

RENEW PROGRAM

Discover The New You





Mannatech's TruHealth Renew Program is a versatile program designed to help you discover the "New You" with the power of plant based nutrition. This program combines beneficial, whole foods with supplements that contain natural plant-derived ingredients and exercise to encourage a healthy body and establish healthy life choices

HOW THE TruHEALTH SYSTEM WORKS

The TruHealth System is ideal for people who want to support their overall health and everyday lifestyle using a flexible program that combines diet with nutritious whole foods, supplements that contain natural plant-derived ingredients and exercise.

This system consists of specific instructions for two types of days: Cleanse Days and Nourish Days. By following the guidelines for each, you will begin to establish new habits that you can continue to incorporate into your daily routine to help build and maintain a healthy lifestyle. Depending on your goals, you can follow this system for up to three consecutive months or you can repeat it once a quarter.

Whichever path you choose, the TruHealth System is designed to inspire long-term, healthy eating habits and encourage an ongoing positive perspective on wellness.





A BETTER BODY COMPOSITION = A HEALTHIER LIFE

Why body composition is important

Ditch the scales and start to pay attention to the changes in your body composition. This new, unique approach to having a healthier life will have you focusing on how you feel and fit in your clothes, not reaching a lower number on the scale.

An improved body composition or BCI is the New You approach to a healthier life.

This means you're looking to lower your percentage of body fat and increase your lean muscle tissue. Most people don't realise that muscle weighs approximately 20% more than fat per cubic inch. While muscle is lean, firm and flat, fat is bulky and takes up more space per kilogram.

While following a healthy eating and fitness program, you could actually end up weighing more than when you started, though be in much better shape and looking better. Most scales only tell you how much you weigh.

Science is moving away from Body Mass Index (BMI) to Body Composition Index (BCI) as a better way to monitor and support healthy New You programs.

Body Composition focuses on your body's make-up: muscle mass, fat mass, bone mass and water.



TruPLENISH MEAL REPLACEMENT SHAKES

20g
PROTEIN



BENEFITS

- Helps reduce feelings of hunger and increase satiety
- Promotes healthy fat-loss, for a healthier, leaner body
- Promotes healthy digestion
- Helps you look and feel better.

The TruPLENISH Shake is one of the core components of our program. It is different from competitor shakes in that it's a plant-based, complete meal replacement full of vitamins, minerals, probiotics and over 20 grams of protein which contains our proprietary glyconutrient blend. It's a good source of fibre and it comes in delicious Rich Chocolate and Creamy Vanilla. There are two different types of vegetable protein in TruPlenish - pea protein and brown rice protein. Replacing one or two meals a day with a TruPLENISH Nutritional Supplement Shake will enable you to easily reduce your calorie intake without sacrificing nutritional needs.

Once you've reached your goals, continue to incorporate TruPLENISH Shakes into your daily meal plan.

FEATURES

- Comes in Rich Chocolate and Creamy Vanilla
- Contains real fruits and vegetables such as blueberries, cranberries, kale and spinach
- Contains Glyconutrients through aloe vera extract

MANNATECH TruPURE POWDER



Mannatech TruPURE Powder is a foundational part of the TruHEALTH system, and contains Silybum marianum (milk thistle), which is traditionally used in North American herbal medicine to support healthy liver function. Vitamin B6 is included to support energy production.

FEATURES

- With natural herbal ingredients
- Naturally gluten-free
- Suitable for vegetarians
- Free from dairy or dairy-derived ingredients, soy, MSG, artificial flavours, artificial colours

BENEFITS

- Vitamin B6 maintains/supports energy production
- Milk thistle is traditionally used in North American herbal medicine to maintain/support healthy liver function

Nourish Day:

Take 1 sachet every morning on rising is suitable to be used during the cleansing days of the program.

Cleanse Day:

Take 4 sachets on cleanse days (once per week) to support energy and healthy liver function.

Always read the label. This medicine may not be right for you. Follow directions for use. Vitamins can only be of assistance if dietary intake is inadequate.

MANNATECH TruSHAPE™ CAPSULES



BENEFITS

- Helps enhance/promote heat/energy production/thermogenesis before eating in healthy adults
- Reduce/decrease/suppress hunger/appetite before eating in healthy adults

Mannatech TruSHAPE Capsules** are formulated to include natural herbal ingredients to support you on your journey with the TruHEALTH program.

Mannatech TruSHAPE Capsules can help promote thermogenesis before eating in healthy adults and can decrease appetite before eating in healthy adults.

Take one capsule daily. Is suitable to be used during both nourishing and cleansing days of the program.

Always read the label. This medicine may not be right for you. Follow directions for use.

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

**When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.



BEFORE AND AFTER

Following the TruHealth diet and exercise program.

CERISA RILEY

NEW SOUTH WALES

17 CM off waist
24 KG lost in
90 DAYS



Before



After

NATHAN BISHOP

VICTORIA

16.5 CM off waist in
90 DAYS



Before



After

BRIAN EATON

NEW SOUTH WALES

25 CM off waist
15 KG lost in
90 DAYS



Before



After

MELISSA PITT

QUEENSLAND

13 CM off waist in
90 DAYS



Before



After

BEFORE AND AFTER

Following the TruHealth diet and exercise program.

BRIAN CORRADETTI

QUEENSLAND

19 CM off waist in
90 DAYS



Before



After

MERLINDA HUNT

SOUTH AUSTRALIA

6.6 KG lost in
90 DAYS



Before



After

SHARON WILLIAMS

QUEENSLAND

20 KG lost
4 dress sizes down in
12 MONTHS



Before



After

CHRISTINE EATON

NEW SOUTH WALES

17.8 CM off waist
10 KG lost in
90 DAYS



Before



After

NEW YOU 90 DAY TRANSFORMATION CHALLENGE



The New You 90 Day Transformation Challenge, is a fat-loss challenge, designed to motivate and reward your commitment to changing your life with the TruHealth diet and exercise program.

Mannatech awards prizes to those who have lost the highest percentage of centimetres over a 90 day period.

The New You 90 day Transformation Challenge runs several times a year.

Visit Truhealthfitness.com.au for dates of the next challenge and more information.

BEFORE AND AFTER

Following the TruHealth diet and exercise program.

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I am amazed at the results I have achieved on the TruHealth Challenge. Down two dress sizes and reached my goal. Wow! Feeling great and fitting into clothes I haven't worn for 5 years. Thanks Mannatech and thank you Erich and Doris Kaltner for your unfailing support and encouragement!

Lisa Stanley

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Before



After

66

My result after this 90 day program. My dexa scan reveals a loss of 2kg of FAT off my total body! I am fully hydrated, which breaks down to a loss of 4% of fat off my trunk and an increase of 400g lean muscle. A loss of 2% of fat off my legs and an increase of 600g lean muscle. And a loss of 1% of fat off my arms and an increase of 300g of lean muscle.

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Nerissa Saville



Before



After

66

I was feeling disheartened because I have only lost 2 kilos on the scales and was ignoring the voice saying "throw away the scales". But the photos were obvious at 60 days and now even better with 21cm gone. And I feel terrific.

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Helen Moore

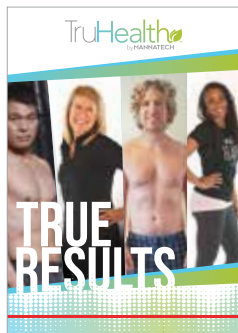


Before



After

RESOURCES



Visit [Truhealthfitness.com.au](https://truhealthfitness.com.au)
to download our TruHealth resources



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