

# TruHealth<sup>TM</sup>

by MANNATECH<sup>®</sup>

IT'S MORE THAN  
**JUST FAT-LOSS**

**TAKE BACK  
YOUR LIFE**



30-DAY  
**FAT-LOSS**  
SYSTEM



MANNATECH<sup>®</sup>



# WAY TO GO!

By choosing to follow the TruHealth 30-Day Fat-Loss System, you've taken the first step in becoming a better, healthier you. Changing your life isn't easy, but with this handy guide and our transformational products, you'll have the tools necessary to take control of your health, drop that unwanted fat and create a long-term, healthy lifestyle.

## Your Journey Begins Here

This is it. You've made a commitment to make some changes in your life and shape a healthier you. You've decided that tomorrow won't be the same as yesterday, and with that commitment starts a journey of hard work, good decisions and the potential to create a new and improved lifestyle.

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 and to help you establish healthy lifestyle choices during the next 30 days and beyond.<sup>1</sup>

The best news is ... anyone can follow this program.

That includes YOU!

- I. Getting Started
- II. Products
- III. The System
- IV. Dietary Guidelines/Low-Glycemic Diet
- V. Exercise
- VI. The New Normal
- VII. Recipes
- VIII. Approved Foods
- IX. Health Tracker
- X. Complementary Products
- XI. FAQs

<sup>1</sup>Always consult with your physician or other qualified healthcare provider before embarking on a new diet or program. This program is not recommended for pregnant or lactating women. If you are taking medications, have a health condition or are planning a medical procedure, consult your health professional before beginning this program. It is also not recommended for children under the age of 18. If you have any specific questions about these matters you should consult your doctor or other healthcare provider.



# I. Getting Started

## Your New Normal

When starting this system, you will make several changes to the way you’ve always done things, in order to create your new normal. For instance, the idea of focusing on inches instead of pounds. That’s because the new you will be focusing on your body composition (inches lost or even gained in the right places), how you feel and how your clothes fit.

## Take Before Pictures

A great way to start is by taking a photo of yourself before you begin so you will have a visual tool by which to gauge your progress. Now, no one likes to capture a picture when they’re not feeling great about their appearance, but you will thank yourself for it later! You’ll also want to take your measurements (e.g., waist, chest, thigh and arm) as these are the numbers where you’ll see size reductions that the scale can never reveal. Continue to take photos and measurements every week. You can track your success with our Health Tracker chart on page 29.

## Share Your Goals

The next step is to share your goals with your spouse, significant other, family members and friends! In fact, invite them to join you on your transformational journey. It’s so much easier to keep going when you have accountability partners and supporters on your side. It’s like having your own cheerleaders!

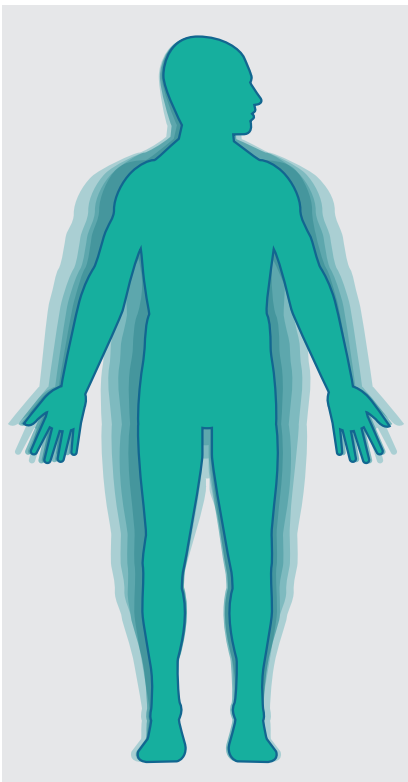
## Follow the Plan — It Works!

What’s really important while on this 30-day system, is to follow the meal plan and program guidelines. Do not make any detours or cheats because of social obligations or special holidays. Remember, changing bad habits won’t be easy, but you have support in all your corners. Limit temptations by completely removing unhealthy or non-nourishing foods and snacks from your home. Get rid of soda, foods containing artificial sweeteners and coloring and other “junk” foods and stock your fridge and pantry with the nutritional stuff. Make sure to leave the over-processed, pre-packaged foods at the store. Finally, remind yourself why you decided to embark on this journey to find your “new normal.”



