

# MANNACLEANSE® FAQs

## 1. What are the key benefits of taking MannaCLEANSE?

A sluggish feeling can mean your digestive tract isn't working its best. Help ensure the natural health of your gut with MannaCLEANSE capsules that help support a healthy environment in the intestinal tract so you can feel great.\*

With a combination of natural fibers, herbs, fatty acids and probiotics, MannaCLEANSE can help provide a healthy environment for your lower digestive tract.\*

- Supports the natural ecology of the intestines.\*
- Supports the body's abilities to fully breakdown food particles.\*
- Combines natural fibers, herbs, fatty acids, prebiotics and probiotics to help provide a healthy environment for the intestinal tract.\*
- Supports a healthy, balance microbiome.\*
- Helps support overall wellness through a balanced microbiome.\*
- Supplies oat fiber, psyllium and plant cellulose.
- Supplies herbs like ginger root, rosemary and peppermint.
- Furnishes the intestinal tract with Ambrotose® Complex, fatty acids, digestive enzymes and beneficial microflora.\*

#### 2. Who is MannaCLEANSE ideal for?

Individuals who feel sluggish after eating and would like to support the natural ecology of the intestines.\*

#### 3. Why is proper colon ecology of the intestines important?

Proper colon ecology is necessary for gastrointestinal and overall health.\* Our MannaCLEANSE capsules combine natural fibers, oils, herbs and probiotics to help support a healthy environment for the intestinal tract.\*

#### 4. Why were fatty acids included in MannaCLEANSE?

Short-chain fatty acids are produced when the friendly gut bacteria ferment fiber in your colon and are the main source of energy for the cells lining your colon.\* They can help to promote general.\*

## 5. What are enzymes and why are they important?

Enzymes are both proteins and biological catalysts that set off chemical reactions in the body to help break down complex molecules, such as proteins, fats, fibers, vegetables and lactose and carbohydrates.\*

#### 6. What are beneficial micro flora?

Beneficial micro flora are healthy bacteria in the digestive system (primarily the colon) that are an important component of overall health.\*

## 7. What are probiotics and prebiotics?

Probiotics, also known as good or friendly bacteria, are live microorganisms that are very similar to beneficial microorganisms found in the human gut. Probiotics can provide health benefits when consumed in adequate amounts.\* Prebiotics are nondigestible nutrients that stimulate the growth and/or activity of good bacteria in the digestive system.\* Prebiotics are typically dietary fibers.\* Probiotics may help keep your digestive system running smoothly by helping to break down food and processing waste.\*



### 8. What are Glycans?

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. Moreover, Mannatech uses specific plant-based sugars/saccharides that are known for beneficial health support.\*

## 9. Why are Glycans important to your health?

Glycans are 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.\*

#### 10. What are some of the features MannaCLEANSE offers?

Our vegetarian friendly formula contains naturally-sourced ingredients and is free of dairy, gluten, preservatives, and artificial colors.



