



TruHealth System

Getting Started Guide



Scan here to meet **Tru**, your AI Coach.

Try asking a question like:

"What can I do today to start making healthy choices with the TruHealth System?"





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Things to Remember



Focus on Feeling: Pay more attention to how you feel in your body and how your clothes fit, instead of relying on the scale.



Track Your Progress: Take a 'before' photo and use our measurement tracker to keep tabs on your progress.



Share Your Goals: Tell your family, friends, and spouse about your goals - better yet, invite them to join you on this transformation journey.



Follow the Plan: Stick to the meal plan and program guidelines, shop for healthy foods, and plan delicious meals.



Remember Your Why: Keep reminding yourself of why you made this decision. This is your journey, your rules.

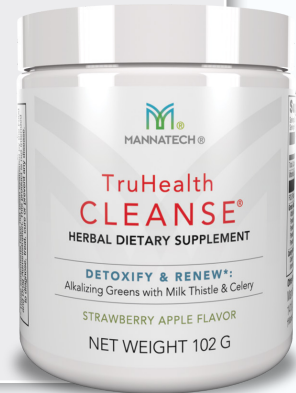


Cleanse

The TruHealth cleanse is a gentle, yet effective way to reset your body and kickstart your weight loss journey.*

Why it works: It helps eliminate toxins, helps reduce feelings of bloat, and supports healthy digestion.*

How to use it: During the first week, take the cleanse up to four times a day on an empty stomach for best results. Mix one scoop with 8-12 ounces of water. May be used daily, one scoop per day, after the initial cleanse phase.



Shake

Our TruHealth shake is not just any ordinary shake.

It's a power-packed delight designed to help keep you full and energized while providing your body with the essential nutrients it needs.*

Why it works: The shake is loaded with high-quality protein and fiber that helps control hunger and promote muscle growth.*

How to use it: Enjoy the TruHealth shake twice daily, mid-morning and mid-afternoon. Mix it with water or your favorite non-dairy beverage for a delicious, nutritious treat.



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



TruSHAPE

Our TruSHAPE fat burner is a scientifically formulated supplement designed to support metabolism and burn fat.*‡

Why it works: It contains natural ingredients that can help boost energy and reduce body fat.*‡

How to use it: Take one capsule daily in the morning or afternoon with a meal or shake.



Tru, your AI Coach

Tru, your AI Coach is a personalized digital coach that provides guidance, motivation, and support throughout your weight loss journey.

Why it works: Your AI Coach adapts to your needs and preferences, offering personalized advice and encouragement.

How to use it: Engage with your AI Coach daily. Share your progress, ask questions, and get tips for success.



Ask Tru, "How do I use the Cleanse during my first 30 days on TruHealth?"



‡ In conjunction with a reduced calorie diet and exercise. Results vary from person to person.

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Product Routine



All Day (Week 1 only)

Cleanse

Refreshing and cleansing, to be taken four times a day.*



Morning/ Afternoon

TruSHAPE

One capsule daily in the morning or afternoon. Can be taken with a meal or shake.



Midmorning/ Midafternoon

Vegan Shake

A twice daily, all-vegan, complete protein shake providing all nine essential amino acids for muscle growth and repair.*

160 calories, 4g fiber,
21g protein per scoop



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General Guidelines

Alright, let's kickstart your wellness journey! Here are some super simple guidelines to get you started:

Balanced Bites

Enjoy up to three lean and nutritious meals a day plus two delicious Decadent Vanilla TruHealth Shakes. Feel free to mix in other Mannatech goodies (as per label usage) or your favorite fruits for an extra nutritional punch.

Protein Power

Add lean proteins like chicken, fish, tofu, or legumes to your meals. They're like your body's building blocks and they'll keep you feeling full and satisfied.

Ask Tru, "Can you give me a recommended foods list to help we with my shopping?"



Plant Love

Go wild with a rainbow of fruits and veggies, just remember the golden rule - double the veggies to every serving of fruit! This way, you're soaking up tons of nutrients and keeping the sugar in check.

Whole Grain Goodness

Choose whole grains like brown rice, quinoa, or whole grain bread over refined grains. They're loaded with fiber and will keep your tummy happy for longer.

