

1. What are the benefits of Ambrotose LIFE?

Ambrotose LIFE powder offers the optimum health benefits of Ambrotose® Complex, but is more powerful. Numerous studies have been published in peer-reviewed journals about Ambrotose powders^{††}, indicating that Ambrotose LIFE can:

- Support cellular communication*
- Improve cognitive function, concentration and memory*¥
- Improve mood and decrease irritability*¥
- Support immune function*
- Support digestive function*
- Promote gastrointestinal health*

2. How is Ambrotose LIFE superior to Ambrotose Complex?

Ambrotose LIFE offers more important advantages based on its unique formula:

- Per gram, Ambrotose LIFE provides more than double the Manapol® powder compared to Advanced Ambrotose.
- Ambrotose LIFE contains the most scientifically studied Modified Citrus Pectin on the market, which provides an excellent source of pectin and sodium alginate (from kelp).
- Ambrotose LIFE provides a stabilized rice bran fiber instead of rice starch. This is the same type of nutrient dense rice bran fiber featured in our NutriVerus™ product, which contains Glycans and fiber.



BENEFITS	NEW! AMBROTOSE LIFE	AMBROTOSE COMPLEX
Low glycemic	✓	✓
Gluten free	✓	✓
Non-irradiated	✓	✓
Free from soy, dairy, preservatives and MSG	✓	✓
Contains naturally sourced ingredients	✓	✓
No genetically modified material	✓	✓
Kosher	✓	
Vegan friendly	✓	
Contains plant-sourced Glucosamine HCl	✓	✓
Contains a Mannatech exclusive Wakame that is rich in fucoidans	✓	
More Manapol®	✓	
Contains Modified Citrus Pectin for additional Glyconutrient support from the most scientifically studied MCP on the market	✓	
Contains Sodium Alginate	✓	
Contains a nutritious Rice Bran Fiber rich in Glycans, and other key nutrients the body needs*	✓	
Available in both unflavored and a great tasting citrus flavor	✓	
Available in convenient, single serving citrus-flavored slimsticks	✓	

3. What is Manapol and why is it such an important ingredient in Ambrotose LIFE?

Manapol is the trademark name for the world's only standardized and stabilized Aloe vera extract. The Manapol Mannatech uses to formulate Ambrotose LIFE is the most abundant, natural source of acetylated mannans (Acemannan) in the world. It's this unique extract which provides superior support for cellular communication, immune and digestive functions.* Specifically, Manapol is the only commercially available Aloe vera ingredient to contain the broad spectrum of mannans up to and including Acemannan which is defined as 1-2 million Daltons.

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¥ Based on a 4 g daily serving of Ambrotose LIFE Powder.

†† These studies were conducted on Ambrotose Complex and Advanced Ambrotose powders. The core technology in these products is the foundation for the Ambrotose LIFE formulation. Some of the studies were at least partially funded by Mannatech.

4. What is a Dalton and why is it important?

The Dalton is a unit to show molecular weight. For Acemannan, the 1-2 million Dalton definition was set forth by CAS and USAN.**

5. What is Acemannan?

Mannatech's Manapol contains a key active ingredient named Acemannan, known to many as the functional component of the Aloe vera plant, sourced from the inner leaf gel. Acemannan contains a long chain sugar (known as a saccharide) that is utilized by the cell membrane for support of cellular recognition and communication. This is what makes the Manapol in Ambrotose LIFE so effective, and has been scientifically linked to improved immune response and cellular metabolism.*

6. How does Acemannan affect the body?

Acemannan is the key Glyconutrient and active component in Aloe vera. Scientific studies have shown its benefits on a cellular level, as well as supporting the body's immune and digestive systems.

7. Where does Manapol come from?

Manapol is a proprietary strain of Aloe vera extract that is 100% non-GMO and sourced specifically from Costa Rica. It is harvested from ultra-rich volcanic soil to ensure potency and extracted from fresh, Aloe inner leaf gel by a specialized extraction method to ensure potency and purity. This innovative technique yields insoluble fibers and stabilized, high molecular weight (MW) soluble fibers that are rich in long-chain and broad spectrum mannose sugars. This state-of-the-art process is part of a renewable process which allows the ongoing production of Manapol to be environmentally responsible, while protecting the ingredient potency.

