21-DAY LIVER RESET



MANNATECH



Introduction

The 21-Day Liver Reset Program is more than a cleanse — it's a guided system designed to give your body the chance to recharge and restore balance. Built around Mannatech's science-backed supplements, structured nutrition, and daily hydration practices, this program creates consistency so your body can focus on renewal.

Over the course of 21 days, you'll follow a simplified plan that removes unnecessary strain, emphasizes nutrient-rich foods, and provides targeted support through proprietary glycan technology. This unique approach not only promotes balance and energy, but also lays the groundwork for lasting wellness habits long after the reset is complete.

The Liver: Where Health Begins

The liver is often called the body's “metabolic powerhouse.” It processes everything we consume — from foods and beverages to medications and environmental compounds — and works to make nutrients available in the right form at the right time. It also produces proteins essential for normal blood function, helps maintain fluid balance, and stores energy for when the body needs it most.

Because the liver also plays a central role in the gut-liver-immune connection, supporting its health has ripple effects across digestion, immune defense, and overall resilience.

When the liver is overburdened by stress, processed foods, or environmental exposure, its efficiency can be compromised. Supporting this vital organ through balanced nutrition, hydration, and targeted supplements helps your body detox more effectively, promoting energy, digestive comfort, and overall well-being.



The Glycan Advantage



Many programs focus only on “flushing” the liver. Mannatech takes a different approach—helping the liver naturally reset through proprietary glycan technology, combined with targeted supplementation and a structured diet plan.

Glycans are naturally occurring compounds that support healthy cellular communication. This cellular communication is essential for efficient detoxification pathways, supporting metabolic balance, and aiding the body’s natural repair processes. By integrating proprietary glycan technology with carefully selected products and nutrient-rich foods, this program provides unique, science-backed support that helps the liver work in sync with the rest of the body, promoting a more complete and sustainable reset.

TruHealth™ Shake

Provides balanced nutrition with plant protein, fiber, and essential nutrients to support a healthy metabolism, nutrient absorption and healthy digestion.



Mix 2 scoops with water.
Recommended Time: At breakfast and optionally as the last snack of the day

GI-ProBalance®

Supports intestinal health, which plays an important role in nutrient absorption and overall digestive wellness. A healthy gut helps eliminate waste efficiently, decreasing the burden on the liver.



One serving daily, preferably in the morning.

Ambrotose LIFE®

Helps support healthy cellular communication, immune function and digestive health during the detoxification process. By supporting cellular communication, Ambrotose allows the liver to function more effectively as part of the reset.



One scoop in the morning and one in the evening. Can be added to any beverage.

TruHealth™ Cleanse Slimsticks

Formulated with a plant-based approach to support the liver's natural functions. This supplement is designed to complement the body's normal cleansing processes, promoting digestive wellness and contributing to the deep cleansing of the body as part of the reset.



Four sachets daily for 7 consecutive days, followed by two daily servings as directed.

TruHealth™ Satiety

Satiety is a breakthrough supplement designed to help you naturally control hunger and reduce cravings so you can stay on track with your wellness goals. Its unique formula supports feelings of fullness, helping you eat less without feeling deprived.



Take approximately 30 minutes before your two largest meals of the day.

SUPPORT YOUR LIVER IN 21 DAYS



Detox Meal Plan (21 Days)

This regimen is designed to support the body's reset while aiding the liver's natural detoxifying role by providing foods rich in nutrients, antioxidants, and fiber.

Warning: Always consult your physician or other qualified healthcare provider before beginning any new nutrition program. 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.



Days 1 to 10

UPON WAKING

- 8 oz lemon water with a pinch of sea salt
- (Optional) 8 or 16 oz of celery juice as tolerated

BREAKFAST

- 1 serving TruHealth Shake, prepared with water only
- Blend with ½ cup fresh or frozen strawberries or blueberries

LUNCH

- Arugula salad with:
  - ½ avocado
  - Tomato
  - Red onion
  - ***Tip:*** *If arugula tastes too strong, combine with spinach or another leafy green*
- Dressing:
  - 1 Tbsp olive oil
  - Juice of ¼–½ lemon or lime
  - Sea salt to taste



SNACK

- 1 tsp chia seed or flaxseed
  - *Tip: Add to salad, or mix into a glass of water*
- Hummus with baby carrots

