YOUR GUIDE
TO A HEALTHIER,
HAPPIER YOU

MANNATECH®

TruHealth™



Table of Contents

01

WELCOME TO TRUHEALTH™
A healthier, more vibrant you.

03

TRUHEALTH™ OVERVIEW
How it all comes together.

05

TRUHEALTH™ CLEANSE
Eliminate, Reset, and Feel Lighter

07

TRUHEALTH™ SHAKE
Delicious, Satisfying, & Energizing

09

TRUHEALTH™ SATIETY
Feel Full, Stay On Track

13

MORE THAN WEIGHT MANAGEMENT

15

ACHIEVING A CALORIC DEFICIT WITH TRUHEALTH

17

TRACKER & MINDFUL TIPS

21

GROCERY LIST GUIDELINES: SHOP SMART FOR YOUR WELLNESS

23

IMPORTANCE OF AN ACTIVE LIFESTYLE

25

BEFORE AND AFTER PICTURES

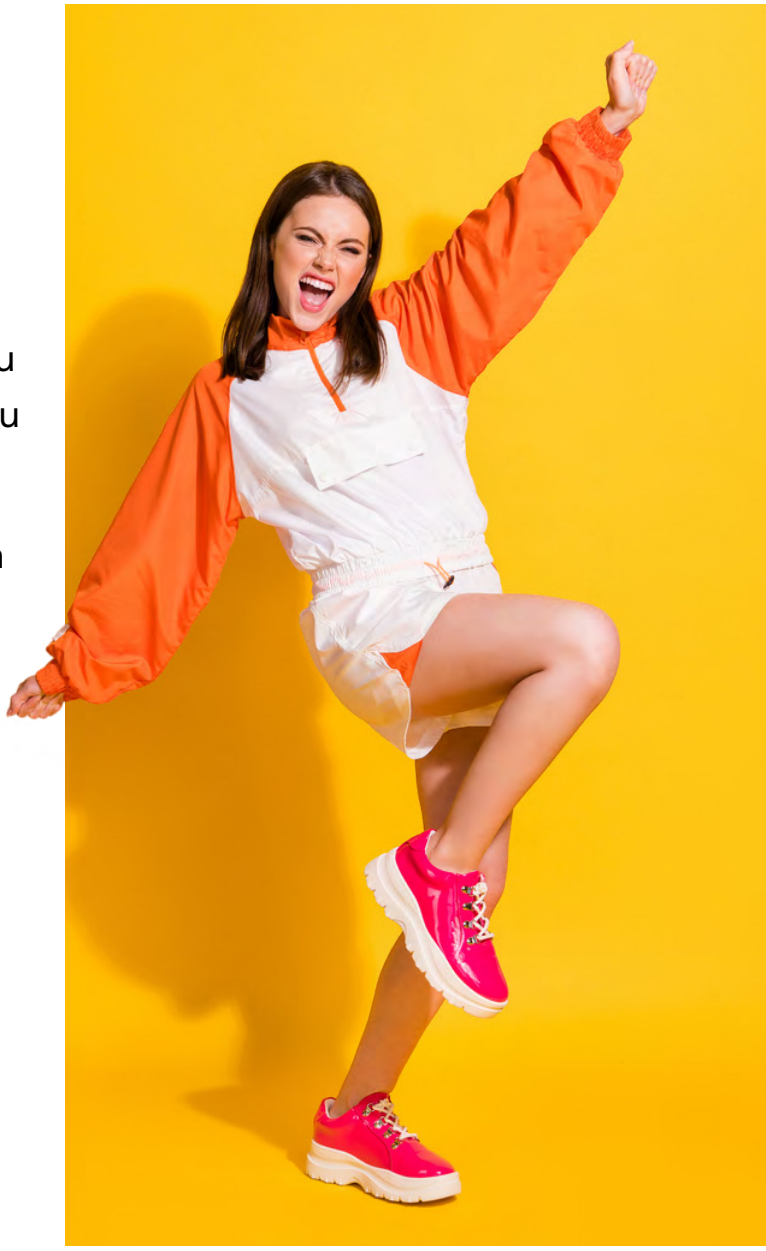
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COMPLIMENTARY PRODUCTS

Welcome to the TruHealth Lifestyle

Congratulations on taking the first step toward a healthier, more vibrant you! The TruHealth System is your partner in helping you achieve more balance, vitality, and confidence. This guide will show you how our three transformative products can work together to support your goals and help you embrace a lifestyle of wellness that helps you thrive.