8. What are Glycans?

Glycans (or Glyconutrients) are beneficial plant saccharides found in nature (saccharide is a formal name for sugar). Mannatech sources their Glycans from the inner leaf of the Aloe vera plant, but there are more than 200 plant saccharides currently known to science. The majority of plant saccharides are not sweet, and they do not raise your blood sugar. Typically, when people hear "sugar" they think of processed white table sugar, which is a disaccharide. Mannatech does not use table sugar in Ambrotose products. Moreover, Mannatech uses specific plant-based sugars/saccharides that are known for beneficial health support.

9. Why are Glyconutrients important to your health?

Glyconutrients are beneficial saccharides found in nature, shown to support several extremely important functions for human health, beginning with cellular communication. Several scientific studies have shown that Glyconutrients can improve many aspects of brain function, cognitive function, memory, attentiveness and mood. In addition, scientific studies on Glyconutrients have shown that they act as a prebiotic which can support healthy digestive function and a healthy gastrointestinal tract. To maintain optimal internal functions, you need optimal cellular communication in many systems of your body.*

10. What is AmbroGuard® and why is it an important ingredient?

AmbroGuard powder is purified arabinogalactan which is a polysaccharide containing repeating arabinose and galactose sugars. It is sourced from larch trees and is exclusive to Mannatech. In addition to being a good source of dietary fiber, Arabinogalactan has been shown in scientific studies to be fermented by human colonic bacteria and enhance the growth of healthy bacteria. Arabinogalactan has also been shown to have immunosupportive effects (support and maintain a healthy immune system). AmbroGuard was chosen as an ingredient for Ambrotose LIFE because it supports a number of health benefits.*

AmbroGuard helps:

- Support the immune system.*
- Support probiotic bacteria (bifidobacteria and L. Planterum).*

11. What is Glucosamine HCl and why is it an important ingredient?

Glucosamine HCl is a plant-sourced amino sugar used as a precursor for the body to manufacture other key saccharides for cellular support, communication and immune function.*

12. What is Gum Tragacanth and why is it an important ingredient?

Gum Tragacanth, sourced from the dried sap of a flowering plant named Astragalus gummiifer, was chosen as an

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**Chemical Abstract Service (CAS)—Division of the American Chemical Society (ACS) and United States Adopted Names Council (USAN)—Division of the American Medical Association (AMA)

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ingredient for its prebiotic fiber content. It helps support the immune system and cell-to-cell communication by providing Glyconutrients, specifically the saccharide fucose.

13. What is Rice Bran Fiber and why is it an important ingredient?

Stabilized Rice Bran Fiber is considered to be among the most nutrient dense ingredients and is a rich source of dietary fiber, nutrients and Glycans.

What is Wakame and why is it an important ingredient?

Wakame, which is an edible seaweed sourced from Tasmania, has been consumed in Asia for thousands of years. Wakame is rich in fucoidans, which have been shown to have immunosupportive effects in controlled studies of human subjects. In other words, it helps to modify the immune response or the functioning of the immune system in the body.

14. What is Modified Citrus Pectin w/ Sodium Alginate and why is it an important ingredient?

Modified Citrus Pectin (MCP) is citrus pectin which has been modified to be more easily digested and utilized by the human body. The fiber that you see on the inside of citrus peels contain long chains of polysaccharides. By modifying this fiber so that it can be more easily digested and utilized, we provide different types of saccharides that have different benefits.

MCP has been scientifically linked to immune support and is an excellent source of Galacturonic Acid. The MCP in Ambrotose LIFE powder is the most scientifically studied MCP on the market.

Sodium Alginate, which is obtained from kelp, is a beneficial gelling agent as it supports proper gastric function.

15. What glycans are found in our Ambrotose powder formulas?

The glycans (plant saccharides) found in Ambrotose powders are:

- **Aloe vera inner leaf gel extract powder** - Primarily mannose, due to the unique extraction process, and hence the Manapol trade name, but also includes glucuronic acid, glucose, galacturonic acid, xylose, galactose, glucosamine, fucose, rhamnose and arabinose.
- **Arabinogalactan** (trade named by Mannatech as AmbroGuard) - Also contains galactose, arabinose, glucose and mannose.
- **Gum tragacanth** - Includes galactose, arabinose, xylose, fucose, rhamnose, and galacturonic acid.
- **Glucosamine** is included, which is an amino glycan.

