

GOOD SCIENCE. GOOD SENSE.

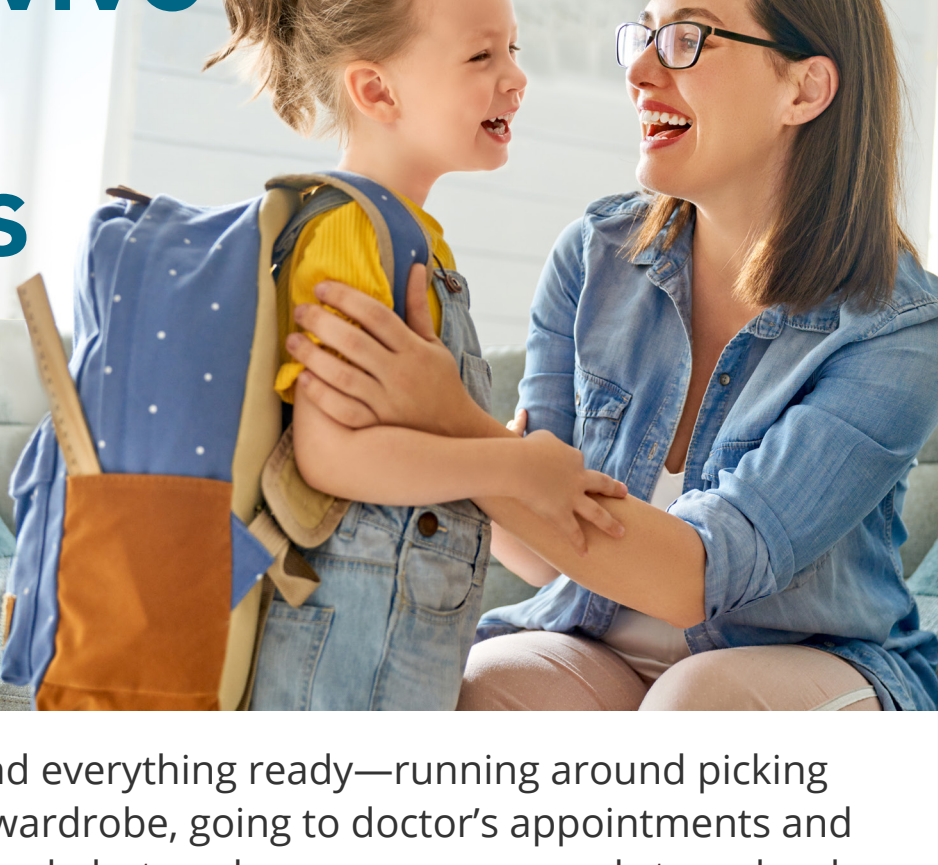
Add Wellness and Wonder to Your Day

Hi there! You've got a new health ally.

We pop into your inbox once a month with timely information to help you nurture your wellness and your sense of wonder. We call it GOOD SCIENCE.

GOOD SENSE. It's a monthly shoutout to our community of health-minded, action-oriented people who love learning and improving. We hope you love it as much as we love having you in our Mannatech family.

How to Survive the Stress That Comes with Back to School



The mad dash to get everyone and everything ready—running around picking up supplies, shopping for a new wardrobe, going to doctor's appointments and haircuts! Your wallet feels the crunch, but so does your energy and stress levels.

Although the beginning of the school year brings a fresh start and excitement, parents and kids alike are also impacted by the change and added responsibility this time of year brings. There are so many factors that affect the health and wellbeing for the entire family, with stress being high on the list.

Apart from the usual suspects of exams and grades, stress also comes via the inability to adjust to a life outside your comfort zone (home) and dealing with a new social circle far from your childhood friends and family.¹