DINNER
(Choose ONE for the next 10 days, no variation)

1. Lentil Soup
2. Quinoa Bowl with chickpeas, zucchini, and cilantro
   - (Optional) squeeze of lemon or lime

EVENING SNACK (Optional)

- 1 serving of TruHealth Shake if still hungry

ADDITIONAL SNACKS

- Celery sticks
- Cucumber (not after 5:00 pm)

HYDRATION PROTOCOL

- Water: at least 64–80 oz (2–2.5 liters) daily, spread evenly throughout the day
- Non-caffeinated teas: 1–2 cups daily (see list below)
- (Optional) Celery juice in the morning counts as part of total hydration



Suggested Non-Caffeinated Teas

MORNING / DAYTIME (energizing, digestive, supportive):

- Rooibos
- Ginger
- Peppermint
- Hibiscus

EVENING TEAS (calming, soothing, liver friendly):

- Chamomile
- Lemon balm
- Rooibos (can be enjoyed at any time of day)

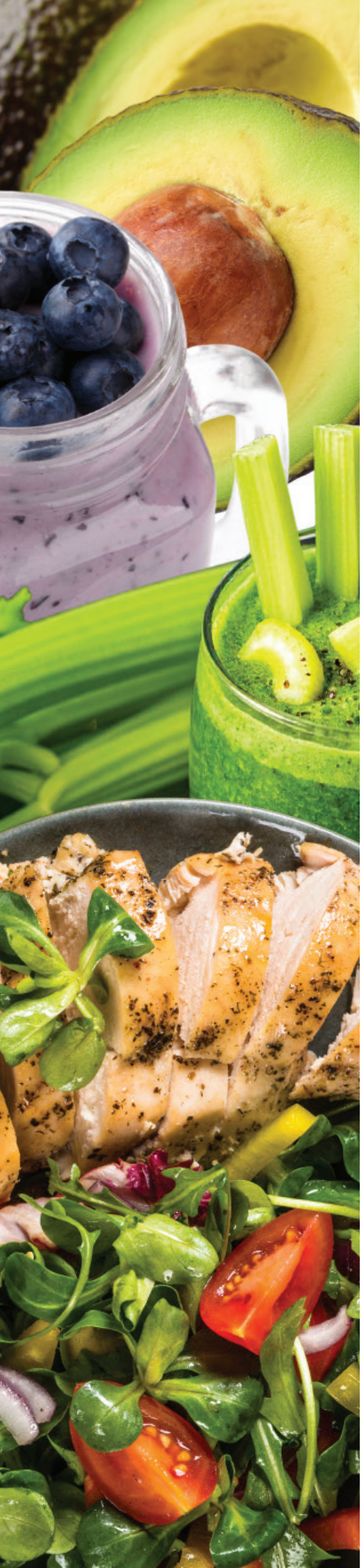
Note:

For best results, follow the plan as outlined. Consider joining our support group for daily guidance, motivation, and accountability.

Warning:

Always consult your physician or other qualified healthcare provider before beginning any new nutrition program. 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.





Days 11 to 21

UPON WAKING

- 8 oz lemon water with a pinch of sea salt
- (Optional) 8 or 16 oz of celery juice depending on tolerance

BREAKFAST

- 1 serving TruHealth Shake, prepared with water only
- Blend with ½ cup fresh or frozen strawberries or blueberries

LUNCH

- Baked or grilled chicken breast
- Arugula salad with:
  - ½ avocado
  - Tomato
  - Red onion
  - ***Tip: If arugula tastes too strong, combine with spinach or another leafy green***
- Dressing:
  - 1 Tbsp olive oil
  - Juice of ¼–½ lemon or lime
  - Sea salt to taste



SNACK

- Hummus (no tahini) with baby carrots

DINNER (Choose ONE for the next 10 days — no variation)

- Baked salmon, shrimp, or grilled chicken
- Baked sweet potato

EVENING SNACK (Optional)

- 1 serving of TruHealth Shake if still hungry

ADDITIONAL SNACKS

- Celery sticks
- Cucumber (not after 5:00 pm)

SEASONINGS

- Sea salt and pepper

HYDRATION PROTOCOL

- Water: at least 64–80 oz (2–2.5 liters) daily, spread evenly throughout the day
- Juice of ¼–½ lemon or lime (optional)
- Pinch of sea salt may be added for flavor and electrolyte support