This journey isn't about chasing numbers on a scale. It's about waking up refreshed, feeling amazing in your favorite outfit, and reclaiming the confidence that comes from knowing you're taking care of yourself. Let's make this transformation about more than just weight—let's make it about self-love, self-care, and the strength to feel your best every single day.









Meet Tru, Your Personalized AI Coach

Scan to access!

Tru, your AI Coach is personalized digital coach that provides guidance, motivation, and support throughout your weight loss journey.

Why It Works: Your AI Coach adapts to your needs and preferences, offering personalized advice and encouragement.

How To Use It: Engage with your AI Coach daily. Share your progress, and questions, and get tips for success.

The TruHealth™ System Overview

DETOX. NOURISH. TRANSFORM.

Why It Works Together

The TruHealth System isn't just three products—it's a holistic approach to transformation. Together, Cleanse, Shake, and Satiety form a powerful synergy.

While some products often focus on appetite control and blood sugar regulation, TruHealth System, now featuring the breakthrough science of Satiety, takes a broader approach. By also emphasizing cellular health, immune support, and comprehensive digestive wellness, it becomes part of an overall wellness strategy.



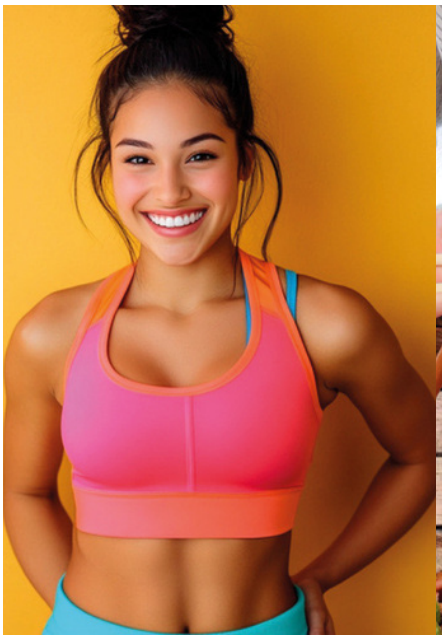
CLEANSE: Your first step to reset. Gently supports your body's natural detoxification process, helping to eliminate impurities and reduce feelings of bloating, while nourishing cellular and gut health.

SHAKE: Fuels your body with plant-based protein, fiber, and essential nutrients to promote fullness, energy, and healthy body composition.

SATIETY: Empowers you to take control of your appetite, supporting natural feelings of fullness and optimized metabolism, making it easier to maintain your wellness goals.

Flexibility: This guide is here to support your journey—not restrict it. Think of it as a flexible framework, not a rigid set of rules. You can tailor the routine to suit your goals, lifestyle, and preferences. Whether you're using one shake a day or two, or doing a full cleanse week or a lighter reset, you're in control of your wellness path.

It's a complete system that works with your body, helping you feel your best from day one to day ninety—and beyond.









Quick Start Checklist:

- ☐ Order 2 bottles of Satiety if taking full dosage.
- ☐ If doing full cleanse week, order 2 boxes of Cleanse.
- ☐ You'll need 1-2 canisters of Shake depending on your daily routine.
- ☐ Keep a water bottle with you-hydration is key!
- ☐ Use the AI Coach "Tru" for extra guidance anytime.

HEY TRU, HELP ME MAKE A DAILY ROUTINE WITH MY TRUHEALTH PACKAGE

Cleanse Format

UPDATE

CLEANSE YOUR WAY TO A FRESH START

The **Cleanse** product is now offered in convenient stick packs, perfect for on-the-go use. One box covers a gentle maintenance plan. If you're doing the full Reset Phase (up to 4 per day), plan to have two boxes on hand.

Eliminate, Reset, and Feel Lighter

Why it works:

The CLEANSE supports detoxification and liver health, which paves the way for better whole-body wellness.

- Supports the body's natural detoxification processes.
- Nourishes with alkalizing greens and enzymes.
- Helps reduce bloating and supports gut health.



how to use CLEANSE

During the first week, follow the deep cleansing directions on the label, taking 1 slimstick up to four times a day on an empty stomach.

Afterward, maintain your momentum with one slimstick per day to help keep your body feeling lighter and refreshed.

