



How Do Your Muscles Feel After Your Run?

Your Go-To Products for Natural Recovery*

Are you starting to notice how your body feels after your yoga session or after chasing your kids around the house? You know, how you feel in places where you *didn't know* you had muscles. This can definitely put a damper on your day. The more we challenge our bodies, the more we *feel* it later.

That's where BounceBack® and SPORT™ capsules come in to help your body keep up with your active regimen.* They are uniquely designed to help you naturally recover from the minor discomforts associated with living an active lifestyle.*

Better Together

In fact, when used in tandem, you are going to *love how they make you feel* because they are made with the most nourishing blend of quality ingredients you have come to expect from Mannatech!® They make the perfect compliments to your daily regimen.

Turmeric's Rich Wellness History



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Long before turmeric became the warm spice in your favorite curry dish, it was revered for centuries in the Indian culture as a staple in Ayurveda, a traditional holistic Indian health practice.

Turmeric grows in abundance in India in all its beautiful forms of color and aromatic fragrance. Its main active ingredient—curcumin—is a nourishing antioxidant that also gives turmeric its glowing, deliciously golden, rich hue.¹

What's not so known about turmeric is its effectiveness in helping the body soothe joints and muscles—a big reason why it's the anchor ingredient in BounceBack.*



Why BounceBack?

What makes BounceBack such a fantastic product is the daily nourishment and health support it provides for the **future** backed by the care needed for **today**. By breaking down the proteins our body's produce after we use our muscles, addressing the oxidative stress that occurs naturally when we exert our bodies and providing the right care for optimal joint and cartilage health, you will recover quickly and most importantly keep your body healthy longer.*

BounceBack Tip

It's recommended to take BounceBack capsules on an empty stomach at least 45 minutes before or 2 hours after a meal. Also, allow 4 to 6 weeks for optimal benefits.

Chromium's Holistic Role in the Recovery Process*



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Staying active is essential for staying healthy. In fact, our bodies **crave it**. What our bodies don't crave are the crashes that can happen when our blood sugar gets out of whack after a workout, and the much-needed recovery as a result.

SPORT capsules include a special blend of herbs and herbal extracts, including **chromium picolinate**, an essential trace mineral with a long history in holistic practice in providing amazing natural results in the recovery process.* This mineral plays a crucial role in helping maintain healthy blood sugar levels, provides energy and performance support to keep you going, and aids recovery after a workout.*

While chromium picolinate is considered to be one of the most important micronutrients, exercise can deplete our bodies of this essential mineral.² It can also be difficult to obtain a healthy amount in your daily diet because whole grains, nuts, and green beans provide very small amounts of it. This is why supplementation is crucial in helping your body get the chromium it needs.



Why SPORT?

SPORT is a special blend of key herbal ingredients that naturally support an active lifestyle on multiple targeted levels.* It provides cellular support designed to help promote energy and performance needed for physical activity, which is key to helping support a healthy body composition.* It also provides essential nutrients to support healthy carbohydrate utilization and to help maintain normal blood sugars so you can stay active during and after the gym.* Additionally, it supports your body's ability to sooth muscles after engaging in an active lifestyle, helping you live your best life!*

SPORT Tip

To further help your body's natural ability to recover, SPORT can be combined with BounceBack capsules as part of your daily regimen as needed.* Make sure you keep SPORT capsules with you while on-the-go to help keep you active through the most frantic and busiest of days!*

Add to Your Monthly Subscription Today!

To support recovery, don't forget to add GI-Defense®, GI-Zyme®, GI-ProBalance®, SPORT and BounceBack to your monthly subscription today!*

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Did you know that gut health can play a crucial role in recovery?

Learn more about how gut health affects so many systems and processes throughout our whole body.*

[LEARN MORE](#)

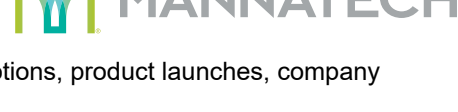


A healthy blend of vitamins and minerals is important for children everywhere. However, many of the foods being given to those in underdeveloped countries are not meeting the minimum nutritional criteria. Your participation in the M5M program makes it possible for us and our partners to provide nutrients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

[LEARN MORE](#)

¹https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric#TOC_TITLE_HDR_2
²<https://pubmed.ncbi.nlm.nih.gov/10919964/>

*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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