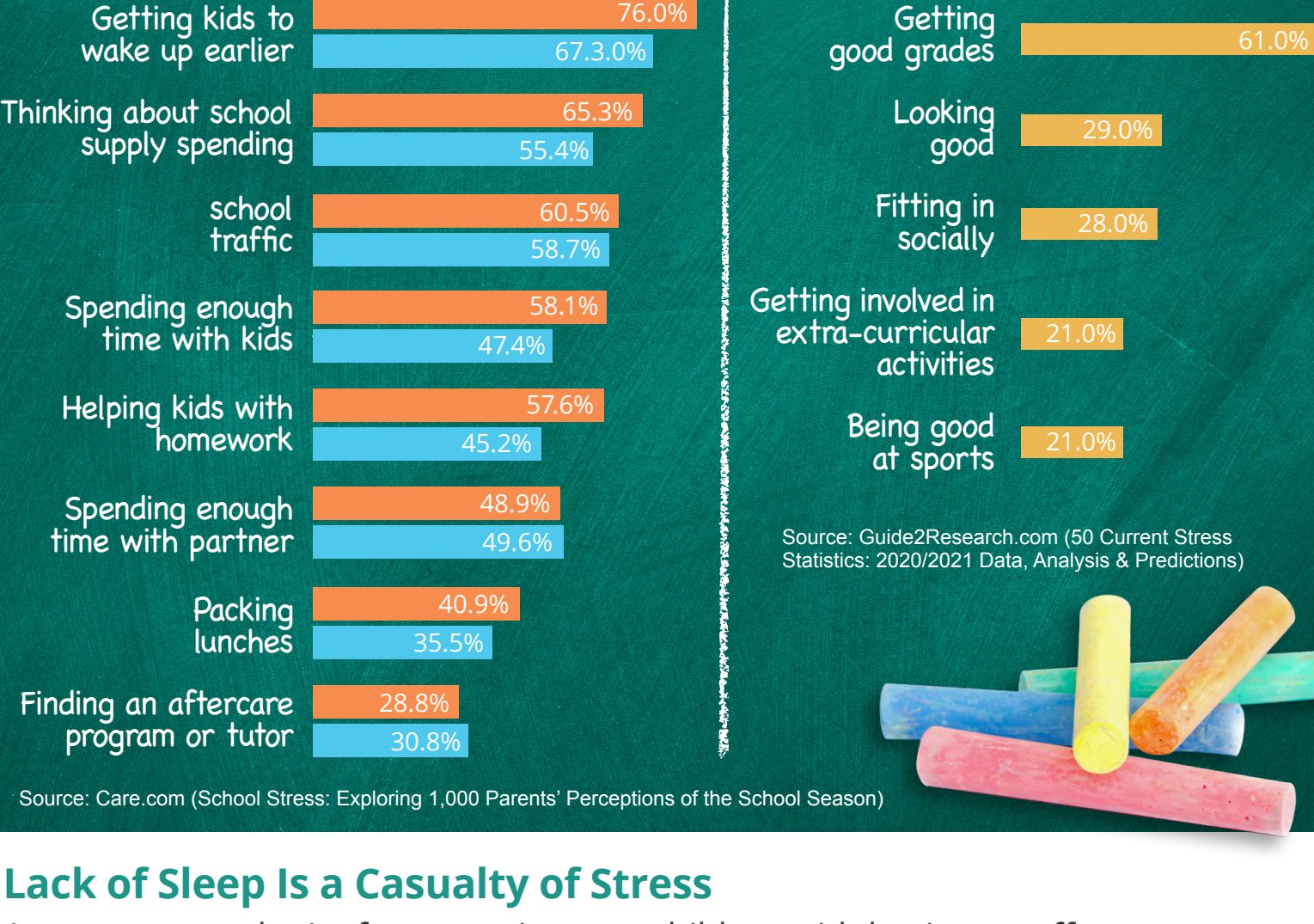
Back to School = An Exciting yet Stressful Time

While teachers are concerned about the school year that's just about to start, many parents are stressing out with their own back-to-school preparations. Kids are excited for new clothes, a new teacher and reuniting with friends. Parents on the other hand may not share the same excitement, especially with the financial stress that can come from meeting their children's back-to-school needs, like dreaded school-supply shopping!

Data from one survey shows that parents spend \$219 on a single child in elementary school, the most expensive school level in terms of supply shopping. Day care and preschool were second, with an average of \$184 spent per child. In addition, parents spend on average another \$118 on classroom supplies per child.²

With school supplies and shopping for new clothes out of the way and the new school year finally underway, it's time for the actual schoolwork to commence—for both kids and parents. According to *Newsweek*, the United States falls in the middle, with parents spending an average of around 6 hours with their children doing homework every week. That is just a little under the global average of 7 hours per week.³ This time commitment to helping children with homework is obviously in addition to the many responsibilities that parents have during the course of their day.

