



# Amp Up Your Exercise with Clean, Healthy Energy



Mannatech's EM•PACT® energy and endurance formula is more than just a sports supplement drink. This citrus-flavoured drink mix has been clinically shown<sup>†</sup> to enhance cardiorespiratory fitness (VO<sub>2</sub>max, a measure of maximal oxygen consumption and physical fitness) and help prevent work-out fatigue due to dehydration or carbohydrate depletion.

In a randomised, double-blind crossover human clinical trial, ingredients in EM•PACT drink mix enhanced three out of four indicators of aerobic performance. Mannatech's EM•PACT energy and endurance formula provides fuel and biochemicals clinically shown<sup>†</sup> to enhance cardiorespiratory fitness and improve endurance.

## Benefits:

- May enhance the body's ability to use oxygen during athletic exertion.
- May improve athletic endurance.
- Includes medium-chain triglycerides (MCTs) that are readily broken down into short-chain, free-fatty acids that are used as fuel for muscles.

**Get the assist you need to support energy levels with EM•PACT today!**

## FUN FACT

On average, you should take a rehydration break at least every 20 minutes. Most people would stay adequately hydrated by drinking about 7 to 10 ounces of fluid every 10 to 20 minutes during exercise.

<sup>†</sup>Clinical studies: Journal of the International Society of Sports Nutrition 2006; 3(1): 56-59. Applied Research in Coaching and Athletics Annual 2007; 22: 226-240

# EM•PACT powder/poeier

## Each 14 g serving (2 scoops) contains:

Calcium	31 mg
Citric Acid	1,2 g
Ambrotose® Complex	20 mg
Arabinogalactan (from Larix laricina (Du Roi) K. Koch or Larix occidentalis Nutt.)	(8 mg)
Lemon Crystalettes	69 mg
Aloe (Aloe barbadensis Mill.) dry inner leaf juice	(4 mg)
Tragacanth (Astragalus gummifer Labill.) stem elements	(4 mg)
Ghatti gum (Anogeissus latifolia (Roxb. ex DC.) Wall. ex Guillem. & Perr.) exudate	(4 mg)
Energy and Endurance Complex	12,6 g
Fructose	(11,6 g)
Silicon dioxide	(0,28 g)
Medium chain triglycerides	(0,2 g)
Calcium citrate	(0,1 g)
Magnesium aspartate	(0,1 g)
Magnesium succinate	(0,1 g)
Potassium aspartate	(0,1 g)
Potassium succinate	(0,04 g)
L-carnitine	(0,04 g)
Choline bitartrate	(0,04 g)
Soybean lecithin	(0,01 g)

## Elke porsie van 14 g (2 lepels) bevat:

Kalsium	31 mg
Sitroensuur	1,2 g
Ambrotose®-kompleks	20 mg
Arabinogalaktaan (van Larix laricina (Du Roi) K. Koch of Larix occidentalis Nutt.)	(8 mg)
Suurlemoen kristaltes	69 mg
Aalwyn (Aloe barbadensis Mill.) droë binneste blaarsap	(4 mg)
Tragakant (Astragalus gummifer Labill.) stamelemente	(4 mg)
Ghatti gom (Anogeissus latifolia (Roxb. ex DC.) Wall. ex Guillem. & Perr.) eksudaat	(4 mg)
Energie-en uithouwermoëkompleks	12,6 g
Fruktose	(11,6 g)
Siliekondioksied	(0,28 g)
Mediumkettigtriglisieriede	(0,2 g)
Kalsiumsitraat	(0,1 g)
Magnesiumaspartaat	(0,1 g)
Magnesiumsuksinaat	(0,1 g)
Kaliumaspartaat	(0,1 g)
Kaliumsuksinaat	(0,04 g)
L-karnitien	(0,04 g)
Cholienbitarraat	(0,04 g)
Sojaboonlesitien	(0,01 g)

**Indications/Indikasies:** EM•PACT is a combination complementary medicine to assist energy levels during times of strenuous physical activity./EM•PACT is 'n kombinasie aanvullende medisyne wat help met energievlakke gedurende strawwe fisiese aktiwiteit.

**Dosage and directions for use/Dosis en gebruiksaanwysings:** Mix two scoops (14 g) of EM•PACT drink mix with 8-16 fl oz of water (one serving) or mix entire jar into 5 quarts of water. For best results, drink one serving 15-20 minutes prior to your exercise routine. Additional EM•PACT drink servings can be consumed during workouts extending beyond one hour./Meng 2 lepels (ongeveer 14 g) EM•PACT poeier met 250 mL tot 500 mL water (1 dosis) of meng die inhoud van die hele houer met 5 L water. Vir die beste resultate word een dosis 15 - 20 minute voor oefening aanbeveel. Addisionele dosisse van EM•PACT kan gedrink word gedurende oefensessies wat vir langer as 1 uur voortduur.

**Warnings and special precautions/Waarskuwings en spesiale voorsorgmaatreëls:** If you are pregnant, nursing, taking medication, have a health condition or are planning a medical procedure, consult your health care provider before use. Discontinue use and consult a doctor if any adverse reaction occurs./Moenie neem indien u swanger is of u baba borsvoed nie. Raadpleeg u gesondheidsorgverskaffer voor gebruik indien u enige ander medisyne neem, 'n gesondheidstoestand het of 'n mediese prosedure beplan word. Staak die gebruik en raadpleeg 'n dokter indien enige ongunstige effekte voorkom.

**Product Number/Produknommer:** 19317

**mannatech.com**

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100% Satisfaction Guarantee! If you try our products and are not completely satisfied for any reason, you can return them within 90 days of purchase for either an exchange of like products or a 100% refund.

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## COMPLEMENTARY PRODUCTS: These great Mannatech products pair well with EM•PACT:



### OsoLean®—

OsoLean powder includes whey protein and calcium from milk that have been clinically tested to promote fat loss and minimize loss of muscle tissue, when combined with a kilojoule-controlled diet.



### Superfood—

Superfood Greens and Reds is a pure, plant-based nutritional drink mix designed to help you increase your daily intake of fruits and veggies.



### TruPLENISH™—

Packed with 20 grams of plant-based protein that help keep you satisfied, our fibre-rich TruPLENISH Shake also comes with vitamins, minerals, probiotics, enzymes and Glyconutrients.

**IMPROVE YOUR WORKOUT WITH A BURST OF ENERGY,  
CONTACT ME TODAY!**

