

1. What is the benefit of taking the Core Four together?

From its foundation, Mannatech has developed products scientifically studied to support a proactive lifestyle.* Our legendary **Core Four** bundles are favorites among our Associates due to the abundance of **support for healthy aging** while giving you a sense of confidence in what you do for your health.* Our products not only work together but they build on each other supporting the benefits each offer to provide the optimal support for healthy aging.*

COMMUNICATE: Mannatech was founded with **COMMUNICATION** at its core. Modern science increasingly supports the cell-to-cell communication Mannatech pioneered more than 26 years ago. Ambrotose® powder offers a powerful complex of prebiotics, soluble fibers and naturally sourced Glycans for proper nutrition and cell-to-cell communication, as well as immune and digestive support.*

NOURISH: Catalyst™ Multivitamin tablets are formulated strategically to **NOURISH** with 30 vitamins, minerals and essential nutrients, 19 of which provide 100% or more DV. Support your sense of calm with scientifically studied Sensoril® ashwagandha, a popular adaptogen known for its powerful, restorative properties.*

REGULATE: PLUS™ caplets help **REGULATE** endocrine and foundational adrenal function to help your body's natural recovery processes from things like "Adrenal Fatigue."** It can help provide improved energy, vitality, mood and calmness.*

PROTECT: Help **PROTECT** your body with Ambrotose AO® capsules. Loaded with antioxidants like naturally sourced vitamins C and E to provide superior protection for cells, immune support and help the body guard against oxidative stress.*

2. What are the key benefits of taking OSP?

Worry-free supplementation with Optimal Support Packets (OSP)! OSP takes the guess work out of what to take and when to take it with our prepackaged packets of the three core products shown below. OSP provides a daily serving of nutrients for optimal health and longevity.* They support bone, prostate, colon, breast, adrenal, endocrine and immune system health at home or when you are on-the-go!*

Catalyst Multivitamin (2)

- Contains 100% or more of the DV for 19 essential nutrients.
- Can help to maintain healthy immune system function.*
- Supports cardiovascular, liver, kidneys and nervous system.*
- Helps to maintain healthy blood pressure and blood sugar levels.*

PLUS (2)

- Supports breast, prostate, bone and colon health.*
- Supports the health of the immune, nervous and cardiovascular systems.*
- Is formulated to keep your endocrine system healthy.*

Ambrotose AO (1)

- Helps the body guard against oxidative stress with antioxidant-rich nutrients.*
- Protects your cells with water- and fat-soluble antioxidants.*
- Provides effective defense against free radicals.*

3. What are the benefits of Ambrotose LIFE?

Ambrotose LIFE powder offers the optimum health benefits of Advanced Ambrotose® and Ambrotose Complex but is more powerful than both.* 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 healthy immune function.*
- Support healthy digestive function.*
- Promote gastrointestinal health.*

4. What makes Catalyst Multivitamin unique?

With 30 vitamins, minerals and nutrients chosen for maximum nutritional benefits and easy physical absorption.* Mannatech takes it one step further by including the powerful herbal, ashwagandha, to provide you with the mood, energy and sleep support.*

19 of these nutrients providing 100% or more of DV.

- Provides 100% of the DV of vitamin D, iodine.
- Provides more than 100% of the DV of vitamin A, vitamin C, vitamin E, thiamin, riboflavin, niacin, vitamin B6, Folate, vitamin B12, biotin, pantothenic acid, magnesium, zinc, selenium, copper, molybdenum, and chromium.

Unlike other multivitamins, Catalyst contains the scientifically studied support of Sensoril ashwagandha.

- Patented strain of ashwagandha supported by 11 scientific studies.
- A well-known adaptogen (natural substances that help the body to adapt to stress and exert a normalizing effect upon bodily processes) with restorative properties.*
- Supports a balanced body and mind.*
- One of the most powerful herbs in Ayurvedic practices.*
- May help support your body against stress, fatigue, lack of energy and impaired concentration.*

5. What is ashwagandha (Sensoril) and why has it been added to Catalyst Multivitamin?

Sensoril is a patented strain of ashwagandha supported by 11 scientific studies designed to enhance adaptogen health benefits. Mannatech has added ashwagandha to the Catalyst Multivitamin formula to support a balanced body and mind. One of the most powerful herbs in Ayurvedic practices, ashwagandha has been used widely since ancient times and is most well-known as an adaptogen (natural substances that help the body to adapt to stress and exert a normalizing effect upon bodily processes) with restorative properties. The use of ashwagandha may help support your body against stress, fatigue, lack of energy and impaired concentration. It is frequently referred to as "Indian Ginseng" because of its rejuvenating properties.*

6. Why are the ingredients in Catalyst Multivitamin tablets sourced from other natural sources besides just plants?

Science marches on, and we know that the mineral yield in many plant-based ingredients is just too low. We must source minerals from additional elements. Consider that if you were attempting to achieve the same nutrition levels found in Catalyst Multivitamin tablets, using only plant material, that multivitamin would cost at least \$150 per bottle, and you would have to take 20 tablets a day!

7. What exactly is a mineral?

Minerals are natural elements, like vitamins, that are considered essential nutrients. They act together in the human body, performing hundreds of vital roles to maintain necessary healthy functions. Minerals are essential, but because our bodies can't make them, we must ingest them in order to maintain normal, healthy processes.

^{††}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.

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

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8. What are natural mineral chelates?