Water is Your Pal

Make water your go-to drink throughout the day. It's like a spa treatment for your insides, helping digestion, brightening your skin, and curbing hunger pangs.

Mindful Munching

Listen to your body's hunger and fullness cues. Taking time to savor your food can make your meals more enjoyable and keep overeating at bay.



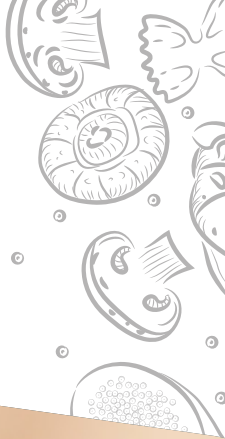
Healthy Meal Portion Guidelines

Creating a balanced plate is key. Aim to include a Macronutrient Balance of Protein, Essential Fats, and Complex Carbohydrates in your meals:

Using hands to estimate portion sizes is a practical method for those not requiring precise food or macronutrient measurements due to its portability and scalability based on an individual's hand size. This approach simplifies tracking food choices and nutrient intake, eliminating the need for cumbersome weighing and measuring.

This is your journey - eat well, enjoy the process, and love yourself every step of the way!

Ask Tru, "How many ounces is a healthy portion of chicken?"



FOOD CATEGORY	HAND PORTIONS	MACRONUTRIENT	CONVENTIONAL MEASUREMENT EQUIVALENT
Proteins	1 palm	~20-30 g	~3-4 oz (85-115 g) cooked meat / tofu, 2 whole eggs, 1 cup Greek yogurt
Vegetables	1 fist	N/A	~1 cup non-starchy vegetables
Carbs	1 handful	~20-30 g	~1/2-2/3 cup (100-130 g) cooked grains / legumes, 1 medium fruit / tuber
Fats	1 thumb	~7-12 g	~1 tbsp (14 g) oils, nuts, seeds, nut butter, cheese, etc.



Welcoming the Mindful Indulgence

Reset or treat meals, when thoughtfully integrated into your nutrition plan, can enhance your health and wellness journey, making it more gratifying and enduring. These meals or snacks serve as a delightful pause from your regular nutrition plan, giving you the chance to relish in the foods you adore without any guilt attached. The concept isn't to indulge excessively but to occasionally delight yourself in a mindful manner. We suggest aiming for one treat meal a week. To satisfy cravings and keep yourself on track.

Ask Tru, "Can you give me some treat meal inspiration?"



Treat yourself to these healthy yet delicious meals:

Veggie-loaded pasta dish

Lentil or chickpea pasta topped with a homemade tomato sauce packed with zucchini, mushrooms, peppers, and onions. Add a sprinkle of Parmesan cheese or nutritional yeast for an extra flavor kick.



Stuffed sweet potato

A baked sweet potato loaded with black beans, diced tomatoes, corn, and avocado, drizzled with hot sauce or a dollop of Greek yogurt.



Homemade chicken tenders

Crispy baked chicken breast strips sprinkled with Parmesan cheese, served alongside sweet potato fries or roasted veggies.



Ice cream

Reward your sweet tooth with a scoop or two of your favorite ice cream flavors.



The Holistic Benefits of Exercise

Exercise goes beyond toning muscles and burning calories; it also plays a crucial role in mental wellbeing. Regular physical activity can boost your mood, reduce stress, improve sleep quality, and enhance cognitive function. Whether it's a brisk walk, yoga, or strength training, find an activity you love and make it a part of your routine. Celebrate every step and every bead of sweat as a testament to your commitment to self-love and self-care.

Incorporate these exercises into your routine for a balanced, low-impact workout:

Walking: A simple yet effective exercise that can be done anytime, anywhere. Start with brief strolls and gradually extend the length and intensity.

Yoga: This gentle form of exercise enhances flexibility, strength, and balance. With numerous yoga styles available, find one that aligns with your fitness level and preferences.

Strength Training: Essential for preserving muscle mass and bone density as we age. This can be done using free weights, resistance bands, or bodyweight exercises like push-ups and squats.

Swimming: A full-body workout that's easy on the joints, swimming also boosts cardiovascular health and lung capacity.

