

SUPPLEMENT YOUR ACTIVITY WITH COMPLEMENTARY MANNATECH PRODUCTS

Dose up with real food-solutions that help you achieve better health for optimal performances in and out of the gym.



Advanced Ambrotose®—Our flagship product that delivers an abundance of Glyconutrients to support brain, digestive and immune function.

OSP—It's wellness on the go. Individual packets are filled with three of our core products to make sure you've got the nutrients you need no matter where you end up.

Omega-3 with Vitamin D₃—Support your brain, heart and joint health. All aspects needed to go that extra mile and beyond. Best part? An added touch of lemon means no fishy burps.

OsoLean®—Get the protein you need. With an added bonus of calcium from milk, it's been clinically shown to minimize muscle loss and promote fat loss when combine with exercise and a kilojoule-controlled diet.



TIPS FOR ATHLETIC SUCCESS

- Eat fresh foods! Abs are made in the kitchen, so be sure to avoid pre-processed foods and bad fats.
- Get plenty of protein. Mix it up between animal and plant, but just get some. It helps you feel fuller for longer, so you're not reaching for junk in between meals.
- Don't be shy about supplements! Mannatech has created a line of products that help complement and augment your athleticism. Use them!
- Cut out drinks with added sugar such as sodas, juices and alcohol.
- Make room for activities! Incorporate at least 2 ½ hours of moderate-intensity activities a week. These include brisk walking, gardening or dancing.
- Weight train to help keep lean muscle. Aim for two sessions a week.
- SLEEP! Proper sleep is important to every body function. Try to get at least 7 hours of uninterrupted sleep per night.

PLAN YOUR DAY with the Elite Performance Kit

WHEN	WHAT TO TAKE
MORNING	1 CardioBalance® capsule, 2 Omega-3 with Vitamin D ₃ capsules, 1 Optimal Support Packet, 1 serving of Ambrotose® powder (Complex or Advanced)
20 MINUTES BEFORE WORKOUT	EM•PACT® drink mix (1 serving), 1 CardioBalance capsule
DURING WORKOUT	EM•PACT drink mix (1 serving)
AFTER WORKOUT	2 SPORT™ capsules, 1 CardioBalance capsule, OsoLean powder (2 scoops)
NIGHT	1 serving of Ambrotose powder (Complex or Advanced), OsoLean (2 scoops), 2 BounceBack capsules (should be taken on an empty stomach, and certainly without any other protein)



AMP UP YOUR ACTIVITY



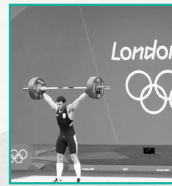
PUSH HARDER, BE FASTER, GO LONGER WITH MANNATECH PRODUCTS FORMULATED TO GET YOU THAT EXTRA MILE, MINUTE OR LOST POUND.



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TESTIMONIALS

My favourite products are OsoLean and EM•PACT. I've always struggled to pick up muscle mass and lose body fat. Within 2 weeks of starting to use OsoLean powder, my body fat percentage dropped, and muscle mass percentage went up. That is what any professional sportsman wants.*



Jean Greef
Olympic Weightlifter

I have been playing professional rugby for 8 years now and have tried many various products to help me perform at my peak. It was only when I found Mannatech that I was really satisfied. The products have allowed me to have sustainable energy levels during intense training schedules, and especially have helped me to recover quicker and better!*



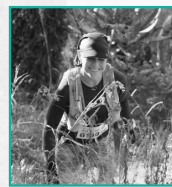
Gary Van Aswegen
Professional Rugby Player

Though I've won many races, I struggled with lack of energy. I tried the Elite Performance Kit for the Oceans Ultra Marathon, and couldn't believe how well it worked. Immediately, I signed up and started on two months of product supply and experienced improvement I've never experienced before. My next race, I beat my time and didn't experience cramping or stiffness, and had great energy. While taking NutriVerus® powder and EM•PACT, I actually achieved my fastest time in the history of my province, for any athlete.*



Mzwanele Maphekula
Distance Runner

Being an athlete, I couldn't wait to get started with NutriVerus, EM•PACT drink mix and ImmunoSTART® products. EM•PACT and NutriVerus have greatly assisted to improve my energy levels, and reduce my fatigue. This year I will complete a 100 km mountain run, and my training for this race requires high-intensity training and long mountain running sessions. My recovery has been phenomenal since taking Mannatech products. I give credit to these awesome products!*



Gracia De Jager
Long Distance
Mountain Runner

EM•PACT® MAXIMISE YOUR EXERCISE

Say goodbye to wasted days at the gym with EM•PACT drink mix. This citrus energy drink contains fructose electrolytes, potassium and magnesium to help improve athletic endurance without the hindrances of caffeine or gluten.

Benefits:

- Helps prevent work out fatigue due to dehydration or lack of carbs.
- Helps enhance aerobic performance.
- Provides medium chain triglycerides that help fuel your muscles and supply energy.
- Provides fuel and biochemicals clinically shown to enhance cardiorespiratory fitness and improve endurance.



SPORT™ AVOID THE CRASH

If working out is wearing you down, SPORT capsules are made from a blend of orchic substances and plant extracts that help maintain normal blood sugars so you can stay active during and after the gym.

Benefits:

- Helps you get the most out of exercise.
- Helps maintain existing normal blood sugar levels and support carbohydrate utilisation.
- Stimulant free.
- Formulated with a combination of orchic substances, sarsaparilla root, wild yam and Glyconutrients.
- Gluten free.

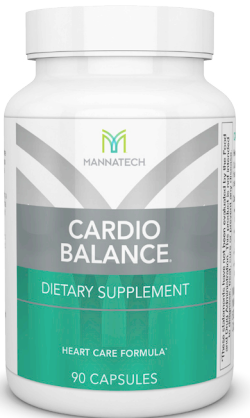


CardioBALANCE® NOURISH EVERY BEAT OF YOUR HEART

Many of us don't get enough nutrients to keep our heart healthy. CardioBALANCE capsules help maintain blood vessel and cardiovascular health with vitamins for long-term wellness.

Take care of your ticker with capsules that:

- Helps replenish body with key nutrients that may be lost by intense exercise.
- Provides nourishment for cardiovascular health through vitamins and other heart-healthy ingredients.
- Helps maintain homocysteine levels that are already within normal range.
- Supplies 100% or more of the Daily Value of important nutrients, including vitamin C, vitamin E, vitamin B6, vitamin B12 and folic acid.



BounceBack® NATURALLY RECOVER FASTER

Most days you need to stay active to keep up with all of life's little events. The downside is, some activity can lead to soreness. That's why BounceBack was created—to give you back your freedom.

Benefits (when taken daily, over time):

- Helps reduce muscle pain and stiffness due to overexertion or physical activity.
- Aids the body's natural recovery process.
- Supports optimal joint and cartilage health.
- Provides immune system support.
- Delivers antioxidant support.



* Individual results may vary.