Today, advanced science allows naturally occurring minerals to be bound to natural amino acids. This binding process, known as chelation combines minerals with organic compounds that improve stability and the bioavailability of nutrients. Chelation allows for efficient transport of minerals across the intestinal wall to be utilized throughout the body.

9. Why are natural mineral chelates beneficial?

Chelate comes from the Greek word for "claw," which refers to how organic compounds are attached to inorganic compounds to improve nutrient uptake by the body. In their natural inorganic form, many minerals are poorly absorbed by the body. The body undergoes natural chelation during the digestive process, but it can be inefficient from person to person. But chelated minerals work with the digestive process to greatly improve nutrient uptake and utilization by the body. This means that more of the nutrients you need are properly absorbed by your body.

10. Are the minerals in Catalyst Multivitamin sourced from plants?

Catalyst was specifically formulated using chelated minerals (see above) because the chelation process allows the minerals to be more easily absorbed by the body. The elemental minerals in Catalyst Multivitamin are naturally occurring and have the benefit of providing a much higher nutrient level per serving than is possible from plant-based minerals alone.

11. Why does Mannatech use Albion® chelated minerals in their Catalyst Multivitamin?

Albion is a global innovator in mineral amino acid chelate nutrition and has 100+ patents in the field of mineral nutrition. Since 1956, Albion has been studying bioavailable nutritional mineral forms to understand their function and prove their effectiveness through scientific studies.

Albion chelated minerals are:

- Hypoallergenic
- Vegetarian friendly
- Nutritionally functional
- Of ultimate glycine: mineral molar ratio
- BSE-free
- Pharmaceutically pure
- Chemically validated (FTIR fingerprinted)
- Scientifically researched
- CAS registered molecular form identification

12. What are Glycans?

Simply put, they are specialized ingredients derived from plants and Aloe that provide targeted nourishment for your cells. There are trillions of cells in your body that talk to each other, but environmental toxins, age and bad eating habits can affect cell-to-cell communication. This can affect your overall wellness, which is why Mannatech, the innovator and pioneer of Glycans, continues to cultivate this incredible technology so your body can do amazing things.*

13. Why are Glycans important to your health?

Glycans 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 Glycans can improve many aspects of brain function, cognitive function, memory, attentiveness, and mood. In addition, scientific studies on Glycans 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.*

14. Why are antioxidants important?

Antioxidant-rich nutrients help protect your cells against the harmful effects of toxins, environmental stress, poor diet, and oxidative stress. Antioxidants also act as free radical scavengers.*

15. What are free radicals?

Free radicals are reactive molecules that can affect the health of your cells. Toxins such as pollution, stress and even a poor diet can contribute to the creation of free radicals, which can lead to an acceleration of the aging process. However, antioxidants reduce free radicals by contributing electrons to help maintain molecular stability.*

16. Can men and women use PLUS caplets?

Yes, men and women can use PLUS caplets. Our PLUS caplets contain healthful amino acids that both women's and men's endocrine systems can use.*

17. What is the endocrine system and why is it important?

The endocrine system is the system that maintains hormonal balance in the body. A well-functioning endocrine system helps support the body's ability to regulate cells and organs, and works in harmony with the body's immune system.*

18. 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 powder used to formulate Ambrotose LIFE powder 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.

19. 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.**

20. 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 helping improve immune response and cellular metabolism.*

21. 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.*

22. 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.

**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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23. 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 immunomodulatory 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:

- Inhibit an enzyme named sucrase, which breaks down sucrose. This helps support normal blood sugar levels by supporting the body's ability to reduce blood sugar spikes. This is due to the large amount of arabinose that is found in AmbroGuard.*
- Stimulate the immune system.*
- Support healthy blood lipid levels.*
- Support probiotic bacteria (bifidobacteria and L. Planterum).*

24. 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.*

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

26. What is Gum Ghatti and why is it an important ingredient?

Gum Ghatti is a mixture of complex polysaccharides sourced from the sap of the Anogeissus latifolia, a tree native to India and Sri Lanka. It contains as much as 80% soluble dietary fiber and may be used as a prebiotic. In addition, it contains arabinogalactan, which functions as support for the immune system.*

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

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

28. 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 immunomodulatory 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.*

29. 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.*

30. 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.

31. 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, Ambrotose LIFE has been designed to work well with the temperature associated with hot liquids.

32. 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.

33. 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 LIFE canister 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.

34. 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.

35. Is Ambrotose LIFE suitable for all adults?

Ambrotose LIFE is suitable for healthy adults, as well as 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.

36. Can children take Ambrotose LIFE?

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.

37. Is the 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.

38. Is Ambrotose LIFE vegan friendly?

Yes, Ambrotose LIFE is 100% vegan. The glucosamine in Ambrotose LIFE is a plant-sourced glucosamine. Ambrotose LIFE is also kosher.

39. What are some of the features OSP offers?

Our packets offer convenience to take with you for on-the-go supplementation. They contain formulas free of dairy, gluten, artificial colors, and preservatives. It contains naturally sourced ingredients that are kosher and is vegetarian and vegan friendly.

40. Who is OSP ideal for?

- Adults looking for a multivitamin that is natural, yet effective and designed for maximum benefits and physical absorption.*
- Anyone who is active in their daily lives, travels or eats away from home and would like a convenient way to stay healthy.* It is also great for those who struggle with which supplements to take daily, as well as remembering which to take when. OSP takes the guess work out of daily nutrients.

41. Can children take OSP?

OSP is intended for adult use only, unless instructed by a person's qualified healthcare provider.

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