Supplement Facts

Serving Size 1 slimstick
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	<1%‡
Xylitol	1 g	
Vitamin B_6 (as Pyridoxine hydrochloride)	0.5 mg	29%
FOS (Fructooligosaccharides)	300 mg	**
Green Alkalizing Blend Alfalfa grass (leaves), Wheat grass (leaves), Barley grass (leaves), Lemon juice (fruit), Kale (leaves), Astragalus extract (root), Spirulina, Oat grass (leaves), Chlorella	243 mg	**
CeleryPure Blend Celery extract (stem, leaf), Lemon (fruit), Apple juice (fruit), Ginger extract (root), Cayenne (fruit)	200 mg	**
Milk thistle extract (seed)	240 mg	**
Burdock (root)	25 mg	**
Turmeric (root)	30 mg	**
Enzyme Blend Alpha-Amylase, Neutral Protease, Lactase, Lipase and Cellulase	5.5 mg	**
Aloe vera extract† (inner leaf gel)	2 mg	**

‡Percent Daily Value based on a 2,000 calorie diet.
**%Daily Value (DV) not established.

Other Ingredients: Xylitol, malic acid, natural flavors, citric acid, rebaudioside A

Manufactured in South Korea for Mannatech, Incorporated,
1410 Lakeside Parkway, Suite 200, Flower Mound, TX 75028 USA

†Manapol® Aloe vera inner leaf gel extract

US.28001B.33.001





TruHealth SHAKE

Use Shake 1-2 times daily or sub in a clean, balanced meal if preferred. The key is sticking to nutrient dense, low-glycemic choices.

FUEL YOUR BODY WITH NUTRIENT-DENSE GOODNESS

Delicious, Satisfying, & Energizing

Why it works:

Power-packed and nutrient-dense, SHAKE was designed to help keep you energized and full while providing essential nutrients to help fuel your body.

- Delivers all nine essential amino acids to fuel muscle recovery, strength, & overall vitality.
- Prebiotic fiber for digestive & gut health.
- High-protein, plant-based shake for muscle support & cravings control support.
- Promotes energy & recovery.



how to use SHAKE

Just mix with water or your favorite non-dairy beverage for a delicious, nutritious boost. Enjoy once or twice daily to provide a tasty energy boost mid-morning or post-workout, for example.





Supplement Facts

Serving Size 2 scoops (37.5 g)
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	140	
Fat	5 g	6%‡
Saturated fat	2.5 g	13%‡
Polyunsaturated fat	1 g	**
Monounsaturated fat	1.5 g	**
Total carbohydrates	7 g	3%‡
Dietary fiber	5 g	18%‡
Total sugars	1 g	**
Protein	21 g	35%‡
Vitamin B_{12} (as cyanocobalamin)	1 mcg	42%
Calcium	60 mg	5%
Iron	5.2 mg	29%
Sodium	290 mg	13%
Potassium	140 mg	3%
Prebiotic Fiber Blend Baobab (*Adansonia digitata*) fruit, Gum arabic, Chicory root (inulin)	4.9 g	**
Medium chain triglycerides (from refined coconut oil)	1.7 g	**
Extra virgin olive (fruit) oil	1.2 g	**
Digestive Enzyme Blend Alpha-amylase, protease, lactase, lipase, cellulase	22 mg	**
GlycoNutrient Blend Arabinogalactan*** (from Larch *(Larix laricina)* tree extract), Aloe vera extract (inner leaf gel) powder§	3.5 mg	**

‡ Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value not established.

Other ingredients: Pea protein, pumpkin seed protein, sunflower seed protein, natural flavors, silicon dioxide, sea salt, thaumatin

§Manapol® Aloe vera extract
***Ambroguard® Arabinogalactan powder

TruHealth SATIETY

HELP TAKE CONTROL OF YOUR CRAVINGS & METABOLISM

Dosing Reminder:
Many people start with 2 capsules per day and increase to 4 as their routine builds. Taking the full 4 capsules daily? You'll want to have 2 bottles of Satiety per month to stay on track.

Feel Full, Stay On Track

Why it works:

The new star of the TruHealth System, SATIETY is a breakthrough supplement Powered by the MetaboBiome™ proprietary Blend, to help deliver targeted support for weight management and metabolic benefits.†

- Supports natural appetite control to help manage hunger
- Helps maintain a healthy metabolism for sustained energy and wellness.
- Supports healthy lipid metabolism.
- Promotes feelings of fullness making it easier to follow your reduced-calorie diet strategy.
- Supports healthy blood sugar already in the normal range.