16. Is Ambrotose LIFE suitable for all adults?

Ambrotose LIFE is suitable for healthy adults, including people that want to improve and support a healthy lifestyle. For those with a specific health challenge, they should contact their qualified healthcare provider prior to use. Ambrotose LIFE was designed to be superior to both Ambrotose Complex and Advanced Ambrotose, so the days of wondering which formula to use for a specific need are over.

17. Can children take Ambrotose LIFE for their health?

As with any supplement, Mannatech recommends that Ambrotose LIFE be taken only as directed. Children age 4 and older can take Ambrotose LIFE if approved by a health care provider. If you have questions for use beyond the directions indicated on the label, you should speak to a qualified healthcare professional.

18. Is the new flavoring of Ambrotose LIFE Slimsticks all natural?

Yes, Ambrotose LIFE Slimsticks contain a 100% natural citrus flavor. The delicious blend of oranges, limes and lemon flavored powder can now be enjoyed any time of the day, in hot or cold water or other liquids.

19. Is Ambrotose LIFE vegan friendly?

Yes, Ambrotose LIFE is 100% vegan. Ambrotose LIFE has a plant-sourced glucosamine. In addition, Ambrotose LIFE is also kosher.

20. Is there a benefit to pairing up Ambrotose LIFE with Manapol?

Since Mannatech's pure Manapol powder provides excellent support for cellular communication, immune and digestive functions, it compliments Ambrotose LIFE perfectly. However, taken with or without Mannatech's individual Manapol product, Ambrotose LIFE will still provide excellent overall health benefits.*

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21. Can I use Ambrotose LIFE with other Mannatech products?

Yes of course. The new Ambrotose LIFE was formulated with that in mind. It will complement any Mannatech product you may use.

22. Can I use Ambrotose LIFE if I am allergic to Aloe vera?

If you have a confirmed allergy to any substance, it is always important to talk to your physician. Make sure your physician knows that the known allergen in the Aloe vera plant is in the yellow sap. Ambrotose LIFE does not contain the yellow sap, since Mannatech only extracts specific glyconutrients from the inner leaf gel. An official statement on this topic may be found on mannatechscience.org for you and your doctor to review.

23. Will Ambrotose LIFE still be effective if mixed with hot liquids?

Yes. Even though all nutrients have a maximum temperature at which they may begin to either lose their potency or suffer molecular damage, that limit is high above boiling point for Ambrotose ingredients, including Glyconutrients.

24. When I measure out Ambrotose LIFE powder using a measuring spoon, I often get a different number of servings from one canister to the next. Why is this?

Ambrotose LIFE powder is measured and packaged by weight, not volume. There is a specific weight in each container as marked on the label. When using a measuring spoon versus a level scoop it would be almost impossible to measure out precisely the same amount each time. The scoop provided in each canister of Ambrotose LIFE should result in the same number of servings as indicated on the label (60) when the scoop is filled to level. Mannatech's extraordinary quality control program ensures that the same weight that is indicated on the label is put in every container.

25. Why is the daily usage amount different between the Ambrotose LIFE Slimsticks and the Ambrotose LIFE canister?

The recommended usage for the Ambrotose LIFE Slimsticks is one 10g slimstick daily, while the usage for the Ambrotose Powder (unflavored) is one level scoop (1.67 g), twice daily. The slimstick serving is higher in volume due to the addition of the natural citrus flavoring.

26. What are the dark specks in Ambrotose LIFE?

All Ambrotose products have some degree of dark specs due to it being such a natural product. These specks come from the Manapol (Aloe) we use. In addition, the use of a nutrient dense rice bran instead of a rice starch results in some darker specks in the product as the bran is a much darker ingredient than the starch.

27. Does Mannatech ever use Aloe Latex in any of their products?

All of Mannatech's products are completely free of Aloe Latex

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