Cycling: Whether indoors or outdoors, cycling is a low-impact exercise that improves cardiovascular health and strengthens the legs.

Ask Tru, "Can you give me some ideas for a workout today?"





BEFORE & AFTER



Celebrating Progress with Before and After Pictures

Before-and-after pictures are not just about visually tracking physical changes; they're about celebrating your journey. They serve as reminders of your resilience, determination, and progress. Remember, this journey isn't all about achieving a certain look or number on the scale. It's about embracing health, loving yourself, and acknowledging that every step forward, no matter how small, is a victory worth celebrating.

1 Consistent Background and Lighting: To track your progress, take your before-and-after photos in the same location with the same lighting. It better highlights the differences in your body composition.

2 Uniform Clothing: Wear the same clothing in your photos for consistency. Try form-fitting clothes like workout gear.

3 Multiple Angles: Capture your transformation from all angles - front, side, and back. This provides a full view of your progress.

4 Regular Intervals: Take photos at fixed intervals, such as monthly, to track gradual changes over time.

5 Celebrate Your Progress: No matter how small, be proud of your progress. Before-and-after photos serve as powerful motivational tools, reminding you of your journey.



Tips for a Healthy Lifestyle



Mindful Eating

Pay attention to your body's signals and eat only when you're genuinely hungry. Avoid eating out of boredom, stress, or emotional turmoil. This helps foster a healthy relationship with food and your body.



Mindful Indulgence Meals

Allow yourself 1-2 treat meals per week, but make sure it's your last meal of the day.



Indulgence in Moderation

Don't deprive yourself completely. Enjoy a warm chocolate chip cookie or another favorite treat occasionally, practicing the art of mindful eating.



Post-Exercise Carbs

Save meals heavier in carbohydrates for after exercise or intense activity. This helps replenish energy stores and supports recovery.

Making Dietary Changes

Altering your eating and drinking habits plays a critical role in achieving a calorie deficit. It's essential to fill your plate with nutrient-dense, low-calorie foods. For optimal health benefits, choose grass-fed sources for meats and dairy products. Opt for organically grown fruits and vegetables, and select wild-caught seafood. The Dietary Guidelines for Americans 2020–2025 suggest a healthful eating pattern should include:

Vegetables

A variety of types, including dark green, red, orange, starchy, and others.



Grains

Make at least half your grains whole grains.



Fruits

Prioritize whole fruits over juices.



Proteins

Opt for lean meats, poultry, eggs, nut products, and seafood.



Dairy

Choose low-fat or fat-free dairy products like milk, yogurt and cheese.



Healthy Oils

Incorporate oils like olive or avocado into your meals.



Ask Tru, "Can you help me figure out my ideal calorie intake for healthy weight loss?"





Understanding Calorie Deficit

A calorie deficit is a state where you burn more calories than you consume in a day. Your body requires a certain number of calories daily to perform its functions, from breathing to walking. The number of calories needed varies based on factors like sex, age, activity level, height, weight, and body composition.



Achieving a Calorie Deficit

To start creating a calorie deficit, first, you need to determine your daily or weekly caloric needs. To shed one pound of body fat in a week, you need to create a deficit of about 3,500 calories, which equates to a 500-calorie deficit each day. For two pounds, a 7,000-calorie deficit is needed over the week.** However, it's important not to aim for a calorie deficit exceeding 7,000 calories per week to ensure safe and sustainable weight loss.**

By replacing a daily sweet tea or soda with water, you could save approximately 800 to 1,200 calories a week, depending on the size and sugar content of the drink.

Remember, achieving a calorie deficit is about making mindful, sustainable changes, not drastically slashing your calorie intake. So, enjoy your journey to a healthier you!



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Results may vary depending on individual circumstances and other factors. Please consult with a healthcare professional before starting any weight loss program. Use as directed and in conjunction with a healthy diet and exercise program. Not recommended for pregnant or nursing women, children under 18, or individuals with a medical condition. Do not exceed recommended dose. Keep out of reach of children.

‡When used in conjunction with a reduced calorie diet and exercise.

‡‡ Results vary from person to person



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