†When taken as directed and in conjunction with a reduced-calorie diet and exercise.

how to use SATIETY

Take two capsules 20-30 minutes before a meal for optimal results. Feel the power of natural appetite control and optimized metabolism. *Do not exceed 4 capsules daily.*



Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Chromium (as chromium picolinate)	100 mcg	286%
MetaboBiome™ Proprietary Blend		
N-acetyl-D-Glucosamine	200 mg	†
Dihydroberberine (GlucoVantage®)	200 mg	†
Thymoquinone• (from black cumin seed extract)	8 mg	†
Glycan Power Blend		
Glucomannan	225 mg	†
Aloe vera extract§ (inner leaf gel powder)	5 mg	†

†Daily Value not established

Other ingredients: Vegetable Capsule (Hypromellose), BioSNEDS™ ThymoPro™ Delivery Matrix (Rice Hull Fiber, Coconut/Palm Fruit Fatty Acids, Lecithin, Dextrin, Glycerin, Glycine, Beet/Cane Sugar, Citrus/Berry Extract), Silicon Dioxide, Magnesium Stearate

•ThymoPro™ thymoquinone
§Manapol® Aloe vera extract

GLUTEN FREE

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Beyond Immediate Effects: Supports digestive health, immune system health, and cellular function for sustained benefits.

Enhanced Absorption Technology: Thymoquinone uses BioSNEDDS™ for maximizing absorption.

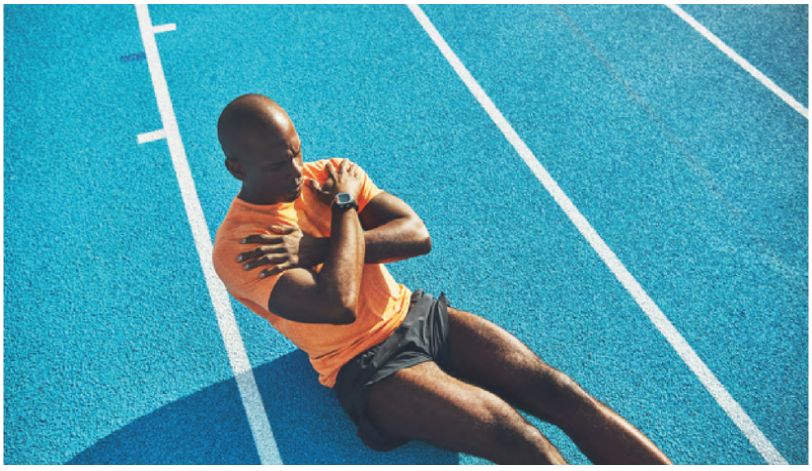
Comprehensive Wellness: Supports metabolic processes and overall vitality, promoting a full-body approach to long- term health and well-being.

The MetaboBiome™ Proprietary Blend combines Dihydroberine, N-Acetyl-D-Glucose and Thymoquinone to support Metabolic health. Additionally, it includes Konjac Gum (glucomannan) and Manapol® aloe vera extract to promote digestive wellness.





