



TRUE
RESULTS

SHAPE A NEW YOU WITH TRUHEALTH

This is TruHealth, and it's your chance at a better life. With superior products and a system proven to help you lose fat, maintain lean muscle and create healthy habits, Mannatech has what you need to succeed. **YOU CAN DO THIS.** Take back your life with this amazing program that has been shown to shape better bodies. With the TruHealth System, it's never been easier to reach your goals and lose the fat for good.

In this book, you'll see real results from real people who have fought fat-loss battles just like you. These individuals provide inspiration, motivation and a determination that will help you achieve your own success. They used the TruHealth System to transform their lives and become better people—for themselves and their families.

AN EASY 3-PART SYSTEM



TruPLENISH™ Tame your cravings with this nutritional shake! It is dairy-free, soy-free, full of vitamins, minerals, probiotics and 20 grams of protein per serving. This delicious product is also vegan!



TruPURE® slimsticks are formulated to help reduce impurities in the body and promote healthy weight management, for a leaner, younger-looking you.*



TruSHAPE™ capsules provide a naturally powered, stimulant-free metabolism boost.*



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



32.7 KG
Total Lost

"I STILL THINK I'M DREAMING"

"I lost 32.7 kilograms in 3 months. Surprisingly, I didn't feel any hunger. I still think I am dreaming. I plan to take good care of my body and share my experience with many people. My second round of life now begins with TruHealth!"†

– Park S.



29.5 KG
Total Lost

"I FEEL AMAZING"

"I went from a size 18 to a size 8 over six months and I feel amazing. I now have 29.5 less kilograms on my feet, and they love me for it. If you follow the TruHealth System and stick to it, you're going to lose weight. There's no question about it."†

– Julie Longtin



142.2 CM
Total Lost

"TRUHEALTH GAVE ME MY LIFE BACK"

"I'm very passionate about TruHealth, because I've seen what it can do. I've seen the change it makes. I found me again. After using TruHealth, I lost 142.2 centimetres over 6 months!†** It doesn't get any better than that."†

– Jana Means

** The TruHealth System tracks centimetres lost in: Calf, Neck, Chest, Upper Arms, Waist, Lower Abs, Hips, Upper Thigh and Mid-Thigh.

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“TRUHEALTH HAS CHANGED MY LIFE.”

“As a former Division 1 athlete, it’s amazing to be able to run 6.4 kilometres on the treadmill again. I am confident enough to show some skin again, and I took that to heart. I dedicated myself to take the products daily, go to the gym and eat a low glycemic and healthy diet.

I was so excited about the TruHealth products when they first launched, and this 90-day program helped rejuvenate that. Because of my dedication to stick to the system, I got great results.”†

—Amanda Foster



PRODUCT SPOTLIGHT

TruPLENISH™

Shape a new you while giving your body what it needs with our nutritional shake.

- Reduces feelings of hunger.*
- Contains 20 grams of plant-based protein.*
- Supports healthy weight management.*
- Supports maintenance of lean muscle.*



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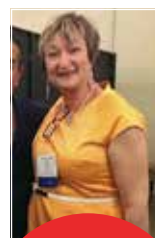
6.8
KG
Total Lost



“I CATCH MY WIFE CHECKING ME OUT”

“I feel better at 40 than I did at 20. I actually believe my wife now when she says I look good. I feel my whole body’s healthier on inside as well as looking great. I catch my wife looking at me and checking me out. TruHealth gave me that.”†

— David Durant



25.4
CM
Total Lost



“TRUHEALTH IS IMPRESSIVE”

“I felt very bad about my body, and did not feel like doing anything. But thanks to TruHealth, I was able to transform my body in just 30 days. The energy I felt from the first day I started with the system was truly impressive.”†

— Ana Sole



5.4
KG
Total Lost



“TRUHEALTH IS WHAT I’VE BEEN WAITING FOR”

“I can’t emphasise enough the ease of following this plan. You won’t feel hungry all day, you’ll have lots of energy and you’ll lose centimetres all while nourishing your body! No doubt, TruHealth was what I had been waiting on for so long!”†

— Cristina Holgado

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5 KG
Total Lost

“TRUHEALTH ISN'T COMPLICATED”

“I wasn't hungry, I wasn't craving things. I wasn't moody. You just take the shake and go. I love TruHealth because it doesn't feel like a job. It's a passion I didn't realize was there.”†

– Loredana Millar-Zinca



20.3 CM
Off Waist

“TRUHEALTH IS A GAME CHANGER”

“This system is easy to follow, easy to use and it tastes absolutely fantastic. In 8 months, I went from a 111.8 centimetres waist to a 91.4 centimetres waist. TruHealth changed my energy level, it helped me change my activity level—it is a SOLID game changer.”†

– Torian Walker



88.9 CM
Total Lost

“I HAVE CHANGED SO MANY UNHEALTHY HABITS”

“Having completed three months on TruHealth, I have changed so many unhealthy habits and created new healthy ones that I believe are here to stay. My mind and spirit have been renewed, and it is with this that I know these changes are for the long haul.”†

– Shannon Rubin

“TRUHEALTH HAS CHANGED MY LIFE.”

