

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.

On a Quest for Smooth, Soft Skin this Fall?



As the summer heat subsides, and we welcome cooler temperatures, trees begin to change their leaves into a showstopping array of breathtaking colors and hues. Everyone loves fall! It's one of the most anticipated times of year and is arguably considered by many to be the most beautiful season.

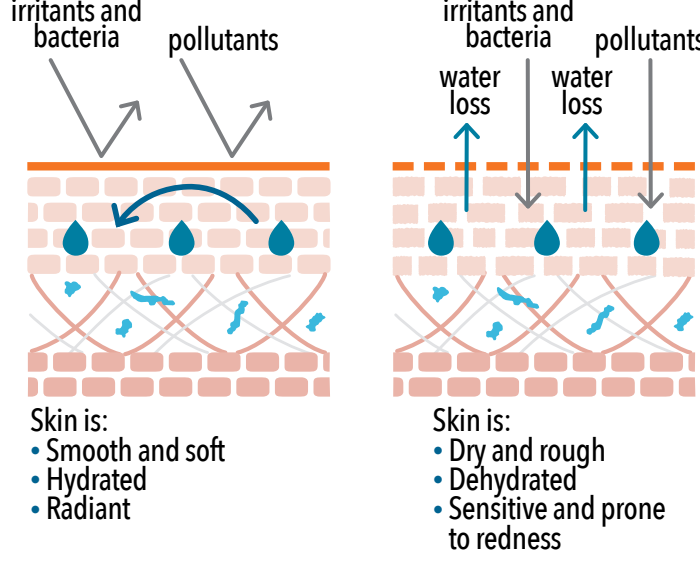
These changes are the first indicators of many family-filled adventures and holidays that are soon to arrive. From making smores over a cozy campfire, to fall festivals and celebrating Thanksgiving and Christmas with loved ones, these experiences are what make this time of year magical.

While the fall season offers so *many* wonderful and picturesque opportunities, there is one potential downside: As we move into the colder months, you might start to feel your skin getting tighter, dryer, looking dull...or worse. Your skin is the first thing people see when they look at you, so dry skin can be quite unpleasant and leave you feeling self-conscious.

The Importance of a Strong Skin Barrier

With the skin being the largest organ, it performs many essential tasks such as protecting us both from harmful microbes to supporting our health and from the sun's harmful ultraviolet rays. It also holds in fluids to prevent dehydration, protects our bones and organs and even contains a nerve center to protect our bodies from injury.¹

Healthy vs. Dry Skin Barrier



Our skin barrier, or stratum corneum, is the outermost layer and resembles a brick wall: It is formed by lipids (the mortar) connecting tough skin cells (bricks) together, forming a protective surface. This amazing thin barrier is literally keeping you alive! Maintaining the integrity of our skin's barrier is critical and it becomes much more challenging on a daily basis when it's dry, irritated and cracked from the winter environment.²

9 Ways to Prevent Winter Dry Skin

Here are a few tips for addressing winter skin:

- 1. Moisturize daily—** Apply moisturizer directly to your wet skin after bathing so the moisturizer can help trap surface moisture.
- 2. Cleanse, But Don't Overdo It—** Too much cleansing removes the skin's natural moisturizers. It is enough to wash your face, hands, feet, and between the folds of your skin once a day.
- 3. Limit Use of Hot Water and Soap—** If you have "winter itch," take short lukewarm showers or baths with a non-irritating, non-detergent-based cleanser.
- 4. Humidify—** Dry air can pull the moisture from your skin. Room humidifiers can be very beneficial.
- 5. Protect Yourself from the Wind—** Cover your face and use a petroleum-based lip balm.
- 6. Avoid Extreme Cold—** Cold temperatures can cause skin disorders or frostbite in some people.
- 7. Limit Sun Exposure—** Even in the winter, you should use a sunscreen with a sun-protection factor of 15 or greater if you plan to be outdoors for prolonged periods.
- 8. Increase Vitamin D Intake—** Taking vitamin supplements can ensure that you get the recommended amounts of vitamin D all year round.
- 9. Visit Your Dermatologist—** If you have persistent dry skin, scaling, itching, rashes, or skin growths that concern you, see your dermatologist.

Source: nyp.org³

This Winter, Long-Lasting Deep Hydration Starts with Uth® Moisturizer

Give your skin the love it deserves every day. This exclusive blend of natural lavender extract, sunflower seed oil and myrtle leaf extract provide needed ultra-hydration to calm, plump and firm. Infused with the antioxidant vitamin E, our formula can restore the youthful tone and texture for visibly transformed skin.

LOGIN AND ORDER TODAY!

Benefits:

- Reduces the appearance of fine lines and wrinkles.[‡]
- Provides all day hydration.
- Improves skin texture and tone.[‡]
- Hypoallergenic and does not clog pores.[‡]
- Leaves skin looking and feeling younger.
- Makes skin feel firmer.

Features:

- Naturally gluten-free
- Allergy tested
- Dermatologist tested
- Free from mineral oil
- Never tested on animals
- Contains naturally sourced ingredients
- Hypoallergenic

What makes Uth Moisturizer unique?



Aloe Leaf Juice
Soothes, hydrates



Sunflower Seed Oil
Botanical skin conditioner to lock in water, providing a smoother, firmer finish



Vitamin E
Antioxidant support to help fight free radicals and slow the signs of aging

Scientific Study Results:

- **90% showed improvements in skin moisture** after one use.
- **95% said the product left their skin feeling smooth** after eight weeks of use.
- **93% felt the product made their skin look radiant** after eight weeks of use.
- **89% said the product left skin looking and feeling younger** after eight weeks of use.
- **84% indicated reduced appearance of fine lines** after twelve weeks of use.

LOGIN AND ORDER TODAY!



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.niams.nih.gov/health-topics/kids/healthy-skin>

² <https://www.healthline.com/health/skin-barrier>

³ <https://www.nyp.org/patients-and-visitors/advances-consumers/issues/10-tips-for-protecting-your-skin-in-the-cold-weather>

[‡]Results and timing vary. It is recommended to use product for eight weeks for optimal results. Glyconutrients are beneficial saccharides found in nature.