## The TruHealth 30-Day Fat-Loss System is going to help you become the best version of you.

The version of you that gets to spend more time relaxing on longer walks or that gets to play outside with your children. This system helps you become the version of you that can keep up with your significant other and enables you to renew your relationships and your life.



## 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 decreases, so do your health risks.
- A healthy body composition doesn’t just improve your general health, but it can also change your quality of life for the better.

II. Products

As important as it is to eat the right foods when losing weight and toning your body, it's also important to stay healthy in the process by using powerful, trusted products that will aid in your success. The following naturally-sourced solutions are the foundation of the TruHealth 30-Day Fat-Loss System and are designed to help cleanse, nourish and support weight management and fat loss.\*

TruPLENISH™ Nutritional Supplement Shake

The TruPLENISH Nutritional Shake is one of the core components of the TruHealth 30-Day Fat-Loss System. It's a plant-based, nutritional supplement full of vitamins, minerals, probiotics, enzymes, Glyconutrients and 20 grams of protein. Its high-fiber content keeps you feeling fuller longer and it comes in delicious Rich Chocolate and Creamy Vanilla.

Including a TruPLENISH Nutritional Shake while following the TruHealth 30-Day Fat-Loss System enables you to easily reduce your caloric intake without sacrificing nutritional needs. This shake supplements your personal fat-loss efforts. Once you've reached your goals, you can continue to enjoy TruPLENISH Nutritional Shakes as a supplement to your daily meal plan.

The TruPLENISH Shake:†

- Helps transform your body and improve your body composition through the **maintenance of lean muscle**.\*
- Helps **reduce feelings of hunger** and increase satiety.\*
- Supports healthy weight management.\*
- Promotes healthy weight loss, for a healthier, leaner body.\*
- Promotes healthy digestion.\*
- Helps you look and feel better.\*
- Is free from dairy or dairy-derived ingredients, soy, MSG, artificial flavors and artificial colors.



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

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

TruPURE® Cleanse Slimsticks

Mannatech's complete, nutritional cleansing drink mix is formulated with natural ingredients to help support your body's ability to cleanse or diminish toxins that can cause oxidative stress. Unlike many cleanses, TruPURE slimsticks aren't a laxative or diuretic. They are essential for Cleanse Days (which we'll cover a little later) and can also be enjoyed as an everyday drink, providing Glyconutrients, botanical extracts and the antioxidant vitamin B6 to support your body's detoxification process.\*

TruPURE slimsticks:‡

- Promote complete support (purification/cleansing aids the body's vital organs in performing more efficiently).\*
- Are formulated to support the **removal of impurities from all major organs** to help support overall health.\*
- Promote healthy weight management, for a healthier, leaner, younger-looking body.\*
- Support a healthy metabolism.\*
- Support **detoxification in the liver and at the cellular level**.\*
- Provide total body support.\*
- Support healthy body composition.\*
- Contain natural ingredients.
- Are naturally gluten-free.
- Are suitable for vegetarians.
- Are free from dairy or dairy-derived ingredients, soy, MSG, artificial flavors and artificial colors.
- Help you look and feel better.\*

‡When 4 TruPURE cleanse slimsticks are taken per day in conjunction with the TruHealth 30-Day Fat-Loss System recommendations



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



## TruSHAPE™ Fat-Loss Capsules

TruSHAPE fat-loss capsules provide a naturally powered, stimulant-free metabolism boost. This thermogenic (a fancy word for “producing heat”) product supports the stimulation of fat oxidation when used in conjunction with a healthy diet (like the one suggested in this guide) and exercise.

### TruSHAPE fat-loss capsules:†

- Are naturally powered.
- Are stimulant-free.
- Help boost your metabolism.\*
- Support appetite control.\*
- Help reduce body fat.\*
- Are an innovative fat-loss enhancer.\*
- Promote healthy weight loss for a healthier and leaner looking body.\*
- Promote greater calorie burn.\*
- Promote greater energy levels.\*
- Are free from common allergens such as dairy and gluten.
- Are suitable for vegetarians.
- Support healthy body composition.\*
- Do not include ingredients that were produced using biotechnology.
- Are free from dairy or dairy-derived ingredients, MSG, artificial flavors, artificial colors and artificial sweeteners.
- Help you look and feel better.\*

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



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



## III. The System<sup>1</sup>

You’ve got the products and the determination to step out on your new path, now all you need is your map.