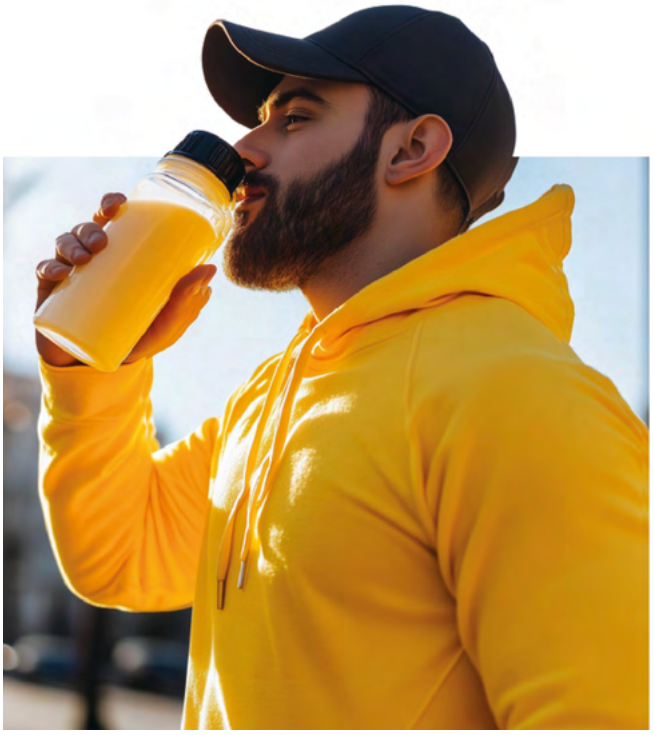




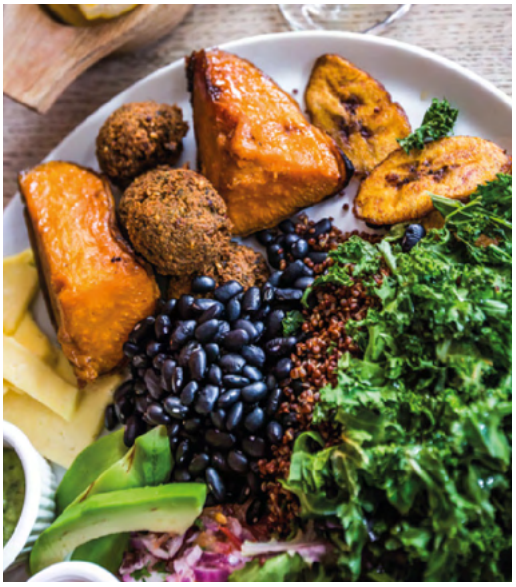






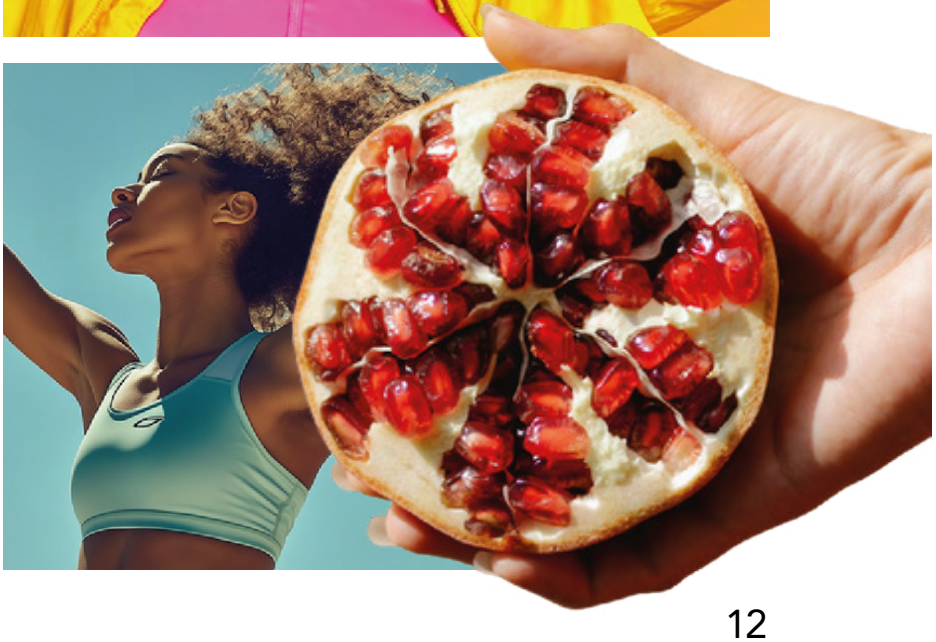












MORE THAN WEIGHT MANAGEMENT : A HOLISTIC APPROACH TO WELLNESS

feel amazing

It's not all about the numbers —it's about how you feel in your own skin. Whether it's waking up with energy or feeling confident in your favorite jeans, this journey is all about you.

track your glow up

Snap that "before" pic and jot down your wins along the way. Progress isn't just what you see—it's how you feel. Celebrate every step, big or small.



find your cheer squad

Invite your friends and family to join in. Wellness is contagious, and nothing beats having a hype crew to celebrate your journey with you.

eat like you love yourself

Stick to simple, delicious meals that fuel your body and keep you feeling amazing. Think vibrant veggies, proteins, seasonings to create meals you'll actually look forward to because they taste and are good for you.

remember your why

Maybe it's more energy, feeling strong, or showing up as your best self. Whatever it is, hold on to it—it's what makes this transformation yours.



ACHIEVING A CALORIC DEFICIT WITH TRUHEALTH

A key part of any weight management journey is achieving a caloric deficit—that means consuming fewer calories than your body needs to maintain its current weight. When you create a deficit, your body uses stored fat as energy, leading to healthy and sustainable weight loss.

Remember, TruHealth™ Satiety can help you control your appetite, making it easier to stick to your calorie goals without feeling deprived. Combine it with a balanced reduced-calorie diet and active lifestyle for optimal results.



How to Create a Caloric Deficit:

Know Your Caloric Needs:
Your body requires a certain amount of calories to perform daily functions, from breathing to walking. This number varies depending on factors like age, activity level, and body composition.

Reduce Calorie Intake Mindfully:
Aim for a moderate deficit—500 to 700 calories a day is a safe and effective range. Use TruHealth Satiety to help manage your appetite and reduce cravings, making it easier to stick to your goals.

Fill Your Plate with Nutrient-Dense Foods:
Choose foods that are low in calories but high in nutrients, such as fruits, vegetables, lean proteins, and whole grains. These help you stay full and energized while supporting your caloric deficit.

Stay Active:
Regular exercise helps burn more calories, allowing you to maintain a deficit more easily without feeling restricted.



