

# Cleanse, Nourish and Lose the Fat

Mannatech's TruHealth 30-Day Fat-Loss System is a versatile program designed to help cleanse and nourish your body with the power of real-food nutrition. This system combines beneficial, whole foods with naturally sourced supplements and exercise to help support your body's natural ability to reduce harmful toxins. It's also designed to encourage fat loss, weight management and to help you establish healthy lifestyle choices during the next 30 days and beyond.\*

## TruPLENISH™ Nutritional Supplement Shake



The TruPLENISH Shake is one of the core components of our TruHealth Fat-Loss System. It's a plant-based, complete meal replacement full of vitamins, minerals, probiotics, Glyconutrients and over 20 grams of protein. Its high-fiber content keeps you feeling fuller longer and it comes in delicious chocolate and vanilla flavors.

Replacing one or two meals a day with a TruPLENISH Nutritional Supplement Shake while following the TruHealth suggested meal plan enables you to easily reduce your caloric intake without sacrificing nutritional needs. Once you've reached your goals, continuing to incorporate TruPLENISH shakes into your daily meal plan will help you cut the fat and maintain your new body shape.



## TruPURE™ Slimsticks

Mannatech's whole-body, nutritional cleansing drink mix is formulated with natural ingredients shown to support your body's ability to cleanse or diminish toxins that cause oxidative stress.\*† TruPURE Slimsticks are essential for Cleanse Days and can also be enjoyed as an everyday drink, providing nourishment, botanical antioxidants and support for healthy detoxification.\*†

## TruSHAPE™ Herbal Dietary Supplement

TruSHAPE capsules provide a naturally powered, stimulant-free metabolism boost. This thermogenic weight management product supports the stimulation of fat oxidation when used in conjunction with a healthy diet and exercise.\*

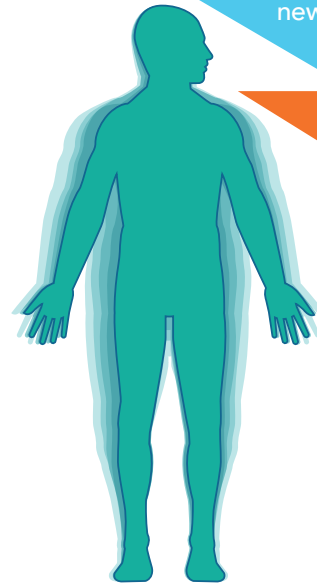


\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

†When four TruPURE Slimsticks are taken/day in conjunction with the TruHealth System recommendations.

# A Better Body Composition = A Healthier Life

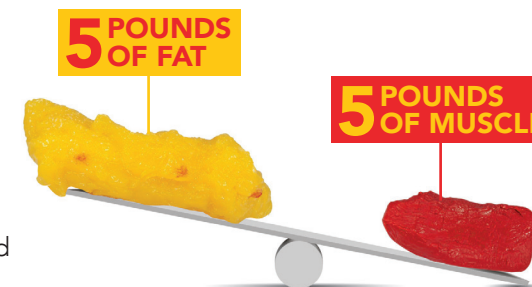
Ditch the scale and pay attention to the changes in your body composition. This new, revolutionary approach to having a healthier life will have you focusing on how you feel and fit in your clothes, not numbers on a scale.



## WHY BODY COMPOSITION IS IMPORTANT

- Body composition has an impact on your health, whether you are overweight or of "normal" body weight.
- An unhealthy body composition consists of too much body fat in comparison to your lean muscle mass—particularly if it's abdominal fat.
- As your body fat-to-lean ratio increases, so do your health risks.
- Factors that contribute to an unhealthy body composition include: increased consumption of highly processed foods, lack of exercise, overeating, lack of whole foods in your diet and excess alcohol intake.
- A healthy body composition doesn't only improve your general health but it can also change your quality of life for the better.

If your goal is weight loss, it should be fat loss through the improvement of body composition. This will require lowering your percentage of body fat and increasing lean muscle tissue. Most people don't realize that muscle weighs approximately 20% more than fat per inch. While muscle is lean, firm and flat, fat is bulky, fluffy and takes up more space per pound. So, while following a healthy fat-loss and fitness program, you could actually end up weighing more than when you started, but still be in much better shape and looking better.



Tracking your body measurements is a great way to gauge your success on a fat-loss/weight-management program. Keep in mind that inches lost are more important to your success than the numbers on your scale. Learn more about taking measurements at [library.mannatech.com/7858](http://library.mannatech.com/7858).

