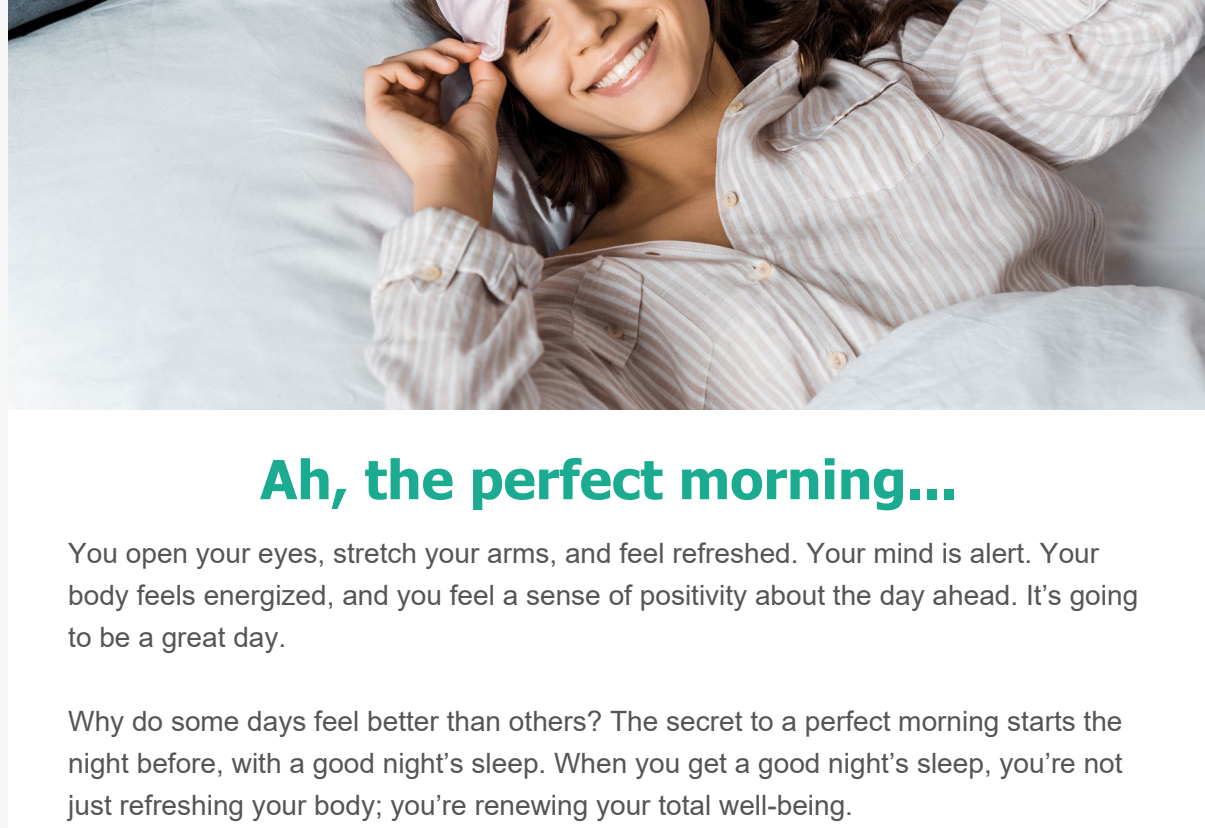




# Good Science. Good Sense.

ADD WELLNESS AND WONDER TO YOUR DAY



## Ah, the perfect morning...

You open your eyes, stretch your arms, and feel refreshed. Your mind is alert. Your body feels energized, and you feel a sense of positivity about the day ahead. It's going to be a great day.