TruHealth™ Tracker

WELCOME TO YOUR TRUHEALTH JOURNEY

This tracker is your step-by-step guide to staying on course, making real progress, and feeling great along the way. Follow the plan, track your progress, and celebrate your wins!

WEEK ONE: RESET & CLEANSE

Kickstart your transformation with a full-body reset! This week focuses on cleansing and hydration to prepare your body for optimal results.

DAILY ROUTINE (REPEAT FOR 7 DAYS)

MORNING
- Drink 16 oz of water upon waking
- Take 1 TruHealth Cleanse Drink Mix on empty stomach
- Take 2 SATIETY Capsule (take 20-30 min before consuming SHAKE)
- 1 TruHealth SHAKE

MID-MORNING
- Drink 16 oz of water
- Take 1 TruHealth CLEANSE Drink Mix (on an empty stomach)

AFTERNOON
- Eat a low-glycemic meal (protein, healthy fats, veggies)
- Drink 16 oz of water
- Take 1 TruHealth CLEANSE Drink Mix

EVENING
- 30+ minutes of exercise (brisk walking, squats, etc.)
- 1 TruHealth SHAKE
- Take 1 TruHealth CLEANSE Drink Mix before bed

- ✓ DECIDING TO MAKE A CHANGE
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

Important Supply Note: To follow the plan as outlined, if you choose to take TruHealth Satiety™ at the full dose of 4 capsules per day (2 before lunch, 2 before dinner), you will need 2 bottles per month. If you are following the Cleanse week using up to 4 servings per day, you will need 2 boxes of Cleanse Stick Packs (formerly offered as a canister.

CHECK IN

How do you feel this week? Any improvements in energy or digestion? **Circle: Tired | Okay | Energized**

Pro Tip: Pack your SHAKE full of fruits and veggies to make this a healthy meal option!

WEEK TWO - FOUR: NOURISH & BUILD

Now that your body is primed, let's fuel it with nutrients and structure!

DAILY ROUTINE (REPEAT FOR DAYS 8-30)

MORNING
- Drink 16 oz of water
- 1 TruHealth SHAKE

MID-MORNING
- Drink 16 oz of water
- Take 2 SATIETY capsules

AFTERNOON
- Drink 16 oz of water
- Take 2 SATIETY capsules

EVENING
- 30+ minutes of exercise (brisk walking, squats, etc.)
- 1 TruHealth SHAKE

8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25
26	27	28	29					

CHECK IN

How do you feel this week? Any improvements in energy or digestion? **Circle: Tired | Okay | Energized**

TruHealth Cleanse drink is designed to be consumed as part of the 30-day program. For those choosing to enjoy up to four servings per day, you will need two boxes. If you choose to take Satiety Capsules twice daily (4 capsules total) you will need two bottles.

WEEK FIVE & BEYOND: MAINTAIN & THRIVE

Healthy living isn't a 30-day fix—it's a lifestyle! Let's keep it going.

DAILY MAINTENANCE PLAN

- CONTINUE 1-2 TRUHEALTH SHAKES PER DAY
- EAT BALANCED, LOW-GLYCEMIC MEALS
- USE TRUHEALTH CLEANSE 1-2X PER WEEK FOR ONGOING GUT SUPPORT
- STAY ACTIVE – AIM FOR 30 MINUTES OF MOVEMENT DAILY
- HYDRATE! DRINK PLENTY OF WATER EVERY DAY
- TAKE UP TO 2-4 CAPSULES OF SATIETY DAILY

Motivation: Healthy living is a journey, not a destination.
Keep setting new goals and enjoy the process!

FINAL CHECK IN

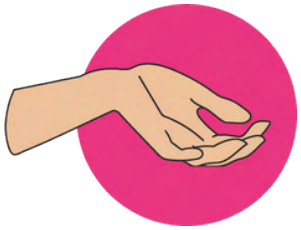
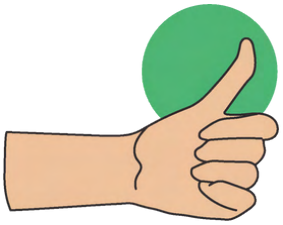
WHAT'S YOUR BIGGEST WIN THIS MONTH?

HOW WILL YOU CONTINUE YOUR HEALTHY HABITS?

TruHealth Cleanse drink is designed to be consumed as part of the 30-day program. For those choosing to enjoy up to four servings per day, you will need two boxes. If you choose to take Satiety Capsules twice daily (4 capsules total) you will need two bottles.

