

# 90-Day GI-Biome System™ Experience Tracker

To address essential digestive health, Mannatech created the GI-Biome System. This system contains three products that when used together, pave the way for digestive health and gut microbiome support which can benefit many other systems in your body.\*

Click or scan to  
learn more about:  
Your Microbiome  
The Gut-Brain Axis  
Leaky Gut



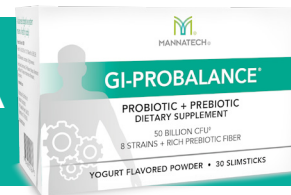
## THE GI-BIOME SYSTEM:

### HELPS STRENGTHEN YOUR GUT BARRIER WITH GI-DEFENSE™



Take 2 capsules daily; may be taken morning, afternoon or evening.

### BUILD BALANCE FOR YOUR GUT BACTERIA WITH GI-PROBALANCE®



Take 1 slimstick daily with or without food and drink. Consider taking it at night, before bed, so that the pre- and probiotics have the opportunity to work without the interruption of food.

### OPTIMIZE SUPPORT FOR YOUR DIGESTION WITH GI-ZYME®



Take 2 capsules daily; about 20 minutes before your 2 larger/harder-to-digest meals.

*See labels for additional product information.*

## KEEP TRACK OF THE RESULTS YOU EXPERIENCE?

Like any product even when taken as directed, the benefits can vary for each individual. A great way to identify the most noticeable and subtle changes over time is to document them. This 90-Day Experience Tracker gives you an opportunity to provide feedback on the personal benefits you are experiencing.

## WHAT SOME CUSTOMERS HAVE EXPERIENCED WHILE TAKING GI-BIOME SYSTEM:

**"I feel better emotionally  
this month and my wife says  
that I seem to be happier!"**  
—Rob C.

**"I don't have the bloated  
feeling—a great thing to lose."**  
—Jen M.

**"I am staying fuller longer. I  
am eating less sweets and my  
stomach is a little flatter."**  
—Deanna W.

\*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.

For distribution in the U.S. only.

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# Track How You Feel As You Use the GI-Biome System

Rate yourself at the end of each week 1-10 (10 being the highest). Look for trends. Consider how you feel emotionally and physically. Absence of negative symptoms would warrant a high score, dependent on prior personal frequency and severity of symptoms.

If you notice other benefits, add them to the blanks at the bottom of the chart.

	Week 1 Score (1-10)	Week 2 Score (1-10)	Week 3 Score (1-10)	Week 4 Score (1-10)	Week 5 Score (1-10)	Week 6 Score (1-10)	Week 7 Score (1-10)	Week 8 Score (1-10)	Week 9 Score (1-10)	Week 10 Score (1-10)	Week 11 Score (1-10)	Week 12 Score (1-10)
Mental clarity <sup>††</sup>												
Ability to focus <sup>††</sup>												
Memory <sup>††</sup>												
Mood <sup>††</sup>												
Digestive system-regularity*												
Bloating, gas*												
Immune system strength*												
Loss of abdominal inches*												
Quality of sleep*												
Staying fuller longer*												
Desire for sweets*												
Sustained energy*												

<sup>†</sup> Please note this product system does not claim to support this function. However, support of this function could be a possible secondary benefit from supporting your body's microbiome.

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