### How the TruHealth 30-Day Fat-Loss System Works

The TruHealth 30-Day Fat-Loss System is ideal for people who want to improve their body composition, overall health and everyday lifestyle using a flexible program that combines nutritious, whole foods with naturally sourced products and exercise. This system consists of specific instructions for two types of days: **Cleanse Days** and **Nourish Days**. By following the guidelines for each, you will begin to establish new habits that you can continue to incorporate into your daily routine to help build and maintain a healthy lifestyle.

Depending on your goals, you can follow this system for up to three consecutive months or you can repeat it once a quarter. Whichever path you choose, the TruHealth 30-Day Fat-Loss System is designed to inspire long-term, healthy eating habits and encourage an ongoing positive perspective on wellness.

<sup>1</sup>Always consult with your physician or other qualified healthcare provider before embarking on a new diet or program. This program is not recommended for pregnant or lactating women. If you are taking medications, have a health condition or are planning a medical procedure, consult your health professional before beginning this program. It is also not recommended for children under the age of 18. If you have any specific questions about these matters you should consult your doctor or other healthcare provider.



Cleanse Days

Nasty toxins can get into our bodies from food, water, air and chemicals on a daily basis. Our body naturally self-cleanses, but it can become overburdened by our hectic lifestyles and when we consume 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)
- 1 **TruSHAPE fat-loss capsule** (preferably in the morning, with raw vegetables)
- 1 **TruPLENISH Nutritional Shake** (any time of the day; other Mannatech products can be added to the shake mix, along with fruits and other nutritional ingredients)
- Graze on raw or lightly steamed vegetables—you don't have to go hungry on your cleanse days!



Nourish Days

We know 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 those of us who are trying to be healthier 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:

- Enjoy two fruit or vegetable-based meals each day with a **TruPLENISH Nutritional Shake** (other Mannatech products can also be added to the shake mix). Our recipes section provides delicious ideas for combining fruits and vegetables with the TruPLENISH Nutritional Shake.
- 1 **TruSHAPE fat-loss capsule** (preferably in the morning, with food)
- 2 snacks/day (based on approved foods list. Remember you can eat unlimited raw or lightly steamed vegetables.)
- 1 healthy low-glycemic meal/day (lean protein source, unlimited vegetables and fruit from approved foods list, 2:1 ratio)



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					

Jump Start Option

You can jump start the 30-Day System by following the Cleanse Day specifications for the first 3 days rather than just Day 1. See the chart below for a 30-Day visualization of this option.

Jump Start Option Usage with Cleanse (C) Days and Nourish (N) Days						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
C	C	C	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					



# Ultimate Cleanse Option

To really step up the TruHealth 30-Day Fat-Loss System and make an even bigger commitment to better health, we've included an Ultimate Cleanse option that you can choose to incorporate into your personal program. With only a few tweaks to the TruHealth food plan, the Ultimate Cleanse can help you identify any food allergies or sensitivities that you might be experiencing.

Many believe there is increasing evidence that food sensitivities are more common and have a wider and more varied impact on our health than previously realized. If you have experienced food sensitivity or an intolerance to certain food groups in the past, or you believe you may have food allergies, this optional portion of our program could help determine what foods might be holding you back from achieving overall wellness and living a healthy lifestyle.

## Food sensitivities may present as:

- Hives (reddish, swollen, itchy areas on the skin)
- Eczema (a persistent dry, itchy rash)
- Redness of the skin or around the eyes
- Itchy mouth or ear canal
- Nausea or vomiting
- Diarrhea
- Stomach pain, gas, bloating
- Nasal congestion or a runny nose
- Sneezing or wheezing
- Slight, dry cough
- Odd taste in mouth

Many foods can cause adverse reactions; however, there are eight types of food that account for a large percentage of all reactions:





The best way to start out is by eliminating problematic foods or food groups from your diet to give your body a "break" from them while you complete the Tru-Health 30-Day Fat-Loss System. Afterwards, you'll want to reintroduce these foods one by one so that you can gauge your body's reactions.





# IV. 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" in this program, keep in mind that it is important to manage your caloric intake to manage your body composition. Eating real, whole foods, limiting sugar, consuming good 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." Refer to the Approved Foods list for a list of approved foods, there are plenty to choose from!

 **Consume 3–6 servings a day of healthy fats** (one tablespoon of oil or ½ medium avocado is equal to 1 serving of healthy fats). These can be used for cooking, for salad dressings or to go with your vegetables.

