



# Radically Transform Your Figure<sup>††</sup>

## The Healthy, Natural Way



TruPLENISH™ Nutritional Shake  
The foundation of our  
TruHealth™  
30-Day Fat-Loss System\*

See reverse for  
TruHealth Shake recipe  
and Supplement Facts

If you're tired of wearing baggy clothes and feeling like you'll never be able to fit into your skinny jeans again, it's time to take back your life. Now you can drop that unwanted fat with Mannatech's all-natural and nutritious shake.<sup>†</sup>

Packed with **20 grams of plant-based protein** that help keep you satisfied, our fiber-rich TruPLENISH Shake also comes with vitamins, minerals, probiotics, enzymes and Glyconutrients. With your choice of delicious Rich Chocolate or Creamy Vanilla, the TruPLENISH Shake can be blended with fruits and veggies to give each day its own unique flavor. Finally, a shake that can keep up with you!

Your body is amazing. The TruPLENISH Shake can help it look—and feel—as fabulous as it was meant to be. **Start creating the healthy body you want with the TruPLENISH Shake today!†**

### FUN FACT

TruPLENISH can be used as a quick, nutritious shake on-the-go, or as part of our TruHealth 30-Day Fat-Loss System!

### Benefits:<sup>†</sup>

- Helps maintain lean muscle.\*
- Helps reduce feelings of hunger and increases satiety.\*
- Supports healthy weight management.\*
- Promotes healthy weight loss.\*
- Promotes healthy digestion.\*
- Helps form healthy habits.\*
- Helps you look and feel better.\*
- Does not include ingredients that were produced using biotechnology.
- Supports cell-to-cell communication by providing a blend of Glyconutrients, which are beneficial saccharides found in nature.



100% Satisfaction Guarantee! If you try our products and are not completely satisfied for any reason, you can return them within 180 days of purchase for either an exchange of like products or a refund.

<sup>†</sup>Individual results may vary.

<sup>††</sup>When taken in conjunction with a reduced calorie diet and regular 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.



# TruPLENISH Supplement Facts

TRUPLENISH Rich Chocolate - shake

## Supplement Facts

Serving Size 2 scoops (38.9 g)  
Servings Per Container 14

	Amount Per Serving	% Daily Value
Calories	150	
Calories from Fat	20	
Total Fat	2 g	3%†
Total Carbohydrate	9 g	3%†
Dietary Fiber	6 g	21%†
Total Sugars	2 g	
Includes 2 g added sugars		4%†
Protein	20 g	40%†
Vitamin A (as beta-carotene)	300 mcg RAE	33%
Vitamin C (from acerola)	25 mg	28%
Calcium (from algae)	200 mg	15%
Iron (from protein blend)	3.7 mg	21%
Vitamin D (from mushroom)	5 mcg	25%
Vitamin E (as d-alpha tocopherol)	10 mg	67%
Thiamin (from yeast)	0.7 mg	58%
Riboflavin (from yeast)	0.8 mg	62%
Niacin (from yeast)	8 mg NE	50%
Vitamin B6 (from yeast)	0.9 mg	53%
Folate (from yeast)	330 mcg DFE (200 mcg Folic Acid)	83%
Vitamin B12 (from yeast)	3 mcg	125%
Biotin (from yeast)	75 mcg	250%
Pantothenic acid (from yeast)	2.75 mg	55%
Iodine (from yeast)	15 mcg	10%
Magnesium (from marine mineral complex and algae)	40 mg	10%
Zinc (from yeast)	1.5 mg	14%
Selenium (from yeast)	7 mcg	13%
Copper (from yeast)	0.2 mg	22%
Manganese (from yeast)	0.2 mg	9%
Chromium (from yeast)	12 mcg	34%
Molybdenum (from yeast)	7.5 mcg	17%
Sodium	271 mg	12%
Potassium	132 mg	3%
Alpha-Linolenic Acid (from flaxseed and chia seed)	160 mg	†
<i>Lactobacillus acidophilus</i> (at the time of manufacture)	1 Billion CFU	†
Proprietary Digestive Enzyme Blend (Alpha & Beta Amylase, Protease 1, Protease 2, Lactase, Lipase, Cellulase, Invertase)	50 mg	†

† Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value not established.

**Other ingredients:** Pea protein, brown rice protein, acacia gum, fructose, cocoa powder, guar gum, natural flavors, Reb A (stevia leaf extract), Glyconutrient Proprietary Blend (Arabinogalactan, aloe vera extract [inner leaf gel powder], gum tragacanth), safflower oil powder, Proprietary Berry Blend (Strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), Proprietary Veggie Blend (Broccoli, broccoli sprouts, tomato, carrot, spinach, kale).

**Guaranteed free from gluten, dairy, soy, genetically modified DNA, MSG, artificial colors, flavors or sweeteners.**

**SUGGESTED USE FOR ADULTS AND CHILDREN 9 YEARS AND OLDER:** Simply add 2 scoops to 8 oz of cold purified water, almond milk or other beverage of choice and mix.

**DIRECTIONS FOR KIDS:** Mix 1 scoop with 8 fl oz of cold purified water, almond milk or other beverage of choice. This product is not intended to be used for weight management for kids, or for consumption by kids under 4 years old.

