



TRUHEALTH™ SYSTEM PRODUCT TRAINING SHEET



PRODUCT BASICS

PRODUCT DESCRIPTION: By choosing to follow the TruHealth 30-Day Fat-Loss System, you've taken the first step in becoming a better, healthier you. Changing your life isn't easy, but with this handy guide and our transformational products, you'll have the tools necessary to take control of your health, drop that unwanted fat and create a long-term, healthy lifestyle.

Mannatech's 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. It's also designed to help encourage fat loss[†] and to help you establish healthy lifestyle choices during the next 30 days and beyond.

Our system contains three products:

1. 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.*
2. **TruPURE®** is a unique, nutritional cleansing drink mix 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.*
3. **TruSHAPE™** Advanced Weight Management capsules have been specially formulated to support the healthy digestion and utilization of carbohydrates.* This action helps support a normal amount of glucose entering the bloodstream, helping maintain healthy blood glucose and lipid levels.* TruSHAPE capsules may also help support cardiovascular health, metabolism, as well as feelings of satiety.*

This system consists of specific instructions for two types of days: **Cleanse Days and Nourish Days**. By following the guidelines for each, you will begin to establish new habits that you can continue to incorporate into your daily routine to help build and maintain a healthy lifestyle.

Depending on your goals, you can follow this system for **up to three consecutive months** or you can **repeat it once a quarter**. Whichever path you choose, the TruHealth 30-Day Fat-Loss System is designed to inspire long-term, healthy eating habits and encourage an ongoing positive perspective on wellness.

Cleanse Days – 1 Day per week

Nasty toxins can get into our bodies from food, water, air and chemicals on a daily basis. Our body naturally self-cleanses, but it can become overburdened by our hectic lifestyles and when we consume too many processed or unhealthy foods. Along with the consumption of quality-sourced food, cleansing your body can further help prevent more toxin build-up. Here are the products we suggest incorporating into your Cleanse Days:

- 4 TruPURE slimsticks (1 upon waking, 1 at noon, 1 at dinner, 1 at bedtime)
- 1 TruSHAPE capsule (preferably in the morning, with raw vegetables)
- 1 serving of TruPLENISH Nutritional Shake any time of the day (other Mannatech products can be added to the shake mix along with fruit)
- Graze on raw or lightly steamed vegetables—you don't have to go hungry on your cleanse days!

Nourish Days – 6 Days per week

We know our bodies are designed to get nutrients from natural and pure sources, but few of us actually get most of our nutrition this way. Even those of us who are trying to be healthier have a hard time feeling confident about eating the right foods. That's why Nourish Days help address your nutritional needs by filling in where your diet may fall short. Here are our suggestions for the bulk of the program:

- Enjoy 2 fruit or vegetable-based meals each day with 1 serving of TruPLENISH Nutritional Shake (other Mannatech products can also be added to the shake mix). Our recipes section provides delicious ideas for combining fruits and vegetables with the TruPLENISH Nutritional Shake.
- 1 TruSHAPE capsule with your morning meal
- 2 snacks per day from the approved foods list (remember there are no limits on raw or lightly steamed vegetables)
- 1 healthy low-glycemic meal per day (lean protein source, unlimited vegetables and fruit from approved foods list, 2:1 ratio)

For more details and options for specific plans please reference our TruHealth Guide:

<https://library.mannatech.com/11317>

WHAT MAKES THIS SYSTEM SPECIAL?

POINT OF CONVENIENCE:

Our system is a simple 3 product program to maximize results with limited room for error or losing focus.

WHO IS IT FOR?

- **Primary:** Individuals looking for a fat-loss system and a healthy lifestyle.*†
- **Secondary:** Individuals looking for specific health benefits such as a healthy nutritional shake to supplement their normal diet, or support function and detoxify their liver.*†

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.
- 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.*†
- 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.

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?

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.

8. 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 each day on a regular basis.

9. 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>.

10. Why is a 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.**

11. 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.

12. How often can I repeat the TruHealth System?

You can continue to repeat the TruHealth 30-Day 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.

13. 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.

14. 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.^{**†}

15. 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.

16. 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.

DIRECTIONS:**TruPLENISH Nutritional Shakes:**

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 kids, or for consumption by kids under 4 years old.

TruPURE Cleanse Slimsticks:

Recommended adult use - 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.*

TruSHAPE Advanced Weight Management Capsules:

Recommended adult use – Take one capsule daily with a minimum of 8 oz water.

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

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

^Generally, we recommend consulting your health care provider at the beginning and throughout your fat loss journey.

*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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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	83%
	(200 mcg Folic Acid)	
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	50 mg	†
(Alpha & Beta Amylase, Protease 1, Protease 2, Lactase, Lipase, Cellulase, Invertase)		

± 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

US.16201.44

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	83%
	(200 mcg Folic Acid)	
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	50 mg	†
(Alpha & Beta Amylase, Protease 1, Protease 2, Lactase, Lipase, Cellulase, Invertase)		

± 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).

§ 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

US.16201.44

TRUPURE slimsticks

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

US.16501B.33

TRUSHAPE capsules

Supplement Facts

Serving Size 1 Capsule / Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Proprietary Blend	540 mg	†
[<i>Salacia chinensis</i> extract (root), <i>Garcinia cambogia</i> extract (fruit) standardized to 60% hydroxycitric acid, <i>Zingiber officinale</i> extract (root), Rice hull concentrate, Arabinogalactan (from <i>Larix spp.</i> wood), Gum Tragacanth, Modified citrus pectin, Aloe Vera Inner Leaf Gel Extract Powder [§] , Chromium polynicotinate, Sodium alginate]		

† Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose.

GLUTEN FREE

Recommended Adult Use: Take one capsule daily with a minimum of 8 oz of water.

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.

Product Number 16001

§Manapol® Aloe Vera Extract

US.16001.48