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

 For the healthy, low-glycemic meals on Nourish Days, make them balanced. That means being nutrient-dense and containing 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.
- Include 1 serving of non-gluten grains (average serving size for grains = ½ cup cooked).
- Eat an unlimited amount of vegetables and fruit.

 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.

 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 TruHealth 30-Day Fat-Loss System, 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 vegetable-to-fruit ratio must be **2:1**.



- 2 scoops of the TruPLENISH Nutritional Shake (Rich Chocolate or Creamy Vanilla)
- ½–1 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
- ½ teaspoon or pinch of stevia or xylitol
- ½ 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 shake an extra boost! Add water, unsweetened almond milk or coconut water to taste.



At-a-Glance Meal and Supplement Plans

Cleanse Days			
AM	Noon	PM	
Fruits and/or vegetables in a TruHealth Signature Shake	Raw/lightly steamed vegetables (unlimited)	Unlimited lightly steamed vegetables + small serving of fruit	
Supplement Regimen			
Upon Waking	Noon	Late Afternoon	Bedtime
1 TruSHAPE fat-loss capsule 1 TruPURE cleanse slimstick	1 TruPURE cleanse slimstick	1 TruPURE cleanse slimstick	1 TruPURE cleanse slimstick

TIP

Chewing your food is an essential part of the digestive process. It prepares your food for swallowing and helps get the digestive process started. It also makes it easier for your body to absorb nutrients and helps promote feelings of fullness after eating.

Nourish Days				
Breakfast	Snack	Lunch	Snack	Dinner
Fruits and/or vegetables in a TruHealth Signature Shake	Unlimited vegetables and fruit or other snack from approved foods/guidelines	Fruits and/or vegetables in a TruHealth Signature Shake	Unlimited vegetables and fruit or other snack from approved foods/guidelines	Bake, broil or lightly stir-fry vegetables, 4 to 6 oz. lean protein of choice and 1–3 tablespoons oil
Supplement Regimen				
1 TruSHAPE fat-loss capsule with 8 oz. of water				



# Low-Glycemic Diet

The TruHealth 30-Day Fat-Loss System supports and encourages a low-glycemic diet. This is not only beneficial for overall health, but it also facilitates purification and the elimination of excess fat. When eating a healthy, low-glycemic diet, food is slowly converted to glucose, which is absorbed into the bloodstream at a slow, consistent rate, where it serves as our energy source. On the other hand, high-glycemic foods are converted to glucose quickly by the body and then rapidly absorbed into the bloodstream. This spike in blood glucose can then trigger an insulin reaction.

The more insulin that’s released, the more excess glucose that can potentially be delivered from your bloodstream to your muscle cells (some glucose is also stored in the liver, while the remainder is stored as fat). Depending on your activity level, your muscles may already be nearing their maximum glucose capacity. If this is the case—and it often is for many of us—much of your excess glucose is stored as fat.

One of the main benefits of eating foods with a lower glycemic index is that it may help you cut cravings and urges by limiting spikes in your blood sugar.



## TIP

Some people believe that improper food combinations like proteins with starches may be one of the primary factors that cause gas, flatulence, heartburn and an upset stomach. Try experimenting by combining non-starchy vegetables (lettuce, broccoli, etc.) with proteins instead and write down the benefits.

Throughout your 30-day plan, graze on as many veggies as you want, as it helps stave off cravings and hunger.



“Exercise is a crucial component in successfully changing your BODY COMPOSITION”



## V. Exercise<sup>1</sup>

Your body composition is heavily impacted not only by what you eat, but also by how you move. If you are overweight, improving your body composition will require lowering your percentage of body fat and increasing lean muscle tissue. Exercise is a crucial component in successfully changing your body composition and in weight control because it burns calories.

Here is the secret to fat loss: If you burn off more calories than you take in, you lose fat. It’s as simple as that. However, exercise has other beneficial effects that surpass the number on your scale. It helps every part of the body, including your mind. Exercise reduces stress, improves your mood, increases flexibility and strength and helps you sleep better. It can also keep you looking better (more toned) and feeling younger throughout your entire life.

