

## 1. What makes SPORT capsules unique?

Whether you're an athlete or weekend warrior, if working out is wearing you down, SPORT capsules with a blend of herbs and herbal extracts can help maintain normal blood sugars so you can stay active during and after the gym. SPORT offers cellular support designed to help promote energy and performance needed for physical activity, support healthy body composition<sup>†</sup>, and provide essential nutrients to support healthy carbohydrate utilization.

## 2. What are the key benefits of taking SPORT?

- Helps maintain existing normal blood sugar levels.
- Supports carbohydrate utilization.
- Contains a proprietary blend of herbs and herbal extracts.
- Is a plant sterol supplement formulated with a combination of classic Ambrotose<sup>®</sup> Complex, Wild Yam extract and Sarsaparilla root extract.
- Plant sterols and other ingredients in SPORT may help support healthy blood lipid levels and heart health.
- By supporting normal blood sugar levels, SPORT can help maintain energy levels.
- Supports energy and performance.
- Helps maintain a healthy, glucose/blood sugar range.
- Supports a healthy body composition.<sup>†</sup>

## 3. Why is it important to support and maintain healthy blood sugar levels?

It is important to be proactive and maintain healthy blood sugar levels so that the body is better equipped to address normal glucose needs during the day.<sup>[1,2]</sup>

## 4. What is insulin and why is it important?

Insulin is a hormone secreted by the pancreas that plays a key role in many bodily processes. Insulin not only helps to regulate blood sugar management; it also supports fat and protein metabolism.

## 5. Why was Chromium Picolinate chosen for SPORT?

Chromium picolinate, is a chelated, essential trace mineral found in dietary supplements. It plays an important role in normal blood sugar regulation, which leads to supporting increasing energy and athletic performance.

## 6. 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, the larch tree and other plant sources 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.

## 7. What are some of the features SPORT offers?

Our formula contains naturally-sourced ingredients and is free of gluten, artificial colors, preservatives, MSG, soy, and dairy.

<sup>1</sup> <https://www.healthline.com/health/blood-sugar-spike#prevention>

<sup>2</sup> <https://www.healthline.com/health/low-blood-sugar-effects-on-body#Central-nervous-system>

<sup>†</sup>When taken in conjunction with a reduced calorie diet and exercise.

### **8. Who is the SPORT supplement ideal for?**

Adults who like to stay active and work out, but do not want the crash or muscle fatigue that can happen after. Also, individuals who wish to stay active and support healthy organ function by helping to maintain a normal, steady blood sugar level and a healthy body composition.†

### **9. Is SPORT suitable for children?**

SPORT is not formulated for children. If you have questions for use beyond the directions indicated on the label, you should speak to a qualified healthcare professional.

### **10. How often should I take SPORT?**

For optimal results we recommend taking two capsules immediately following a workout.

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