HEALTHY MEAL PORTIONS GUIDE



FOOD CATEGORY	SERVING SIZE GUIDE	MACRO NUTRIENT	CONVENTIONAL MEASUREMENT EQUIVALENT
PROTEINS	1 PALM	N/A	1 CUP NON-STARCHY VEGETABLES
CARBS	1 HANDFUL	~20-30 G	~ 1/2 - 2/3 CUP (100-130 G) COOKED GRAINS, LEGUMES, 1 MEDIUM FRUIT / TUBER
FATS	1 THUMB	~7-12 G	~ 1 TBSP (14G) OILS, NUTS, SEEDS, NUT BUTTER, CHEESE, ETC.

HEY TRU, HOW MANY OUNCES ARE IN A HEALTHY SERVING OF STEAK?

GROCERY LIST GUIDELINES: SHOP SMART FOR YOUR WELLNESS

Use this segmented grocery list as a guide to fuel your TruHealth journey. Focus on whole, nutrient-dense foods that will help you stay energized and satisfied.



organic fruits

- Apples
- Berries (blueberries, raspberries, strawberries, blackberries)
- Bananas
- Grapes
- Kiwi
- Lemons/Limes
- Oranges
- Grapefruit
- Melons (watermelon, cantaloupe, honeydew)
- Pears
- Pineapple
- Plums
- Pomegranate
- Mangoes (in moderation)
- Avocados



organic vegetables

- Leafy Greens Spinach, kale, arugula, romaine, Swiss chard
- Cruciferous: (Vegetables: Broccoli,cauliflower, Brussels sprouts, cabbage
- Peppers: Bell peppers (any variety), jalapeños
- Root Vegetables: Carrots, beets, sweet potatoes, radishes
- Squash: Zucchini, butternut squash, acorn squash
- Tomatoes
- Onions
- Garlic
- Mushrooms
- Celery
- Cucumber
- Eggplant
- Asparagus
- Artichokes
- Green beans
- Leeks
- Fennel
- Sprouts (alfalfa, mung bean)
- Herbs: Basil, cilantro, parsley, dill, oregano, rosemary

healthy fats

- Olive oil (extra virgin)
- Avocados
- Coconut oil
- Almonds
- Walnuts
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Hemp seeds
- Nut butters (almond, peanut—check for no added sugar)

organic lean protein

- Chicken breasts
- Ground turkey
- Wild-caught salmon
- Tuna
- Cod
- Halibut
- Lean beef or bison
- Eggs (organic, pasture-raised)
- Tofu (organic)
- Tempeh
- Plant-based protein alternatives (ensure low sugar and high protein)

miscellaneous pantry staples

- Canned tomatoes (no salt added)
- Low-sodium vegetable broth
- Apple cider vinegar
- Coconut aminos or low-sodium tamari (soy sauce alternative)
- Mustard (Dijon, whole grain)
- Sea salt
- Black pepper
- Cinnamon
- Turmeric
- Paprika
- Cayenne pepper
- Herbal teas (chamomile, green tea, peppermint)

dairy and dairy substitutes

- Greek yogurt (unsweetened, low-fat)
- or full-fat)
- Almond milk (unsweetened)
- Coconut milk (unsweetened)
- Soy milk (unsweetened)
- Low-fat cheese (optional)

whole grains

- Quinoa
- Brown rice
- Steel-cut oats
- Whole wheat or gluten
- free bread (minimal ingredients)
- Whole grain pasta (look for whole wheat or chickpea options)

legumes and beans

- Lentils
- Black beans
- Chickpeas (garbanzo beans)
- Kidney beans
- Split peas
- Edamame





HEY TRU, BUILD A MEAL PLAN FOR 5 DAYS, USING A GOOD VARIETY OF THESE INGREDIENTS

How to Create a Caloric Deficit:

Physical activity is crucial for overall health and wellness—not just for weight management, but for feeling energized, reducing stress, and improving your mood. Regular exercise helps support your metabolism, maintain muscle mass, and burn additional calories, making it easier to achieve and maintain a caloric deficit.

Benefits of Regular Exercise:

Boosts Metabolism:
Physical activity helps your body burn more calories, even when you're at rest.

Enhances Mood:
Exercise triggers the release of endorphins—your body's natural mood enhancers.

Supports Muscle Mass:
Strength training preserves muscle as you lose fat, helping you look toned and feel strong.

Improves Sleep:
Burn more calories in less time with a quick HIIT workout, which combines short bursts of intense activity with periods of rest.

Exercise Ideas for Every Level:

Walking:
Start with a 30-minute walk each day to improve cardiovascular health and boost your energy.

Strength Training:
Incorporate bodyweight exercises, free weights, or resistance bands to build muscle and burn fat.