Days 11 to 21

PLANT-BASED DETOX MENU

Days 11 to 21

BREAKFAST

- 1 serving TruHealth Shake, prepared with water only (no plant milks)
- Blend with ½ cup fresh or frozen strawberries or blueberries

LUNCH

- Arugula and spinach salad with:
  - Avocado
  - Tomato
  - Red onion
  - 1/2 cup chickpeas
- Optional: Sprinkle with hemp seeds or pumpkin seeds

SNACKS

- Hummus with baby carrots or cucumber slices

DINNER

- Baked sweet potatoes served with one of the following:
- Grilled portobello mushrooms
- Lentil patties (made with lentils and herbs)
- Steamed greens such as kale, spinach, or broccoli



Foods to Avoid During the Reset

To support your liver's natural ability to detoxify and reset, it's best to avoid foods and drinks that add unnecessary strain or interfere with your body's cleansing processes:

- Alcohol – beer, wine, spirits
- Processed foods – packaged snacks, fast food, artificial additives
- Refined sugars and sweeteners – sodas, candy, pastries
- Fried and fatty foods – fried chicken, chips, heavily processed oils
- Dairy products – milk, cheese, yogurt
- Gluten-containing foods – white bread, pasta, pastries
- Seed oils – canola, soybean, corn, sunflower, safflower, grapeseed, cottonseed, rice bran
- Caffeine – coffee, energy drinks, high-caffeine sodas

Better choices:
Use healthy fats such as extra virgin olive oil, avocado oil, or coconut oil in place of processed seed oils. Choose whole, unprocessed foods whenever possible.



Why a Structured Regimen Matters

The 21-Day Liver Reset uses a specific, structured dietary pattern designed to support the body's natural detoxification and reset processes. Rather than focusing on variety at every meal, this regimen emphasizes consistency and simplicity, which provides several unique benefits:



1. ENERGY CONSERVATION FOR THE LIVER

When meals are kept consistent and focused, the liver expends less energy adapting to new foods. This allows more of its capacity to be directed toward detoxification, repair, and regeneration.



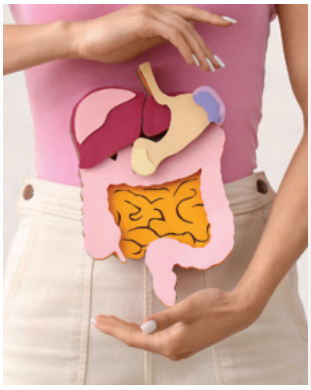
2. CONSISTENCY CREATES RHYTHM

Repetition in meals establishes a rhythm for the liver. Over several days, the liver becomes more efficient at processing nutrients, which frees up resources to focus on cleansing and restoring balance.



3. IMPROVED DETOX EFFICIENCY

Simplified meals generate fewer digestive byproducts and less gut fermentation. With less "background noise" in digestion, the liver can more effectively clear stored toxins and maintain a steady detoxification flow.



4. REDUCING THE BURDEN ON THE GUT-LIVER AXIS

The gut and liver are closely connected through the portal vein, meaning everything absorbed in the intestines passes directly to the liver. A consistent, structured regimen reduces the complexity of substances entering the bloodstream, lowering the workload for both the gut and the liver.

