

### 1. What physical changes could I experience during the TruHealth 30-Day System?

In some cases, you may feel changes in your body. This may mean your body is beginning the cleansing process as you withdraw from certain substances such as caffeine and sugar. For example, caffeine withdrawal may cause headaches, so be sure to drink plenty of water. These temporary effects are expected to subside in a day or two. If they persist, we suggest you discontinue the program and consult your healthcare professional.

### 2. How much weight can I expect to lose by following the TruHealth System?

You can expect fat loss, but the specific amount can vary. The ideal weight-management system is not a quick fix but rather a long-term commitment. By following this program, you will be working toward sustained, long-term weight management.\*†

### 3. In the TruHealth Guide, only fruit and vegetables are listed as snacks on Nourish Days. Can I substitute fruits and veggies with lean meat?

Yes, you can use meat as a protein-filled snack. If it's on the approved foods list, you can eat it! On Cleanse Days, however, it's important that you only consume fruits and veggies.

### 4. If I'm not hungry, can I skip a meal or a Shake?

We recommend that you don't skip a meal or TruHealth Nutritional Shake. Even though you might not feel hungry, your body still needs nourishment. Wait a little while to see if you begin to feel hungry, but always make sure you consume your TruHealth Shakes and meals on every Nourish Day.

### 5. If I'm an active person and I have even been progressively increasing my workouts during this program, should I eat more if I'm hungry?

In this case, we recommend adding one scoop of Osolean® powder to your TruHealth Shake. This will allow you to increase your protein and caloric intake safely. The extra protein will provide the fuel your body needs when working out.\*

### 6. Is exercise necessary? How much and what type is recommended?

Yes, exercise is always an important component of a healthy lifestyle. During this program, exercise will help you maintain lean muscle. At a minimum, it's recommended that you walk 30-45 minutes at least four days per week.

### 7. Why is this combination of products and regimen important?

The featured Mannatech products are the foundation of this program. They are designed to supplement your daily regimen during the 30 days and are formulated to work together to help increase energy, cleanse your body, and support weight management and healthy digestion.\*†

### 8. What if I'm allergic to certain foods on the list?

If you suspect you are having a reaction to a specific food, refrain from eating it and consult your healthcare professional about how to incorporate alternative food sources.

### 9. How often can I repeat the TruHealth System?

You can continue to repeat the TruHealth Fat-Loss System for up to three consecutive months until you reach your goal. Once meeting your goal, we recommend repeating the system at least once a quarter thereafter.

### 10. If I choose to repeat the TruHealth System for the next three months, can I begin each month with the jump start method and follow the Cleanse Day specifications for the first three days rather than just day one?

Definitely! You can follow the jump start method each consecutive month.

### 11. Can the TruHealth System be used with other Mannatech products?

Absolutely! We encourage you to incorporate other Mannatech products into your daily supplement regimen. GI-ProBalance® and Ambrotose® are great complementary products to the program.

†The TruHealth System includes following a reduced calorie diet and exercise.

\*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.

## **12. Is it okay to add fruits or other healthy ingredients to my TruHealth Nutritional Shake?**

Absolutely! Who doesn't love a little strawberry? Just keep in mind that some fruits are high glycemic, so it's best to opt for fruits that fall under the low-glycemic index.

## **13. What is the source of fructose in the TruHealth Shakes?**

The fructose in the TruHealth Shakes is from sugar cane or sugar beets and is NOT high fructose corn syrup. The TruHealth Shakes contain a very modest amount of fructose, at approximately 4.7 g per serving. For reference, a typical medium-sized apple contains approximately 7 g of fructose. Therefore, our TruHealth Shakes contain less fructose than a medium-sized apple.

## **14. Can I use fruit juices when making shakes?**

You can use 100% pure juice; nothing from concentrate or with additives. We suggest using freshly squeezed fruit juices.

## **15. As a diabetic, do I need to be concerned about the sugar in the TruHealth Shake?**

First of all, any individuals with health conditions should always consult with their healthcare practitioner before commencing with any changes to their diet. However, if used as directed, it should be completely safe for you to incorporate the TruHealth Shake in your meal regimen. If you choose to add fruit to your TruHealth Shake, be conscious of the types of fruit that you use, and make sure they fall under the low-glycemic index.

## **16. Can I give my 4-year-old child the TruHealth Shake?**

The TruHealth Shake is intended for children 9 and up. Please follow the recommended label guidelines.

## **17. How often should I take the TruShape capsule?**

Many supplements that may assist with healthy carbohydrate digestion require you to take a capsule/s before each meal; Mannatech's TruShape is an advanced formula that supports many specific areas to help your weight management needs, including healthy digestion and utilization of carbohydrates—but it is only needed once a day and it's all in one capsule! We recommend taking your TruHealth TruShape capsule in the morning with a TruHealth Shake.\*†

## **18. Can I take more than one TruShape capsule a day?**

We recommend taking the product as recommended on the label, which is 1 capsule a day. If you have questions for use beyond the directions indicated on the label, you should speak to a qualified healthcare professional.

## **19. Is the TruHealth Cleanse safe for daily use, and for how long?**

The TruHealth Cleanse is safe for daily use, especially during the first week of your cleansing regimen when it's recommended to drink it four times a day. However, after the initial seven days, it's advisable to reduce consumption to once a day to maintain a balanced and sustainable approach to cleansing.

## **20. Can I use the TruHealth products if I'm not dieting?**

Absolutely! The TruHealth System was designed to also support already healthy lifestyles.

## **21. I'm pregnant and/or breast-feeding. Is it safe to do this program?**

This program is not recommended for pregnant or lactating women.

## **22. Can my 8-year-old son/daughter participate in the TruHealth program?**

The TruHealth 30-Day Fat-Loss System is not recommended for children or youth under the age of 18.

## **23. Why include almonds, an allergen, in the new vegan shake formula?**

Almonds are included in our vegan shake formula to enhance both nutrition and the smooth, pleasant taste of the product, thanks to their creamy texture and subtle nutty flavor. This addition caters to various dietary preferences and offers an alternative protein source. We prioritize allergen safety through rigorous quality control and labeling. Additionally, supporting sustainable almond sourcing aligns with eco-friendly practices. While almond allergies should be considered, our goal is to offer a more diverse, flavorful, and nutritious vegan shake that many can enjoy safely.

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