“No matter how much exercise I did, my body weight always stayed the same. Long story short, over an 8 week period, I've reduced my body fat from 25.4% down to 21.6% while still managing to increase my muscles from 32% to 34.2%.

When I'm on the system, the craving for junk food is no longer there. I used to look for snacks right after dinner and now I don't. I've found exercises that work for me, and my body is changing for the best, thanks to TruHealth.”†

–Sing Gay Ong



9.1 KG
Total Lost



PRODUCT SPOTLIGHT

TruPURE®

Feel amazing while losing the fat with our full-body cleanse.

- Supports the removal of impurities from all major organs.*
- Supports a healthy metabolism.*
- Supports detoxification at the cellular level.*



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TRUHEALTH: TRANSFORMING LIVES ACROSS THE GLOBE.

GO TEAM KOREA!



28.1
KG
Total Lost

–Oh Jongwon



7.2
KG
Total Lost

–Kwon Dongmi

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9.1
KG
Total Lost

–Jin Seoyeong

PRODUCT SPOTLIGHT



TruSHAPE™

Shed the fat so you can fit into your favourite clothes again.

- Helps reduce body fat.*
- Stimulates the calorie burning process.*
- Boosts your metabolism.*



9.1
KG
Total Lost

“TRUHEALTH IS EASY”

“Like all chefs, it’s hard to stay on a diet. I’ve been on the TruHealth System for 3 ½ months and I’ve lost 9.1 kilograms. With all the nutrients and protein that TruPLENISH provides, it helps keep me accountable. This is the first system that was easy to stay on.”†

– Alejandro F.



4
Sizes
Down

“I’M BACK TO THE SIZE I WAS IN HIGH SCHOOL”

“Oh my goodness, I am so excited! My intention when I started the program was to get back to the size I was in high school and I am there!”†

– Patricia Browett



4%
Muscle
Gain

“TRUHEALTH CONTAINS EVERYTHING I NEEDED”

“I took TruHealth products as recommended and I gradually gained muscle. I didn’t feel any lack of energy. Instead, I was able to lower my calories since TruHealth contains most of the nutrients I needed. I have tried several products to lose weight but I believe TruHealth is the perfect System to reach your goals.”†

– Kim Byung Sam

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12.7
KG
Total Lost



“A BETTER VERSION OF ME”

“I entered very skeptical, but the weight just started falling off. 12.7 kilograms and 106.7 centimetres later,** I couldn't wait until summer to go to the pool. No more missing out on awesome memories with my kids. Thanks TruHealth!”†

– Mike Rubin



10.2
CM
Off Waist



“TRUHEALTH TRANSFORMED MY LIFE FOR THE BETTER”

“I cannot remember ever feeling this healthy and good about myself. I had to go out and buy some new clothes as everything I tried on no longer fit! I have to say it felt so good to be trying on size 36 pants vs. the 40 plus before”†

– Gary Browett



88.9
CM
Total Lost



“TRUHEALTH IS LIKE NO OTHER FAT-LOSS SYSTEM”

“After having my son last year, I knew I had to do something about my weight and my health! I decided to take the 90-day challenge and lost 14.1 kilograms and over 76.2 centimetres!** I had such great results, I've just started another 90-day challenge. Cheers to TruHealth!”†

– Kate Taylor

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“FOR SOMEONE SENSITIVE TO DAIRY, SOY, WHEAT AND GLUTEN, IT'S THE MOST EXCITING PRODUCT ON THE MARKET!”

– Alet-Marie van Zyl



POWER COUPLE!
Quinton and Alet-Marie van Zyl

Not only did Alet-Marie accept the TruHealth Challenge, her husband Quinton came along for the journey. In three months, Alet-Marie lost 6 dress sizes, and Quinton lost 1 pant size and 3 belt holes.†



Before



6
Sizes
Down



Visit truhealthfitness.com.au to gain access to Virtual Transformation Coaches, customised exercise plans and to track your daily/weekly fat loss.



All you need is **90 days** to create a healthy lifestyle.

90 days to take back your life.

Just **90 days** to shape a New You.

JOIN THE RESULTS REVOLUTION! START TODAY.

TO GET STARTED WITH THE TRUHEALTH SYSTEM, CONTACT ME TODAY!

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