

Hi there! You've got a new health ally.

We'll be popping into your inbox once a month with timely information to help you nurture your wellness and your sense of wonder. We call it GOOD SCIENCE. GOOD SENSE. It's a monthly shoutout to our community of health-minded, action-oriented people who love learning and improving. We hope you love it as much as we love having you in our Mannatech family.

Happy Holidays— Enjoy...in Moderation

Well, here it is, that time of year that many of us look forward to—so many delicious foods, a plethora of parties, and a spirit of giving and kinship. Unfortunately, it's also the time we sometimes dread due to our tendency to over-indulge in rich foods and drinks and experience the resulting packing on of the pounds accompanied by feelings of gut discomfort. On top of that, the holidays (and food) can evoke a lot of emotional feelings or memories—both negative and positive—leading to a response of eating even more food.

Many common holiday foods—like sweet potatoes, turkey, and green beans, just to name a few—are actually nutritious options when enjoyed in moderation. The problem is many of us use the holiday season as an excuse to go a little crazy with the types and quantities of foods we ingest. Coming up with a plan, or strategy, for eating (or not eating) during this festive time will help you maintain a healthier weight range as well as a more comfortable feeling of overall satisfaction.

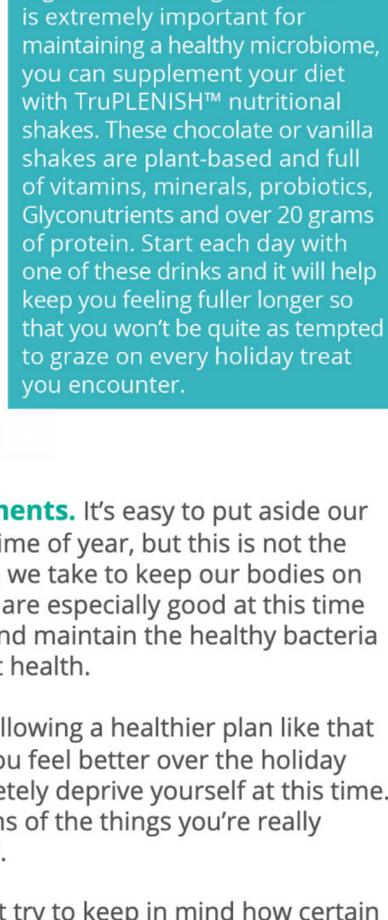
How to Enjoy the Holidays without Disrupting Your Gut



Eating during the holidays is all about balance. By now, we all know that balance begins with our gut, and a healthy gut is essential for a healthy body.* From a well-functioning digestive system to a strong immune system and a healthy gut-brain connection, our gut is central to our feelings of well-being.* However, when our digestive system is less than optimal, it can lead to low energy, poor concentration and a weakened immune system.

During the holidays, there are a number of things you can do to protect your gut and support your overall health.*

- **Avoid overly processed foods**, especially those containing gluten; artificial additives; refined sugars; and unhealthy, processed fats. If you can't avoid them completely, avoid an overabundance.
- **Incorporate healthy gut-supporting foods** high in quality protein and containing good (unprocessed) fats, as well as fiber-rich foods and fermented foods that help you digest the larger meals you might tend to eat over the holidays.
- **Eat mindfully.** Don't gulp down your food so quickly that you don't enjoy it. Slow down and pay attention to the taste, aroma, and texture of each bite. Savor the flavor and allow your stomach enough time to tell your brain when it's full.
- **Don't attend a party on an empty stomach.** Try eating a light snack or drinking a protein-rich shake ahead of time.
- **Stay hydrated.** Drinking plenty of water has been shown to be very beneficial to the mucosal lining of the intestines, and it helps you feel full faster.
- **Reduce alcohol** consumption. Alcoholic beverages do not count toward good hydration. If you are enjoying alcoholic drinks, try alternating them with glasses of water in between.
- **Keep taking your supplements.** It's easy to put aside our normal routines during this time of year, but this is not the time to skip the supplements we take to keep our bodies on track. Probiotic supplements are especially good at this time of year to help you provide and maintain the healthy bacteria that are essential to good gut health.
- **Enjoy yourself.** Although following a healthier plan like that mentioned above can help you feel better over the holiday season, you shouldn't completely deprive yourself at this time. Just try taking smaller portions of the things you're really craving and enjoy the season.