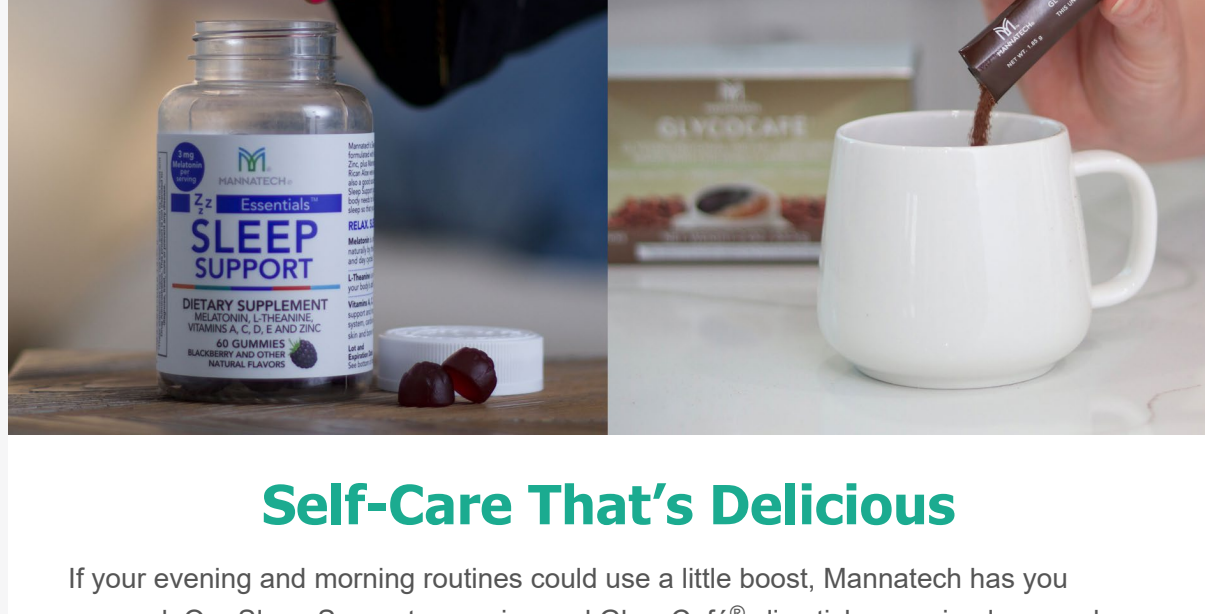
Why do some days feel better than others? The secret to a perfect morning starts the night before, with a good night's sleep. When you get a good night's sleep, you're not just refreshing your body; you're renewing your total well-being.

With a few simple changes to your evening routine, you can make your dream of a perfect morning a reality. Start by establishing a consistent bedtime and then begin winding down an hour or so before that by shutting down your electronics and relaxing with a warm bath, soft music or a good book. Keep your bedroom cool, dark, and quiet. Remind yourself that your body deserves to rest.

In addition to getting a great night's sleep, having the right morning routine can help you start your day off right. Instead of hitting the snooze button multiple times and rushing out the door, try setting aside some time in the morning for some self-care.

Start by taking a few deep breaths and stretching your body. You can also incorporate light exercise or yoga to get your blood flowing and energize your body. Afterward, take time for a healthy breakfast. This is also a good time to reflect on your goals for the day, either through journaling or meditation.

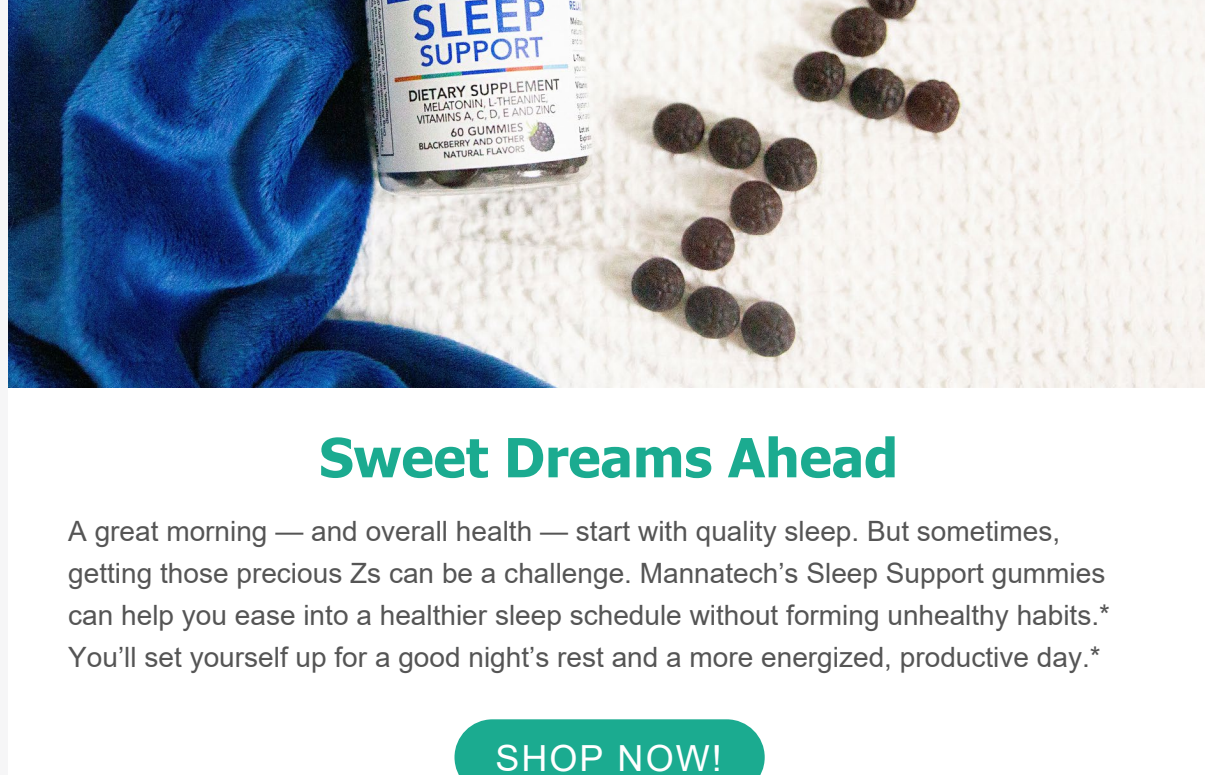
By starting your day with positivity and intention, you can set yourself up for success and a great mood throughout the day.



