

# Tame Your Cravings with the TruPLENISH™ Shake



## Shape a New You

while giving your body what it needs with our TruPLENISH Nutritional Shake that leaves you feeling full while providing vital nutrients to help keep your mind off food.

## The TruPLENISH shake helps:†

- Reduce feelings of hunger with **20 g of plant-based protein!**
- Support healthy weight management.\*
- Support maintenance of lean muscle.\*
- Promote healthy digestion.\*
- Increase metabolism.\*

†When taken in conjunction with Mannatech's TruHealth System's dietary, water intake and exercise recommendations.

## TIP

You can add 1 scoop of NutriVerus™ powder and 1 scoop of OsoLean® powder to give your shake an extra boost! Add water, unsweetened almond milk or coconut water to taste.

TruPLENISH is free from dairy-derived ingredients, soy, MSG, artificial flavors and artificial colors.

**Contact me to take back your life today:**

\*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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 **MANNATECH**

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## TRUPLINISH Creamy Vanilla Shake

# Supplement Facts

Serving Size 1 pouch (37.2 g)  
Servings Per Container 14

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	145		Iron (from protein blend)	3.7 mg	21%
Calories from Fat	17		Iodine (from yeast)	15 mcg	10%
Total Fat	2 g	3%†	Magnesium (from marine mineral complex and algae)	40 mg	10%
Total Carbohydrate	8 g	3%†	Zinc (from yeast)	1.5 mg	14%
Dietary Fiber	5 g	18%†	Selenium (from yeast)	7 mcg	13%
Total Sugars	2 g	†	Copper (from yeast)	0.2 mg	22%
Includes 2g added sugars	4%†		Manganese (from yeast)	0.2 mg	9%
Protein	20 g	40%†	Chromium (from yeast)	12 mcg	34%
Vitamin A (as beta-carotene)	275 mcg RAE	31%	Molybdenum (from yeast)	7.5 mcg	17%
Vitamin C (from acerola)	25 mg	28%	Sodium	205 mg	9%
Vitamin D (from mushroom)	5 mcg	25%	Potassium	44 mg	1%
Vitamin E (as d-alpha tocopherol)	10 mg	67%	Alpha-Linolenic Acid (from flaxseed and chia seed)	160 mg	†
Thiamin (from yeast)	0.7 mg	58%	Lactobacillus acidophilus (at the time of manufacture)	1 Billion CFU	†
Riboflavin (from yeast)	0.8 mg	62%	Proprietary Digestive Enzyme Blend (Alpha & Beta Amylase, Protease 1, Protease 2, Lactase, Lipase, Cellulase, Invertase)	50 mg	†
Niacin (from yeast)	8 mg NE	50%			
Vitamin B <sub>6</sub> (from yeast)	0.9 mg	53%			
Folate (from yeast)	333 mcg DFE (200 mcg Folic acid)	83%			
Vitamin B <sub>12</sub> (from yeast)	3 mcg	125%			
Biotin (from yeast)	75 mcg	250%			
Pantothenic acid (from yeast)	2.75 mg	55%			
Calcium (from algae)	200 mg	15%			

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).

§ Manapol (Aloe Vera Extract)

## TRUPLINISH Rich Chocolate Shake

# Supplement Facts

Serving Size 1 pouch (38.9 g)  
Servings Per Container 14

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

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).

§ Manapol (Aloe Vera Extract)

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

**SUGGESTED USE FOR ADULTS AND CHILDREN 9 YEARS AND OLDER:** To provide key nutrients to your body while helping to stave off hunger simply add 1 pouch to 8 oz. of cold, purified water, almond milk or other beverage of choice and mix.

**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.

Keep out of reach of children. Contents may settle during shipping. This product is sold by weight, not volume.

Please read the product labels for detailed information.



Available in  
delicious  
Rich Chocolate  
and Creamy  
Vanilla!