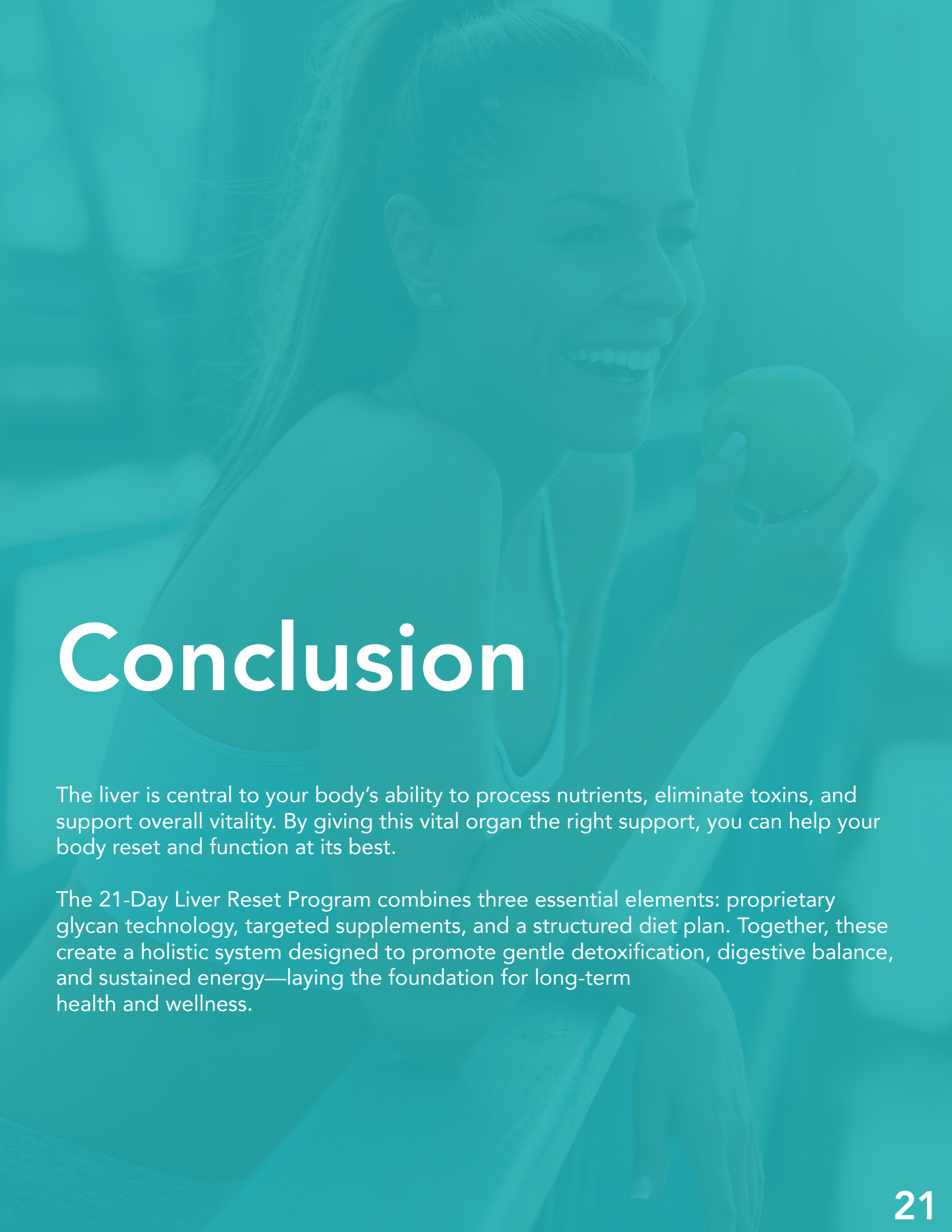


5. SCIENTIFIC SUPPORT FOR SIMPLICITY

Research on elimination diets and simplified meal patterns has shown reductions in inflammatory markers, improved liver enzyme balance, and better gut microbiome stability. These findings suggest that dietary consistency and structure play a critical role in supporting detoxification and overall liver health.

Shopping List

SCAN FOR THE COMPLETE 21-DAY GROCERY CHECKLIST



Conclusion

The liver is central to your body's ability to process nutrients, eliminate toxins, and support overall vitality. By giving this vital organ the right support, you can help your body reset and function at its best.

The 21-Day Liver Reset Program combines three essential elements: proprietary glycan technology, targeted supplements, and a structured diet plan. Together, these create a holistic system designed to promote gentle detoxification, digestive balance, and sustained energy—laying the foundation for long-term health and wellness.

Liver Reset – Maintenance Regimen

TRANSITIONING FROM RESET TO MAINTENANCE

You've completed the 21-Day Liver Reset — and that's worth celebrating. Now it's time to **protect your progress and build on it.** The Maintenance Phase is designed to keep your liver, immune system, and gut supported every single day with the power of Mannatech's legendary **Core 4** — a simple, science-backed routine that takes just two scoops and two packets a day to deliver complete, foundational wellness.

The Core 4 — Your Daily Foundation

Mannatech's Core 4 is built on four pillars of lasting health: **NOURISH · PROTECT · REGULATE · COMMUNICATE** — all in one convenient daily routine.