TOP STRESSORS DURING THE SCHOOL SEASON



Lack of Sleep Is a Casualty of Stress

As parents, we don't often associate our children with having an effect on our health. But they do have a huge one. A survey by OnePoll found that 60% of parents are so stressed about the back-to-school season, they lose sleep. Of the 2,000 parents of kids ages 5-18, 57% said it is the most stressful time of the year for them. This stress puts a strain on the whole family, no matter the age. It not only erodes one's well-being and patience, but it can lead to bad habits like not getting enough sleep at night.

One study found that 40% of college students in the U.S. admit to feeling inadequately rested five out of seven days a week. This lack of sleep affects their academic performance in negative ways: lower grades, missed papers or project deadlines, having to withdraw from a class. U.S. students who sleep six or fewer hours a night have a lower grade point average (GPA) than those who get eight or more.⁴

5 Tips for a Healthy Daily Routine

What can parents and students do to optimize health and feel their best? While these tips are great for the school year, developing a healthy routine and habits any time of the year is a great way to keep the whole family on track to being happier and healthier.

Better stress levels lead to improved overall health, more time to relax and less anxiety.



Better sleep will leave you refreshed.

Your daily routine influences your quality of rest. Your sleep schedule and bedtime habits affect your mental sharpness, performance, emotional well-being and energy level. It's best if you can maintain a consistent time for waking and going to bed.



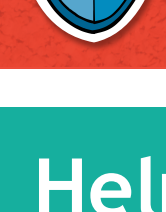
Better health is a result of a little extra planning.

Set the alarm a little earlier and you'll have time to exercise and eat breakfast, fueling your body for the day. Even a quick (and healthy) breakfast will get you energized. Whether you like to go for a run or go to the gym for a bigger workout, it's important make time for exercise.



Good example setting will encourage others to try a routine as well.

Demonstrate its importance and the positive effect it has on health, motivation and self-esteem.



Support immune health – When we get run down, it's a lot harder to bounce back. In addition to a healthy diet, it's key to use supplementation to help keep your immune system strong.

Source: nm.org (Northwestern Medicine: Health Benefits of Having a Routine)

Help Your Body Defend Itself...Naturally

You're run down, and the weight of the world is on your shoulders. Stress at work, a poor diet and lack of sleep can take a heavy toll on your immune system, and your body can have a hard time keeping up. Give your immune system a kick with ImmunoSTART®.*

ImmunoSTART tablets are a proprietary chewable formula containing colostrum, β-glucan and citrus pectin. Designed to help your body defend itself, these tablets provide immune system support, so you don't have to slow down.* ImmunoSTART is a year-round, supplement-supporting immune modulation, with a healthy ratio of immune cells for your body to defend itself naturally.*

What makes ImmunoSTART unique?

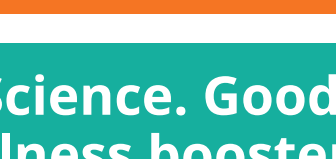
- Colostrum, a key ingredient in ImmunoSTART, contains various immune factors, including immunoglobulins.*
- Immunoglobulins (Ig) are one of nature's amazing antibodies that may raise immune cell counts, which is vital to having a normal immune response when your immune system is challenged.*

Benefits:

- Provides peptides, amino acids and glycoproteins designed to naturally support immune responses.*
- Primes the immune system to help you stay healthy.*
- Boasts a targeted array of nutrients that build and nurture immune health.*
- May increase plasma levels of the most abundant immune cells in the body.*
- Supplies natural antibodies.*
- Supports immune modulation.*
- The only nutritional supplement with a proprietary chewable formula containing colostrum, β-glucan and citrus pectin.*



A healthy blend of vitamins and minerals is important for children everywhere. However, many of the foods being given to those in underdeveloped countries are not meeting the minimum nutritional criteria. Your participation in the M5M program makes it possible for us and our partners to provide nutrients to enrich the lives of children all over the world.



Join Mannatech's mission to help enrich the lives of malnourished children around the world.

Good Science. Good Sense.
A monthly wellness booster in your inbox.

¹<https://www.guide2research.com/research/student-stress-statistics>

²<https://www.care.com/c/stories/15435/back-to-school-stress-for-parents/>

³<https://www.newsweek.com/parents-emerging-economies-spend-more-time-homework-their-931748>

⁴<https://www.businessinsider.com/college-student-athletes-spend-40-hours-a-week-practicing-2015-1>

*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.