Although exercising is a great way to maintain a healthy weight, exercising too much isn’t healthy. Doing too much too soon, or performing intense exercises on a daily basis, could result in overexertion and injury. If you’re a beginner, start off slow and easy. Three days per week is probably a realistic, safe and effective plan. If you are

<sup>1</sup>Always consult with your physician or other qualified healthcare provider before embarking on a new diet or program. This program is not recommended for pregnant or lactating women. If you are taking medications, have a health condition or are planning a medical procedure, consult your health professional before beginning this program. It is also not recommended for children under the age of 18. If you have any specific questions about these matters you should consult your doctor or other healthcare provider.



experienced, then the main thing you want to consider is increasing your daily activity to maximize your fat-loss goals.

Try to incorporate at least two and a half hours of low-intensity exercise (such as brisk walking, gardening or dancing) into every week. More intense activity (such as swimming, uphill hiking or power walking) can be added on a weekly basis. Moderate-intensity exercise can help you retain or regain lean muscle mass and strengthen weakening bones. A good plan should include stretching, cardio/aerobic exercise and weight lifting/strength training. Download the TruHealth Fitness Guide by visiting [library.mannatech.com/8668](http://library.mannatech.com/8668).



TIP

If you are engaging in physical activity, depending on your age and level of intensity, you may want to increase your protein by adding OsoLean powder to your TruPLENISH Nutritional Shake. Extra protein will also help control hunger and may help you stay satisfied longer.

"A REAL DIFFERENCE,  
both physically and mentally"



VI. The New Normal

Continuing Your Transformation

Losing weight and maintaining a healthy lifestyle doesn't happen overnight. With the help of this system, you have to get to the point where healthy is your new normal and that involves continuous work. Don't give up if your progress seems slow at first.

Don't give up! Progress doesn't happen overnight.  
This is a long-term commitment to health, not a short fix.

If you stay dedicated to the system, it will get easier, and you will begin to see and feel a real difference, both physically and mentally. Once you reach your original goals, it's important to follow a maintenance program for long-term sustainability.



Good News!

Good news! Your new regimen shouldn't eliminate your favorite foods or keep you from enjoying special occasions. When you have **finished** your 30-day program, one cheat meal every week or two is acceptable during your wellness journey. As your life changes, so will your needs and goals. Follow our recommended guidelines and you'll have the flexibility to tailor your plan to fit your unique lifestyle and needs.

Use our helpful lifestyle maintenance recommendations below to help you transition to and through your new normal:

- Enjoy 1–2 TruPLENISH Nutritional Shakes per day.
- Include healthy snacks in your meal plan, and eat as many fruits and vegetables (more vegetables than fruit) as you'd like.
- Use 1–2 TruPURE Slimsticks per day. Incorporate Cleanse Days on a regular basis or as needed. A regular cleansing regimen can help improve and maintain your overall health.
- Drink plenty of water every day to stay hydrated.
- Exercise regularly. Reference the TruHealth exercise plan at [library.mannatech.com/7818](http://library.mannatech.com/7818).

New Normal				
Breakfast	Snack	Lunch	Snack	Dinner
Fruits and/or vegetables in a TruHealth Signature Shake — other Mannatech products can be added (NutriVerus, OsoLean, Ambrotose powders and EMPACT+)	1 cup raw vegetables or ½ cup fruit	Fruits and/or vegetables in a TruHealth Signature Shake	1 cup raw vegetables or ½ cup fruit	Bake, broil or lightly stir-fry vegetables, 4 to 6 oz. lean protein of choice and 1–3 tablespoons oil
Supplement Regimen				
1 TruSHAPE fat-loss capsule	TruPURE cleanse slimstick		TruPURE cleanse slimstick	

Reintroducing Foods

If you chose to follow the Ultimate Cleanse as part of your personal program, then you'll want to continue with this section upon completing the TruHealth 30-Day Fat-Loss System. At this point, we suggest you begin reintroducing the foods you cut out from each food group, one at a time, for two days at a time. Then, do a Cleanse Day before reintroducing the next food group. Begin reintroducing these foods as "snack foods" for the next three weeks, and in the fourth week, reflect on and experiment with combining all of the food groups into your daily diet. This will help you determine which foods should remain as part of your new normal.