## Self-Care That's Delicious

If your evening and morning routines could use a little boost, Mannatech has you covered. Our Sleep Support gummies and GlycoCafé® slimsticks are simple — and delicious! — ways to help you feel your best.\* Make a commitment to your perfect morning and add them to your monthly order today.

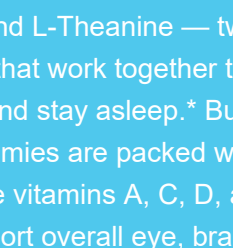
SHOP NOW



## Sweet Dreams Ahead

A great morning — and overall health — start with quality sleep. But sometimes, getting those precious Zs can be a challenge. Mannatech's Sleep Support gummies can help you ease into a healthier sleep schedule without forming unhealthy habits.\* You'll set yourself up for a good night's rest and a more energized, productive day.\*

SHOP NOW!



### Why Sleep Support Gummies?

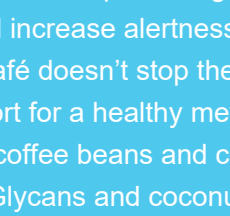
Our Sleep Support gummies are far more than the average sleep aid. We've designed them to help you achieve a natural, restful night's sleep without any risk of forming unhealthy habits.\* Each serving contains the perfect amount of Melatonin and L-Theanine — two powerful ingredients that work together to help you fall asleep and stay asleep.\* But that's not all. Our gummies are packed with essential nutrients like vitamins A, C, D, and E and Zinc to support overall eye, brain, bone, immune, and cardiovascular system health.\* So not only will you be getting a better night's sleep, but also nourishing your body for optimal wellness.\*



## A New Wake-Up Call

Your day is packed with responsibilities and commitments, yet you take it all in stride. Whether you're tackling a long day at work, taking care of loved ones, or enjoying some quality time with friends, you deserve a morning routine that sets you up for success. That's where GlycoCafé comes in — not only does it provide the perfect morning pick-me-up, but it also comes with health benefits to help you take on the day with confidence and vitality.\*

SHOP NOW!



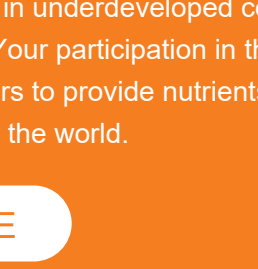
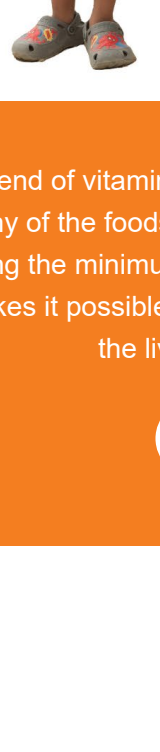
### Why GlycoCafé?

GlycoCafé takes your usual cup of coffee and raises it to a whole new level. You'll enjoy great-tasting coffee that contains the entire antioxidant coffee fruit, including high-quality, organic roasted Arabica beans, which can improve cognitive function and increase alertness and focus.\* But GlycoCafé doesn't stop there. It also offers support for a healthy metabolism from green coffee beans and contains an infusion of Glycans and coconut oil to support overall wellness.\* This is much more than a morning boost; it's the most complete coffee experience in the world.

## MAKE THE MOST OF YOUR DAY

Remember, it's important to prioritize both your sleep and your mornings to improve your overall well-being and quality of life. Add Sleep Support gummies and GlycoCafé to your Monthly Subscription today.

SHOP NOW!



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

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\*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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