



TRUPURE® (SKU 16501)



PRODUCT TRAINING SHEET

PRODUCT BASICS

PRODUCT DESCRIPTION: 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.*[†]

BENEFITS:

- Include vitamin B6, Glyconutrients, botanicals and antioxidants to nourish the body and support health.*
- Look better, feel better.*
- Supports cellular health.*
- Promotes total body support.*[†]
- Supports healthy aging.*[†]
- Gives the digestive tract a rest.*[†]
- Formulated to support a healthy gut.*
- Formulated to support healthy liver function.*[†]
- Supports detoxification in the liver and at the cellular level.*[†]
- Supports a healthy metabolism.*[†]
- Supports healthy body composition.*[†]

FEATURES:

- Naturally gluten-free
- Suitable for vegetarians
- No genetically modified DNA
- Free from dairy or dairy-derived ingredients, soy, MSG, artificial flavors, artificial colors, preservatives
- Includes safe, natural sweeteners
- Includes very low glycemic sweeteners
- Includes natural ingredients
- Low glycemic

SUPPORTING INFORMATION:

Bokbunja Black Raspberry (*Rubus Coreanus*) fruit extract, found in TruPURE slimsticks, is a species of raspberry native to Korea, Japan and China. Used in Korean traditional culture, this fruit is a source of plant sterols, flavonoid, and known for liver support and helping improve body composition.*

WHAT MAKES THIS PRODUCT SPECIAL?

POINT OF CONVENIENCE:

TruPURE is packaged in individual serving slimsticks for convenience and on-the-go consumption.

WHO IS IT FOR?

- Primary: Adults who are interested in fat-loss and weight management for a healthy lifestyle.*‡
- Secondary: Those looking to support function and detoxify their liver.*†

WHAT MAKES IT UNIQUE?

- TruPURE is formulated with natural ingredients to support your body's ability to diminish toxins without laxative and diuretic effects often experienced with other cleanse products.*†
- TruPURE contains unique botanical extracts like Japanese raisin and milk thistle to assist with liver and whole-body detox.*†

WHAT IT IS NOT: TruPURE is not a laxative or diuretic. It can be used as needed or multiple times during the day for deep cleansing. Please refer to usage instructions.

TOP FAQ:

1. Why are there 30 slimsticks in a box of TruPURE cleanse slimsticks but the TruHealth System only instructs me to take 4 slimsticks a day on Cleanse Days only? That's only 16 slimsticks a month. What about the additional 14?

There are two options with the TruHealth 30-Day Fat-Loss System:*‡

1. Use 4 slimsticks for every cleanse day per month = 16 slimsticks
2. A 3-day jumpstart which equates to 6 cleanse days per month = 24 slimsticks. Depending on the usage, if you have leftover slimsticks, you can continue to take them even though you have completed the program. We recommend taking 1 slimstick a day on a regular basis.

2. 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.*‡

3. 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.

4. Is exercise necessary? How much and what type is recommended?

Yes, exercise is always an important component of a healthy lifestyle. During this program, exercise will help you maintain lean muscle. At a minimum, it's recommended that you walk 30-45 minutes at least four days per week. Download the TruHealth Fitness Guide at <http://library.mannatech.com/7818>.

5. Why is this combination of products and regimen important?

The featured Mannatech products are the foundation of this program. They are designed to supplement your daily regimen during the 30 days and are formulated to work together to help increase energy, cleanse your body and support weight management and healthy digestion.*‡

6. How important is it to refrain from caffeine during this program? Caffeine is a substance that is metabolized by our liver and excreted by our kidneys. This means that our liver and kidneys must perform work to process and remove caffeine metabolites from our bodies. Ingesting caffeine will give your body more work to do and could hinder or lessen the overall effectiveness of the program.

7. How often can I repeat the TruHealth System?

You can continue to repeat the TruHealth Fat-Loss System[‡] for up to three consecutive months until you reach your goal. Once meeting your goal, we recommend repeating the system at least once a quarter thereafter.

8. If I choose to repeat the TruHealth System for the next three months, can I begin each month with the jump start method and follow the Cleanse Day specifications for the first three days rather than just day one?

Definitely! You can follow the jump start method each consecutive month.

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.*

TruPLENISH™ Nutritional Shake: The TruPLENISH Nutritional Shake is 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.*



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:

For every day cleansing: Take 1 slimstick with 8-12 oz of water daily at intervals (i.e. morning and evening) or as directed by a qualified health care professional.*

For deep cleansing: Take 1 slimstick with 8-12 oz of water 4 times per day at intervals (i.e. morning, noon, afternoon, evening) or as directed by a qualified healthcare professional. Regular interval cleansing can help improve and maintain your overall health and vitality.*

[†]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.

Supplement Facts

Serving Size 1 Slimstick | Servings Per Container 30

	Amount Per Serving	% Daily Value	Amount Per 4 Slimsticks	% Daily Value
Calories	25		100	
Total Carbohydrate	5 g	2%	20 g	8%
Vitamin B ₆ (pyridoxine HCl)	0.5 mg	25%	2.0 mg	100%
Proprietary Blend	3.0 g	†	12.1 g	†
Xylitol, lemon fruit extract, orange fruit extract, fructooligosaccharides, xanthan gum, milk thistle (<i>Silybum marianum</i>) seed extract, Japanese raisin (<i>Hovenia dulcis</i>) fruit extract, aloe vera inner leaf gel powder, turmeric (<i>Curcuma longa</i>) root extract, bokbunja black raspberry (<i>Rubus coreanus</i>) fruit extract, passion flower (<i>Passiflora incarnata</i>) extract, choline bitartrate, inositol, glutathione (from <i>Saccharomyces cerevisiae</i>), methionine (from corn starch), chlorella (<i>Chlorella regularis</i>) whole plant extract, spirulina (<i>Arthrospira platensis</i>) whole plant extract, digestive enzymes (protease, amylase, lactase, lipase, cellulase), blended vegetable concentrate [cauliflower (flower/stalk), cucumber (fruit), pumpkin (fruit), water dropwort (leaf), cabbage (leaf), kale (leaf), parsley (leaf), red pepper (fruit), green pepper (fruit), broccoli (flower/stalk), beet (root)], arabinogalactan (<i>Larix spp.</i> wood), aloe vera inner leaf gel extract (Manapol [®])				

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Erythritol, natural orange flavor, natural lemon flavor, malic acid, Reb A (stevia leaf extract), silicon dioxide.

GLUTEN FREE, NO ARTIFICIAL FLAVORS, COLORS OR SWEETENERS, NO GENETICALLY MODIFIED DNA

Recommended Adult Use:

For every day cleansing: Take 1 to 2 sticks per day as desired or as directed by a qualified health care professional.

For deep cleansing: Take 1 to 4 sticks per day as desired or as directed by a qualified health care professional. A regular cleansing regimen can help improve and maintain your overall health and vitality*.

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.

Product Number 16501

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