For more information contact:



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TAKE BACK  
YOUR LIFE

30-DAY  
FAT-LOSS  
SYSTEM



MANNATECH  
TRANSFORM YOUR LIFE



# Cleanse Day

Nasty toxins can get into your body from food, water, air and chemicals on a daily basis. Your body naturally self-cleanses, but it can become overburdened by a hectic lifestyle and consuming too many processed or unhealthy foods. Along with the consumption of quality-sourced food, cleansing your body can further help prevent more toxin build-up. Here are the products we suggest incorporating into your Cleanse Days:



- 4 **TruPURE Slimsticks** (1 upon waking, 1 at noon, 1 at dinner, 1 at bedtime)
- **TruSHAPE fat-loss capsule** (preferably in the morning)
- **TruPLENISH Nutritional Shake** (any time of the day; other Mannatech products can be added to the shake mix, along with fruits, vegetables and other nutritional ingredients)

You can follow the 30-Day Program until you reach your goal. **TIP**

# Nourish Day

Our bodies are designed to get nutrients from natural and pure sources, but few of us actually get most of our nutrition this way. Even when you try to be healthier, you may have a hard time feeling confident about eating the right foods. That's why Nourish Days help address your nutritional needs by filling in where your diet may fall short. Here are our suggestions for the bulk of the program:



- Replace two conventional meals with a **TruPLENISH Nutritional Shake** (other Mannatech products can be added to the shake mix, along with fruits, vegetables and other nutritional ingredients)
- **TruSHAPE fat-loss capsule** (preferably in the morning)
- 2 snacks/day (based on approved foods/guidelines)
- Healthy low-glycemic meal/day (lean protein source and unlimited vegetables or fruit from approved foods list)

The approved foods list can be downloaded at [library.mannatech.com/7819](http://library.mannatech.com/7819) **TIP**

30-Day System Usage with Cleanse (C) Days and Nourish (N) Days						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
C	N	N	N	N	N	N
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
C	N	N	N	N	N	N
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
C	N	N	N	N	N	N
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
C	N	N	N	N	N	N
Day 29	Day 30					
C	N					

# Dietary Guidelines/Low-Glycemic Diet

While following the TruHealth 30-Day Fat-Loss System, you'll want to make some good everyday eating choices to complement the program. Although we don't "calorie count", keep in mind that it is important to manage your caloric intake to manage your body composition. Eating real, whole foods, limiting sugar, consuming healthy fats and getting an adequate intake of protein are all good ideas to follow. You may find the following dietary suggestions to be a change from some of your normal habits, but with a little preparation and planning, you should be able to quickly and easily integrate these ideas into your healthy lifestyle.

**Eat an unlimited amount of raw or lightly steamed vegetables and fruits. Strive to make your vegetable intake twice the amount of your fruit intake. We encourage "grazing" on veggies and fruits in order to assist the body's cleansing function in addition to staving off hunger. We don't want you to feel hungry all the time or feel like you are "going without."**

**Consume 3-6 servings a day of healthy fats (one tablespoon of oil or 1/2 medium avocado is equal to 1 serving of healthy fats). These can be used for cooking, salad dressings or to go with your vegetables.**

**Drink plenty of water every day (32 to 48 oz. minimum on Cleanse Days).**

# Get up and move!

Your body composition is heavily impacted not only by what you eat, but also how you move. Exercise is a crucial component in successfully changing your body composition because it burns calories, and by extension, fat. Learn more about exercising and tips by downloading the TruHealth 30-Day Fat-loss System Exercise Guide at [library.mannatech.com/7818](http://library.mannatech.com/7818)

**For the healthy, low-glycemic meals on Nourish Days, make them balanced. That means they should be nutrient-dense and contain the right balance of protein, carbohydrates, fat and fiber. Follow these suggestions to make these meals easy and delicious:**

- Eat 4-6 oz. of cooked lean protein (animal or vegetable). When cooking, broil, bake, roast or grill. Select quality-sourced meat and fish whenever possible.
- Eat an unlimited amount of vegetables.

**OPTIONAL:** Include a small serving of non-gluten grains such as quinoa or sorghum (average serving size for grains = 1/2 cup cooked).

**Caffeine may be allowed and should be limited to no more than 1-2 cups a day on Nourish Days. For the Cleanse Days, we recommend no caffeine. We know most look forward to a cup of coffee or tea each day, so in order to help turn that daily cup into an enjoyable, healthy and even fat burning support, please see our recipes and tips at [library.mannatech.com/7816](http://library.mannatech.com/7816).**

**No alcohol.**

# TruHealth Signature Shake

Although our TruPLENISH Shake is amazing on its own, you can experiment by adding different fruits and vegetables. Shakes are incorporated every day on the 30-Day program, so it's important that what you make pleases your palate! Personalize the following recipe with your favorite fruit(s), or experiment with a variety outside of your "normal." The fruit to vegetable ratio in each smoothie must be **1:2**.



**Makes two servings** (1 3/4 cups each).

- 2 scoops of the **TruPLENISH Nutritional Shake** (chocolate or vanilla)
- 1/2-1 cup fruit of your choice (frozen berries work great)
- 2 cup(s) chopped, organic kale leaves with tough stems removed, or spinach
- 6 ice cubes (for a more frozen texture)
- 1 cup water, coconut water or almond milk
- 1/2 teaspoon or pinch of **stevia or xylitol**
- 1/2 **tablespoon healthy fat** (we recommend coconut oil or flax seed)

### Instructions:

In a blender, combine fruit, kale/spinach, ice cubes, water, stevia, healthy fat and the TruPLENISH Nutritional Shake. Pulse a few times, then purée until smooth, scraping down the sides as necessary.



**TIP** You can add 1 scoop of **NutriVerus™** powder and 1 scoop of **OsoLean®** powder to give your smoothie an extra boost! Add water, unsweetened almond milk or coconut water to taste.