Yoga:
Improve flexibility, balance, and mindfulness with a gentle yoga practice.

High-Intensity Interval Training (HIIT):
Burn more calories in less time with a quick HIIT workout, which combines short bursts of intense activity with periods of rest.

Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week for optimal health. Whether you're hitting the gym or enjoying a brisk walk, every step is a step toward a healthier, stronger you!

HEY TRU, MAKE ME A WORKOUT PLAYLIST THAT IS INDIE POP MEETS 90'S JAMS



CELEBRATING PROGRESS WITH BEFORE AND AFTER PICTURES



Before and After pictures are not just about physical changes you can see; they are about celebrating your journey. They serve as reminders of your resilience, determination, and progress. Remember the journey isn't about achieving a certain look or number on a scale. It's about embracing health, loving yourself, and acknowledging that every step forward is a victory.

1. Consistent Background and Lighting: To track your progress, take your before and after photos in the same location with the same lighting. It better highlights the differences in your body composition.
2. Uniform Clothing: Wear the same clothing in your photos for consistency. Try form-fitting clothes like workout gear.
3. Multiple Angles: Capture your transformation from all angles. Front, side, and back. This provides a full view of your progress.
4. Regular Intervals: Take photos at fixed intervals, such as monthly, to track gradual changes over time.

COMPLIMENTARY PRODUCTS



AMBROTOSE LIFE® & AMBROTOSE® COMPLEX

· The ultimate Multi-Glycan product, designed to support cellular communication and the immune system, making it a cornerstone of overall wellness.

· Complements the TruHealth system by addressing foundational health needs, amplifying the benefits of weight management and digestive support.†

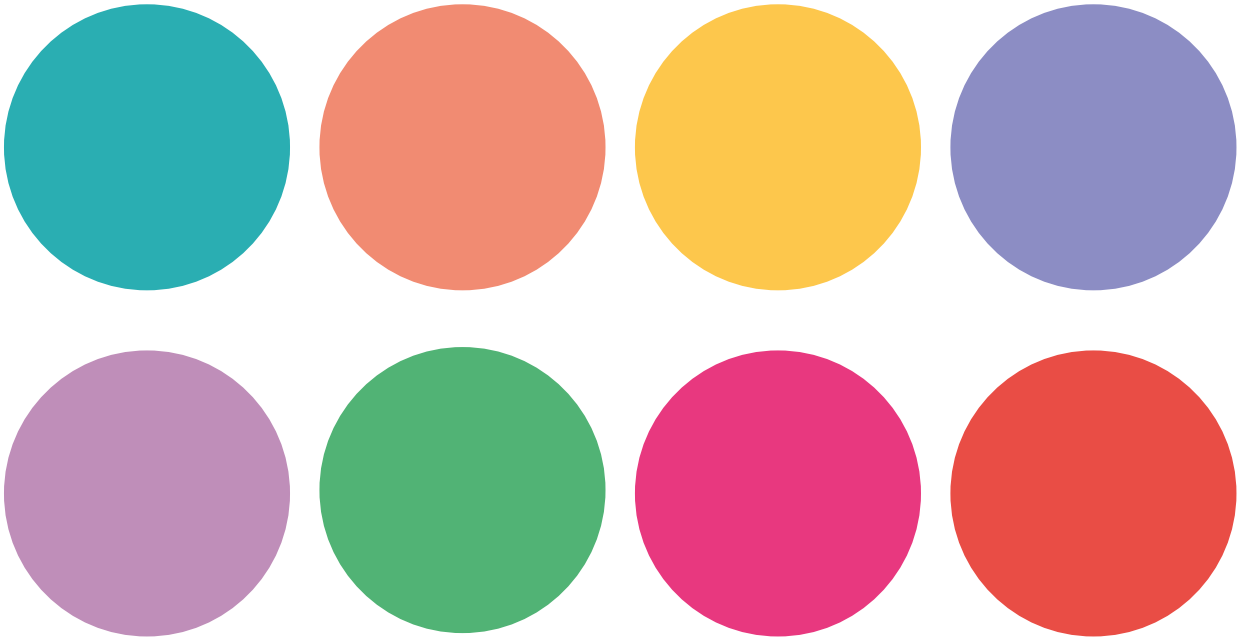


GI-PROBALANCE®

· Features the MannaBiotic™ Blend, combining 8 powerful probiotictrains (including Lactobacillus and Bifidobacterium) for 50 Billion CFUper serving.

· Includes a prebiotic fiber blend to fuel probiotics, optimizing their effectiveness for digestive support.

†When taken as directed and in conjunction with a reduced-calorie diet and exercise.



MANNATECH®

Mannatech.com

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