When you can't avoid processed foods, high-fat foods, and foods high in refined sugars, which is extremely important for maintaining a healthy microbiome, you can supplement your diet with TruPLENISH™ nutritional shakes. These chocolate or vanilla shakes are plant-based and full of vitamins, minerals, probiotics, Glyconutrients and over 20 grams of protein. Start each day with one of these drinks and it will help keep you feeling fuller longer so that you won't be quite as tempted to graze on every holiday treat you encounter.

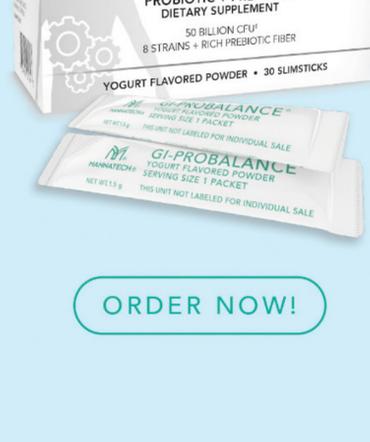
Overall, celebrate and be merry, but try to keep in mind how certain foods and drinks make you feel. Eating foods that irritate your digestive system can affect your health far beyond the holiday season. It's a good idea to ask yourself, before you even take a bite: *Will it be worth it?* Then go with your gut feeling.

Begin with Balance

Unlike other probiotic supplements, GI-ProBalance® slimsticks offer a blend of probiotics to increase the number of good bacteria within the digestive tract and prebiotics to feed and nurture the probiotics for more intense health benefits.* This is more important than ever during the holiday season when the balance between good and unhealthy bacteria in the intestines can be altered by stress and the consumption of an unhealthy diet.

GI-ProBalance slimsticks are formulated to:

- Support a healthy microbiome.*
- Support a natural balance of good bacteria to maintain healthy digestion.*
- Support the body against occasional intestinal disturbances and typical, occasional digestive upsets.*
- Promote natural immune function.*
- Support a healthy gut-brain axis.*
- Supplement natural probiotic levels that might fluctuate due to normal aging, diet or other normal digestive issues.*
- Help maintain a healthy balance of intestinal flora and may support some components of a healthy immune response.



ORDER NOW!

Special Features:

- Gluten-free
- Low glycemic
- Keto and low carb friendly
- Non-GMO
- Free from preservatives and MSG
- Suitable for vegetarians
- Contains 8.5 billion CFU guaranteed at time of expiration
- Contains acid-resistant probiotic strains
- Contains naturally sourced ingredients
- Remains viable without refrigeration
- No artificial flavors or sweeteners
- Ingredients are supported by scientific studies and data

GI-ProBalance offers a quick melt formula that comes in pocket-sized slimsticks that can easily be carried with you wherever you go. This special formula allows you to take it with or without food or water, from wherever you are, offering complete flexibility and convenience!

The Best Gift for Your Digestive Health

While GI-ProBalance may be ordered and used on its own, you might consider gifting yourself with the complete GI-Biome System™ — three products that, together, support optimal digestive health: GI-Defense™, GI-ProBalance and GI-Zyme™. This system supports the health of your microbiome and paves the way for digestive health and gut microbiome support for many other systems in your body.*



In order to help battle a lack of proper nutrition in children all over the world, Mannatech developed a nutrient-rich product that bolsters the nutritious value of food. It's packed full of vitamins and minerals that children need to help protect them against nutritional deficiencies. Every product purchase helps nourish children and provide balance in their life through a donation made to the M5M® Foundation.

Join Mannatech's mission to help malnourished children around the world.

Good Science. Good Sense. A monthly wellness booster in your inbox.

*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.