE™ Advanced Weight Management Capsules: Mannatech's TruSHAPE Advanced Weight Management capsule has been specially formulated to support healthy digestion and utilization of carbohydrates, healthy glucose and insulin levels.* TruSHAPE contains OmniLean® (Salacia Chinensis extract root) a genus widely found in Sri Lanka, China, India and other Asian countries. It has been widely used in traditional Chinese herbs for thousands of years as a food supplement and in Ayurvedic practices.



DIRECTIONS:

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 oz of cold purified water, almond milk or other beverage of choice. This product is not intended to be used for weight management for kids, or for consumption by kids under 4 years old.

[†]When four TruPURE Slimsticks are taken per day in conjunction with the TruHealth System recommendations (i.e. plentiful water intake [32-48 ounces/day for four cleanse days/month]; intake of healthy foods, elimination or low intake of processed foods, alcohol, caffeine, etc.)

[‡]When taken as directed in conjunction with a reduced calorie diet and exercise.

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

TRUPLLENISH Creamy Vanilla - shake

Supplement Facts

Serving Size: 2 scoops (37.2 g) | Servings Per Container: 14

	Amount Per Serving	% Daily Value
Calories	145	
Calories from Fat	17	
Total Fat	2 g	3%†
Total Carbohydrate	8 g	3%†
Dietary Fiber	5 g	18%†
Total Sugars	2 g	†
Includes 2 g added sugars		4%†
Protein	20 g	40%†
Vitamin A (as beta-carotene)	275 mcg RAE	31%
Vitamin C (from acerola)	25 mg	28%
Vitamin D (from mushroom)	5 mcg	25%
Vitamin E (as d-alpha tocopherol)	10 mg	67%
Thiamin (from yeast)	0.7 mg	58%
Riboflavin (from yeast)	0.8 mg	62%
Niacin (from yeast)	8 mg NE	50%
Vitamin B ₆ (from yeast)	0.9 mg	53%
Folate (from yeast)	333 mcg DFE (200 mcg Folic Acid)	83%
Vitamin B ₁₂ (from yeast)	3 mcg	125%
Biotin (from yeast)	75 mcg	250%
Pantothenic acid (from yeast)	2.75 mg	55%
Calcium (from algae)	200 mg	15%
Iron (from protein blend)	3.7 mg	21%
Iodine (from yeast)	15 mcg	10%
Magnesium (from marine mineral complex and algae)	40 mg	10%
Zinc (from yeast)	1.5 mg	14%
Selenium (from yeast)	7 mcg	13%
Copper (from yeast)	0.2 mg	22%
Manganese (from yeast)	0.2 mg	9%
Chromium (from yeast)	12 mcg	34%
Molybdenum (from yeast)	7.5 mcg	17%
Sodium	205 mg	12%
Potassium	44 mg	3%
Alpha-Linolenic Acid (from flaxseed and chia seed)	160 mg	†
<i>Lactobacillus acidophilus</i>	7.5 mg	†
1 Billion CFU (at the time of manufacture)		
Proprietary Digestive Enzyme Blend (Alpha & Beta Amylase, Protease 1, Protease 2, 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, acacia gum, fructose, guar gum, natural flavor, safflower oil powder, Reb A (stevia leaf extract), Glyconutrient Proprietary Blend (Arabinogalactan, aloe vera extract (inner leaf gel powder) \$, gum tragacanth), xanthan gum, Proprietary Berry Blend (Strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), Proprietary Veggie Blend (Broccoli, broccoli sprouts, tomato, carrot, spinach, kale).

\$ Manapol (Aloe Vera Extract)

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 CHILDREN (4 YEARS AND OLDER): Mix 1 scoop with 8 oz. of cold purified water, almond milk or other beverage of choice. This product is not intended to be used for weight management for children, or for consumption by children 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

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TRUPLLENISH Rich Chocolate - shake

Supplement Facts

Serving Size: 2 scoops (38.9 g) | Servings Per Container: 14

	Amount Per Serving	% Daily Value
Calories	150	
Calories from Fat	20	
Total Fat	2 g	3%†
Total Carbohydrate	9 g	3%†
Dietary Fiber	6 g	21%†
Total Sugars	2 g	†
Includes 2 g added sugars		4%†
Protein	20 g	40%†
Vitamin A (as beta-carotene)	300 mcg RAE	33%
Vitamin C (from acerola)	25 mg	28%
Vitamin D (from mushroom)	5 mcg	25%
Vitamin E (as d-alpha tocopherol)	10 mg	67%
Thiamin (from yeast)	0.7 mg	58%
Riboflavin (from yeast)	0.8 mg	62%
Niacin (from yeast)	8 mg NE	50%
Vitamin B ₆ (from yeast)	0.9 mg	53%
Folate (from yeast)	330 mcg DFE (200 mcg Folic Acid)	83%
Vitamin B ₁₂ (from yeast)	3 mcg	125%
Biotin (from yeast)	75 mcg	250%
Pantothenic acid (from yeast)	2.75 mg	55%
Calcium (from algae)	200 mg	15%
Iron (from protein blend)	3.7 mg	21%
Iodine (from yeast)	15 mcg	10%
Magnesium (from marine mineral complex and algae)	40 mg	10%
Zinc (from yeast)	1.5 mg	14%
Selenium (from yeast)	7 mcg	13%
Copper (from yeast)	0.2 mg	22%
Manganese (from yeast)	0.2 mg	9%
Chromium (from yeast)	12 mcg	34%
Molybdenum (from yeast)	7.5 mcg	17%
Sodium	270 mg	12%
Potassium	132 mg	3%
Alpha-Linolenic Acid (from flaxseed and chia seed)	160 mg	†
<i>Lactobacillus acidophilus</i>	7.5 mg	†
1 Billion CFU (at the time of manufacture)		
Proprietary Digestive Enzyme Blend (Alpha & Beta Amylase, Protease 1, Protease 2, 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, acacia gum, fructose, cocoa powder, guar gum, natural flavors, Reb A (stevia leaf extract), Glyconutrient Proprietary Blend (Arabinogalactan, aloe vera extract (inner leaf gel powder) \$, gum tragacanth), safflower oil powder, Proprietary Berry Blend (Strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), Proprietary Veggie Blend (Broccoli, broccoli sprouts, tomato, carrot, spinach, kale).

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