

## 1. What is Superfood Greens and Reds?

Mannatech's Superfood Greens and Reds is naturally strawberry-kiwi flavored drink mix that delivers energy, immunity + digestive health in every scoop from a rainbow of phytonutrients that includes a blend of 20 plant extracts, fruits and vegetables.\* Superfood contains soursop, betaine and our proprietary Glycans, for a unique blend that actually tastes as good as you'll feel!\*

- Provides a blend of phytonutrients from 20 plant extracts, fruits and vegetables.
- Helps provide nutritional benefits traditionally only available by eating a variety of fruits and vegetables.\*
- Supports heart health.\*
- Helps increase endurance and energy.\*
- Supports performance and recovery after activity.\*
- Supports cellular reproduction.\*
- Supports liver function.\*
- Supports healthy cortisol levels.\*
- Helps fight free radicals.\*
- Provides prebiotic fiber.
- Supports healthy digestion.\*
- Support a healthy immune system.\*
- Provides antioxidant support from Vitamin C to fight free radicals.\*
- Provides mitochondria support for healthy energy levels.\*

## 2. What are you referring to by "Greens and Reds"?

The "Greens and Reds" in the product name, refers to the broad color spectrum of fruits and vegetables (16 to be exact) in the formula.

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|-------------|--------------------|
| 1. Soursop  | 9. Pomegranate     |
| 2. Spinach  | 10. Strawberry     |
| 3. Carrots  | 11. Raspberry      |
| 4. Broccoli | 12. Blueberry      |
| 5. Alfalfa  | 13. Tart Cherry    |
| 6. Aloe     | 14. Acerola Cherry |
| 7. Kale     | 15. Elderberry     |
| 8. Prune    | 16. Cranberry      |

## 3. What are some important features of Superfood?

We are proud to say that Superfood is: dairy free, soy free, vegan friendly, gluten free, keto friendly. It has no MSG, no preservatives, no artificial colors, flavors, sweeteners, or high fructose corn syrup. It is also non-irradiated, free of genetically modified DNA, contains organic ingredients, is an excellent source of the antioxidant vitamin C, and of course, it incorporates Mannatech's proprietary Glyconutrient blend!

## 4. Is there fiber or protein in Superfood Greens and Reds?

Yes, it has both! There is .9 grams of fiber = 3% of your daily recommended value in every serving. The fiber blend can help impart a feeling of fullness while the prebiotic fiber works to help improve beneficial gut bacteria which in turn promotes a healthy gut microbiome and better digestion.\*

There are 2g of plant protein= 4% of your daily recommended value in every serving!

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

## 5. What makes Superfood so unique?

Superfood contains some unique ingredients your average greens powders do not. Soursop is a powerful superfruit containing phytonutrients. Betaine, which is sourced from beet root, is well known as a robust amino acid. And finally, our proprietary Glyconutrient blend featuring AmbroGuard®.

## 6. Why was betaine specifically chosen as an ingredient?

The betaine in the Superfood formula is sourced from beet root. Betaine was chosen as an ingredient because it is a powerful amino acid which can support liver detoxification and heart health.\* It also helps the body process fat and supports healthy cortisol levels, as well as supporting endurance, energy and recovery after activity.\*†

## 7. What is soursop?

Soursop (also known as graviola) is the fruit of *Annona muricata*, a broadleaf, flowering, evergreen tree native to the tropical regions of the Americas and the Caribbean. Soursop is known as an ancient, powerful superfruit that contains powerful phytonutrients and fiber which can help support immunity, assist betaine and other healthy nutrients in supporting healthy cortisol levels, and supports gut health.\*

## 8. Does Superfood compliment a particular lifestyle?

There is no commitment required to enjoy the immediate benefits of Superfood! Anyone wanting to add energy, immunity and digestive support via a delicious, refreshing functional drink will love to incorporate it into your daily routine.\* It's also great for anyone following a keto, vegan or intermittent fasting diet.

## 9. What is the best time of the day to drink Superfood?

It's always the right time for extra fruits and vegetables! In the morning it can help refresh, hydrate and support healthy cortisol levels as you start your day.\* In afternoons or evening it can boost energy and endurance to push through the end of a busy day!\*

## 10. How is Superfood different from NutriVerus™?

NutriVerus is a savory way to make your meal more nutritious! This comprehensive multi-vitamin, mineral and Glycan supplement supports overall wellbeing, healthy digestion, and your immune system in every scoop.\*

Superfood is a refreshing, sweet functional drink mix to help fill the fruit and vegetable gap! Superfood Greens and Reds contains an phytonutrient-rich blend of 20 plant extracts, fruits and vegetables, including Glycans in each serving to support energy, endurance, healthy cortisol levels and gut health.\*

## 11. What is a "Greens" product?

The term "Greens" refers to blends of veggies, fruits, algae and/or grasses that have been dried and ground into powdered form.

## 12. Is Superfood suitable for children?

As with other Mannatech products, we recommend consumption of Superfood by children be approved by a health care provider. If you have questions for use beyond the directions indicated on the label, you should always speak to a qualified healthcare professional.

## 13. Are there any organic ingredients in Superfood Greens and Reds?

Yes, Superfood Greens and Reds is made with organic strawberry, raspberry, blueberry, tart cherry, elderberry and cranberry.

## 14. Does Superfood Greens and Reds provide all the nutrients you need in your diet?

No, Superfood is a great way to supplement your diet and to help where there is a nutritional gap.

†When taken in conjunction with a reduced calorie diet and exercise.

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**15. Is Superfood a multivitamin?**

No, Superfood is not a multivitamin. It is focused on providing nutrients found in a colorful array of green and red plants to help meet your daily recommendation and provide energy.\*

**16. Does Superfood Greens and Reds provide 20 full servings of fruits and vegetables in each scoop?**

No, we do not state a fresh fruit and vegetable equivalent because we want to promote healthy eating and not replacing fresh fruits and vegetables with our Superfood product. Superfood is an added boost of nutrition!\*

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