**WARNING:** If you are pregnant, nursing, taking medication, have a health condition or are planning a medical procedure, consult your health professional before use. Discontinue use and consult a doctor if any adverse reaction occurs.

Do not use if inner seal is missing or broken. Keep out of reach of children. Keep bottle tightly closed. Store in a cool, dry place. Contents may settle during shipping. This product is sold by weight, not volume.

**Product Number 16201**

US: 16201-44.003

TRUPLENISH Creamy Vanilla - shake

## Supplement Facts

Serving Size 2 scoops (37.2 g)  
Servings Per Container 14

	Amount Per Serving	% Daily Value
Calories	145	
Calories from Fat	17	
Total Fat	2 g	3%†
Total Carbohydrate	8 g	3%†
Dietary Fiber	5 g	18%†
Total Sugars	2 g	
Includes 2g added sugars		4%
Protein	20 g	40%†
Vitamin A (as beta-carotene)	275 mcg RAE	31%
Vitamin C (from acerola)	25 mg	28%
Vitamin D (from mushroom)	5 mcg	25%
Vitamin E (as d-alpha tocopherol)	10 mg	67%
Thiamin (from yeast)	0.7 mg	58%
Riboflavin (from yeast)	0.8 mg	62%
Niacin (from yeast)	8 mg NE	50%
Vitamin B6 (from yeast)	0.9 mg	53%
Folate (from yeast)	333 mcg DFE (200 mcg Folic Acid)	83%
Vitamin B12 (from yeast)	3 mcg	125%
Biotin (from yeast)	75 mcg	250%
Pantothenic acid (from yeast)	2.75 mg	55%
Calcium (from algae)	200 mg	28%
Iron (from protein blend)	3.7 mg	21%
Iodine (from yeast)	15 mcg	10%
Magnesium (from marine mineral complex and algae)	40 mg	10%
Zinc (from yeast)	1.5 mg	14%
Selenium (from yeast)	7 mcg	13%
Copper (from yeast)	0.2 mg	22%
Manganese (from yeast)	0.2 mg	9%
Chromium (from yeast)	12 mcg	34%
Molybdenum (from yeast)	7.5 mcg	17%
Sodium	205 mg	9%
Potassium	44 mg	1%
Alpha-Linolenic Acid (from flaxseed and chia seed)	160 mg	†
<i>Lactobacillus acidophilus</i> (at the time of manufacture)	1 Billion CFU	†
Proprietary Digestive Enzyme Blend (Alpha & Beta Amylase, Protease 1, Protease 2, Lactase, Lipase, Cellulase, Invertase)	50 mg	†

† Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value not established.

**Other ingredients:** Pea protein, brown rice protein, acacia gum, fructose, guar gum, natural flavor, safflower oil powder, Reb A (stevia leaf extract), Glyconutrient Proprietary Blend (Arabinogalactan, aloe vera extract [inner leaf gel powder], gum tragacanth), xanthan gum, Proprietary Berry Blend (Strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), Proprietary Veggie Blend (Broccoli, broccoli sprouts, tomato, carrot, spinach, kale).

**Guaranteed free from gluten, dairy, soy, genetically modified DNA, MSG, artificial colors, flavors or sweeteners.**

**SUGGESTED USE FOR ADULTS AND CHILDREN 9 YEARS AND OLDER:** Simply add 2 scoops to 8 oz of cold purified water, almond milk or other beverage of choice and mix.

**DIRECTIONS FOR KIDS:** Mix 1 scoop with 8 fl oz of cold purified water, almond milk or other beverage of choice. This product is not intended to be used for weight management for kids, or for consumption by kids under 4 years old.

**WARNING:** If you are pregnant, nursing, taking medication, have a health condition or are planning a medical procedure, consult your health professional before use. Discontinue use and consult a doctor if any adverse reaction occurs.

Do not use if inner seal is missing or broken. Keep out of reach of children. Keep bottle tightly closed. Store in a cool, dry place. Contents may settle during shipping. This product is sold by weight, not volume.

**Product Number 16301**

US: 16301-44.003

# TruHealth Signature Shake



## Ingredients:

- 2 scoops of the TruPLENISH Nutritional Shake (Rich Chocolate or Creamy Vanilla)
- ½–1 cup fruit of your choice (frozen berries work great)
- 2 cups chopped, organic kale leaves with tough stems removed, or spinach
- 6 ice cubes (for a more frozen texture)
- 1 cup water, coconut water or almond milk
- ½ teaspoon or pinch of stevia or xylitol
- ½ tablespoon healthy fat (we recommend coconut oil or flax seed)

## Instructions:

In a blender, combine fruit, kale/spinach, ice cubes, water, stevia, healthy fat and the TruPLENISH Nutritional Shake. Pulse a few times, then purée until smooth, scraping down the sides as necessary. Go ahead, lick the spoon. It's good for you!

**IF YOU'RE READY TO TAKE BACK YOUR LIFE AND SEE RESULTS, CONTACT ME TODAY!**

**P.S. In 30 days, you'll wish you had started today!**

\*Always consult with your physician or other qualified healthcare provider before embarking on a new diet or program. This program is not recommended for pregnant or lactating women. If you are taking medications, have a health condition or are planning a medical procedure, consult your health professional before beginning this program. It is also not recommended for children under the age of 18. If you have any specific questions about these matters you should consult your doctor or other healthcare provider.

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