Ambrotose LIFE® Powder

The cornerstone of your wellness regimen. Scientifically shown to support **cell-to-cell communication,** immune function, digestive health, and cognitive clarity. Featuring a powerful blend of prebiotics, soluble fibers, and naturally sourced Glycans — including Manapol® premium aloe vera extract or powder — Ambrotose LIFE® Powder fuels your cells at the most fundamental level.

Mix 1 scoop in water each morning and evening.



Optimal Support Packets (OSP)

Your twice-daily packet contains three of Mannatech's most essential supplements — pre-packaged for convenience, precision, and total-body support. Take one packet with breakfast and one with dinner.

NOURISH **Catalyst™ Multivitamin** — Over 30 vitamins & minerals with Sensoril® Ashwagandha for mood, stress response, immune function, and cardiovascular support.

PROTECT **Ambrotose AO®** — Antioxidant-rich formula with vitamins C & E to guard cells against oxidative stress and bolster immune defenses.

REGULATE **PLUS™** — Supports healthy endocrine function with wild yam phytosterols, supports bone health with boron and it provides a powerful blend of amino acids to support the health of the immune, nervous and cardiovascular systems.

Enhance Your Results

COMPLEMENTARY SUPPORT PRODUCTS — AVAILABLE SEPARATELY

Take your maintenance routine even further with these targeted products. Each one is designed to work synergistically with the Core 4, addressing specific wellness goals — from gut health and skin vitality to lean muscle and metabolic support.



Essentials™ Liver Support

Milk thistle, turmeric & botanicals to nourish and support healthy liver function and detoxification pathways.



Omega-3 with Vitamin D3

Essential omega-3 fatty acids & vitamin D3 for cardiovascular, brain, bone, and immune health.



GI-ProBalance®

50 Billion CFU across 8 probiotic strains plus prebiotic fiber to balance the gut microbiome and support healthy digestion.



NutriVerus™

A glyconutritional powder blend of antioxidants, vitamins & minerals to support immune, digestive, and cardiovascular health.



TruHealth™ Shake vanilla

Promoting lean muscle development, muscle recovery and strength.



GI-Zyme®

Digestive enzymes to help improve nutrient absorption and reduce feelings of gas, bloating, and typical discomfort after meals.



Essentials™ Collagen

Collagen peptides to help support skin elasticity, hydration, fine line reduction, and healthy hair, and nails.

Simple Daily Meal Plan (Maintenance)

Flexible and sustainable — designed to work alongside your Core 4 products.

Morning
- Water with lemon + Ambrotose LIFE® Powder
- OSP packet with breakfast
- Optional: GI-ProBalance® slimstick

Mid-Morning
- Fresh fruit (apple, pear, or berries)
- Small handful of raw nuts
- Optional: TruHealth Shake for protein

Lunch
- Grilled chicken, salmon, or plant-based protein
- Large salad with greens, cucumber, tomato, avocado
- Olive oil + lemon dressing

Afternoon Snack
- Hummus with veggie sticks
- Optional: Essentials™ Liver Support capsules
- Optional: GI-Zyme® with a heavier snack

Dinner
- Quinoa or brown rice with steamed vegetables
- Baked sweet patato
- OSP packet with dinner

Evening
- Herbal tea
- Ambrotose LIFE® Powder in water
- Ootional: Essentials™ Collagen chew

Why Continue with Maintenance?

The Reset gave your liver a fresh start. The Core 4 Maintenance Regimen helps you **carry those results forward** — supporting cognitive function, cellular communication, immune function, and whole-body vitality every single day. The complementary products let you personalize your regimen to your unique health goals, whether that's a stronger gut, lean muscle mass, more radiant skin.

MANNATECH®

Warning: Always consult your physician or other qualified healthcare provider before beginning any new nutrition program. 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.

Notes

MANNATECH®

© 2026 Mannatech, Incorporated. All rights reserved. Ambrotose AO, PLUS, Catalyst, Ambrotose LIFE, GI-ProBalance, GI-Zyme, NutriVerus, Essentials, Mannatech & Stylized M Design, and TruHealth are trademarks of Mannatech, Incorporated.

MPM - 1480201
001_21-Day Liver_Brochure_EU_EN_26_1021