Week One	Week Two	Week Three
Introduce gluten for two days.	Introduce soy for two days.	Introduce nuts for two days.
Whole wheat Barley Oats	Miso Tempeh Tofu Edamame	Nut butters Seeds (raw) (1 handful = 1 serving)
Record reactions in journal.	Record reactions in journal.	Record reactions in journal.
Follow Cleanse Day plan for one day.	Follow Cleanse Day plan for one day.	Follow Cleanse Day plan for one day.
Introduce dairy for two days (organic milk from grass-fed cows is recommended, or you might want to try goat's milk).		Introduce eggs for two days (pastured eggs from a local farm are ideal).
		Record reactions in journal.
Cheese Milk Yogurt Butter Kefir	Introduce corn for two days. (plain air-popped popcorn, corn on the cob, cornmeal, etc.)	Follow Cleanse Day plan for one day. Introduce shellfish for two days.
		Shrimp Mussels (6 ounces = 1 serving)
Record reactions in journal.	Record reactions in journal.	Record reactions in journal.
Follow Cleanse Day plan for one day.	Follow Cleanse Day plan for one day.	Follow Cleanse Day plan for one day.
Week Four		
Reflect and experiment by combining the above foods.		



Reintroducing foods from one food group at a time will enable you to gauge how these foods make you feel and should help you determine whether you have any intolerances to certain foods. Your body will not have had some of these foods in a few weeks, so you will want to reintroduce them in small portions. Keep track of how you feel after eating each type of food with a daily food journal. When writing in it, consider the following questions:

- How do you feel immediately after eating this food? Are there any sensations or uneasy feelings in your stomach?
- Do you experience anything shortly after eating this food, such as a runny nose, mucus in the throat or rashes?
- How are your bowel movements the next day? Are they frequent and as easy to eliminate as they were during the cleanse? Are you experiencing symptoms such as constipation or diarrhea?

Answering these questions (however unpleasant) will help you gauge what foods you can keep in your diet and what foods you may want to add to a “foods to avoid” list.

Reintroduction Plan							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Gluten	Gluten	Cleanse Day	Dairy	Dairy	Cleanse Day	Soy
Week 2	Soy	Cleanse Day	Corn	Corn	Cleanse Day	Nuts and Seeds	Nuts and Seeds
Week 3	Cleanse Day	Eggs	Eggs	Cleanse Day	Shellfish	Shellfish	Cleanse Day
Week 4	Reflect and experiment by combining the above foods.						

Below is an example of a reintroduction meal plan or sample menu you can follow. Feel free to substitute other foods if any of the items suggested are on your “foods to avoid” list.

Breakfast	Snack	Lunch	Snack	Dinner
Fruits and/or vegetables in a TruHealth Signature Shake	Gluten: Wheat toast	Large vegetable salad with 6 oz. lean protein of choice and homemade dressing (equal parts oil and vinegar of choice)	Gluten: Wheat crackers w/ hummus	Bake, broil or lightly stir-fry 2 cups vegetables and 6 oz. lean protein of choice with 1–2 tablespoons of oil
	Dairy: 8 oz. quality cheese		Dairy: 1 cup yogurt w/fruit	
	Soy: Steamed edamame		Soy: ½ avocado w/ 1 tsp soy sauce	
	Corn: Popcorn (air popped)		Corn: Corn tortilla w/hummus	
	Eggs: Hardboiled egg		Eggs: Hardboiled egg	
	Shellfish: 6 oz. cooked shrimp		Shellfish: 6 oz. cooked shrimp	

TIP

When reintroducing foods, consider choosing less dense versions of the new foods. For example, instead of a slice of dense, seeded bread, try a small bowl of oatmeal.





“Explore your health with  
DELICIOUS FOODS”

## VII. Recipes

Whole-food nutrition is important to help keep your body clean and promote optimal health. We’ve compiled a few recipes here for you to help you get started with healthy meal planning.

### Green Smoothie

- 2 scoops of the Creamy Vanilla TruPLENISH Nutritional Shake
- 1 medium, organic pear, peeled if desired
- 2 cups chopped organic kale leaves with tough stems removed
- 1–1½ cup(s) water
- 12 ice cubes (use less for a less frozen texture)

**Directions:** Place pears, kale, water and ice cubes in a blender. Add TruPLENISH Nutritional Shake powder and pulse a few times, then purée until smooth, scraping down the sides as necessary. Serve and enjoy!



### Mannatech’s Signature “Chocolate”

This is a sweet treat that’s not only easy to make, but tailored to fit your journey to health using the TruHealth 30-Day Fat-Loss System. The carob in this recipe will satisfy your sweet cravings, as it’s naturally sweet, packed with pectin, low in fat, high in fiber and has no caffeine. This divine “chocolate” recipe with stevia and cinnamon is a treasured recipe we’re pleased to share from our kitchen to yours.

