



TRUSHAPE™ ADVANCED WEIGHT MANAGEMENT (SKU 16001) PRODUCT TRAINING SHEET



PRODUCT BASICS

PRODUCT DESCRIPTION: Mannatech's TruSHAPE Advanced Weight Management capsules have been specially formulated to support healthy digestion and utilization of carbohydrates, healthy glucose and insulin levels.*

BENEFITS:

- Supports the healthy digestion and utilization of carbohydrates, as well as supports the feeling of satiety.*
- Supports healthy blood glucose levels.*
- May help support healthy blood lipid levels.*
- Supports a healthy cardiovascular system.*
- Helps provide a feeling of satiety.*
- Supports healthy body composition.*†
- Helps to reduce body fat.*‡
- Supports a healthy metabolism.*

FEATURES:

- Formulated without gluten, soy and dairy
- Suitable for vegetarians

SUPPORTING INFORMATION:

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.

WHAT MAKES THIS PRODUCT SPECIAL?

WHO IS IT FOR?

- Adults who are interesting in fat loss and weight management for a healthy lifestyle.

TOP FAQ:

1. How often should I take the TruSHAPE capsule?

Many supplements that may assist with healthy carbohydrate digestion require you to take a capsule/s before each meal; Mannatech's TruSHAPE is an advanced formula that targets many specific areas to help your weight management needs, including healthy digestion and utilization of carbohydrates—but it is only needed once a day and it's all in one capsule! We recommend taking your TruSHAPE capsule in the morning with a TruPLENISH™ Shake.*†

2. Can I take more than one TruSHAPE capsule a day?

We recommend taking the product as recommended on the label, which is one capsule a day. If you have questions for use beyond the directions indicated on the label, you should speak to a qualified healthcare professional.

3. Can my 8-year-old son/daughter participate in the TruHealth™ program?

The TruHealth 30-Day Fat-Loss System is not recommended for children under the age of 18.

4. 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.*†

5. What physical changes could I experience during the TruHealth 30-Day 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.

6. 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.*†

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.*



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.*



DIRECTIONS: Take one tablet daily with a minimum of 8 fl. oz. of water.

[†]When four TruPURE slimsticks are taken per day in conjunction with the TruHealth System.

[‡]When taken in conjunction with a reduced calorie diet and regular 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.

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TruSHAPE

Supplement Facts

Serving Size: 1 capsule / Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	5	
Chromium (chromium polynicotinate)	200 mcg	571 %
Proprietary Blend	510 mg	**
<i>Salacia chinensis</i> extract ^{††} (root), <i>Garcinia cambogia</i> extract (fruit) standardized to 60% hydroxycitric acid, <i>Zingiber officinale</i> extract [†] (root)		
Ambrotose® Complex Blend	38 mg	**
Rice hull concentrate, arabinogalactan ^{***} (from <i>Larix</i> spp. wood), gum tragacanth, modified citrus pectin, Aloe vera extract [§] (inner leaf gel powder), sodium alginate		
** Daily Value not established.		

[§]Manapol® Aloe Vera Extract

Other ingredients: Hydroxypropyl methylcellulose.
GLUTEN FREE

Ginger and OmniLean are trademarks of
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