

1. What are the key benefits of taking Ambrotose Complex?

Our proprietary Ambrotose powder is a rich blend of prebiotics, soluble fibers and naturally sourced Glycans, including our exclusive Manapol® powder, the highest-grade, 100% pure, Aloe ingredient on the planet. Mannatech created Ambrotose Complex 20 years ago to offer a product that is scientifically shown to help promote good health. With proper nutrition and cell-to-cell communication, this product offers immune, organ and digestive support as well as promoting brain function, memory and mood!*

- Supports your immune system as well as proper organ function.*
- Helps support proper digestive system function.*
- Promotes gastrointestinal health.*
- May enhance recall and recognition memory.*
- Prebiotic dietary supplement.
- May improve mood and decrease irritability.*
- Supports cell-to-cell communication through a blend of specific plant saccharides called Glycans.*
- Contains Manapol, which may enhance the absorption of vitamins C and E.*

2. How much Ambrotose Complex can I take a day?

Take one scoop mixed with 8 fl oz of water or juice twice daily.

3. What is Manapol and why is it important?

Manapol is the trademark name for the world's only standardized and stabilized Aloe vera extract. The Manapol Mannatech uses is the most abundant, natural source of acetylated mannans (Acemannan) in the world. It's this unique extract which provides superior support for cellular communication, immune and digestive functions.* Specifically, Manapol is the only commercially available Aloe vera ingredient to contain the broad spectrum of mannans up to and including Acemannan which is defined as 1-2 million Daltons.

4. What is a Dalton and why is it important?

The Dalton is a unit to show molecular weight. For Acemannan, the 1-2 million Dalton definition was set forth by CAS and USAN.[†]

5. What is Acemannan?

Mannatech's Manapol contains a key active ingredient named Acemannan, known to many as the functional component of the Aloe vera plant, sourced from the inner leaf gel. Acemannan contains a long chain sugar (known as a saccharide) that is utilized by the cell membrane for support of cellular recognition and communication. This is what makes the Manapol so effective and has been scientifically linked to helping improve immune response and cellular metabolism.*

6. How does Acemannan affect the body?

Acemannan is the key Glycan and active component in Aloe vera. Scientific studies have shown its benefits on a cellular level, as well as supporting the body's immune and digestive systems.*

7. What are Glycans?

[†]Chemical Abstract Service (CAS)—Division of the American Chemical Society (ACS) and United States Adopted Names Council (USAN)—Division of the American Medical Association (AMA)

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Glycans are beneficial plant saccharides found in nature (saccharide is a formal name for sugar). Mannatech sources their Glycans from the inner leaf of the Aloe vera plant, but there are more than 200 plant saccharides currently known to science. The majority of plant saccharides are not sweet, and they do not raise your blood sugar. Typically, when people hear "sugar" they think of processed white table sugar, which is a disaccharide. Mannatech does not use table sugar in Ambrotose Complex. Moreover, Mannatech uses specific plant-based sugars/saccharides that are known for beneficial health support.*

8. Why are Glycans important to your health?

Glycans are beneficial saccharides found in nature, shown to support several extremely important functions for human health, beginning with cellular communication. Several scientific studies have shown that Glycans can improve many aspects of brain function, cognitive function, memory, attentiveness and mood. In addition, scientific studies on Glycans have shown that they act as a prebiotic which can support healthy digestive function and a healthy gastrointestinal tract. To maintain optimal internal functions, you need optimal cellular communication in many systems of your body.*

9. What is Arabinogalactan and why is it an important ingredient?

Purified Arabinogalactan is a polysaccharide containing repeating arabinose and galactose sugars. It is sourced from larch trees and is exclusive to Mannatech. In addition to being a good source of dietary fiber, Arabinogalactan has been shown in scientific studies to be fermented by human colonic bacteria and enhance the growth of healthy bacteria. Arabinogalactan has also been shown to have immunosupportive effects (support and maintain a healthy immune system). Arabinogalactan was chosen as an ingredient for Ambrotose Complex because it supports a number of health benefits.*

Arabinogalactan helps:

- Support the immune system.*
- Support probiotic bacteria (bifidobacteria and L. Plantarum).*

10. What are some of the features Ambrotose Complex offers?

Our formula which contains naturally sourced ingredients is free from gluten, soy, dairy, MSG, preservatives and artificial colors. It is non-GMO and low glycemic.

11. Who is Ambrotose Complex ideal for?

Individuals who are not feeling as healthy as they once did or wish to maintain their health by helping to improve their nutrition and support healthy aging with a powdered formula.*

12. Is Ambrotose Complex vegan?

As you might know, for years Ambrotose Complex has contained Glucosamine sourced from shellfish, making it non-vegetarian. Now by popular demand, Mannatech offers the same impressive Ambrotose Complex formula, but now it's vegan! This latest formulation contains Glucosamine sourced using a fermentation process from non-GMO plants. The result is an even better formula for you and your family.

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