- 1 teaspoon carob powder or 100% cocoa powder
- 4 teaspoons coconut oil (liquid state)
- 1 teaspoon cinnamon powder
- Pinch of sea salt
- Pinch of stevia
- 4 teaspoons almond flour/meal

**Directions:** In a medium bowl, mix all ingredients together using a spoon or hand mixer. After the ingredients are thoroughly mixed, enjoy this treat in one of two ways (or both!): Serve as a pudding at room temperature or after refrigerating for 10–20 minutes. Or, from the bowl, arrange tablespoon-size helpings onto wax paper. Place wax paper into freezer and wait approximately 10 minutes for the portions to harden into miniature chocolate bars.



### Vegetable Stir Fry

- Fresh or frozen broccoli, cauliflower, portabella mushrooms, shredded red or green cabbage
- 2 tablespoons fresh garlic (more or less to taste)
- 1/3 cup chopped onion (more or less to taste)
- 2–4 tablespoons coconut or olive oil
- 2 tablespoons lemon or lime juice (more or less to taste)
- Herbs/spices to taste

**Directions:** Sauté garlic and onion in oil until lightly browned. Add vegetables, frequently stirring for about 10 minutes. Reduce heat and add lemon/lime juice. Add herbs and spices to taste. Serve and enjoy!





# Herbed Salmon

- 4 salmon fillets, 6 oz. each
- 4 tablespoons fresh lemon juice
- Sea salt and pepper
- 2 tablespoons olive oil
- 3 tablespoons chopped fresh dill
- 3 tablespoons chopped fresh basil

**Directions:** Heat broiler with rack 4 inches from heat. Rinse salmon and pat dry with paper towels. Place salmon on a broiler pan and drizzle 2 tablespoons of lemon juice over top. Season with sea salt and pepper. Broil until salmon is just cooked but still moist (should flake with fork), 8–9 minutes. Remove the salmon’s skin. In a medium bowl, stir together remaining 2 tablespoons of lemon juice, oil, dill and basil. Spoon the sauce over the salmon and serve immediately. This makes more than one meal.



# Tuna or Chicken Avocado Salad

- 1 tuna steak (cooked and flaked) or 1 chicken breast (diced/shredded)
- ½ apple (red)
- 1 avocado (ripe)
- ½ celery stalk
- 1 teaspoon dried dill
- ½ cup red onion
- ¼ teaspoon cumin
- 1 teaspoon lemon juice
- Sea salt and pepper (to taste)

**Directions:** In a large bowl, mash up avocado with the back of a fork or a potato masher. Add in tuna/chicken, celery, red onion and apple. Mix well. Add in lemon juice, dill, cumin, salt and pepper. Mix well. Will keep up to one week in refrigerator.



# Hummus

- 2 (15 oz.) cans organic chickpeas (garbanzo beans), rinsed
- 2 garlic cloves
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon cumin
- ¼ cup water
- 1 teaspoon salt
- ¼ teaspoon paprika

**Directions:** Add chickpeas, garlic, olive oil, lemon juice, cumin, water and salt to a food processor. Blend until smooth and creamy (if needed, add more water 1 tablespoon at a time and continue blending until it reaches your desired consistency). Transfer to a bowl. Sprinkle with paprika before serving. Try smoked paprika for an extra kick!



# Snacks

- TruHealth Signature Chocolate
- Raw veggies (carrots, celery, sliced bell pepper, cauliflower, etc.) with hummus
- Handful of nuts (any variety)
- Kale Chips
- Hard boiled egg



# Caffè OsoLean

Combine black coffee, 1–2 scoops OsoLean powder and 1 dash of cinnamon to your favorite coffee cup, stir and enjoy!



TIP

Soaking nuts before consuming them can improve the flavor and can also help aid the ability of digestion by improving nutrient absorption.



VIII. Approved Foods

You can't create sustainable, healthy eating without knowing where to start. Below is a shopping list that will help as you plan your meals. You can download and print this same list at [library.mannatech.com/7819](http://library.mannatech.com/7819) and use it as your TruHealth Shopping list.

Vegetables (organic)

- Artichokes
- Asparagus
- Arugula
- Bamboo shoots
- Basil
- Bean sprouts
- Beets
- Beet sprouts
- Bell peppers, any variety
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Chives
- Coconut
- Collard greens
- Cucumbers
- Eggplant
- Endive
- Fennel
- Garlic
- Hearts of palm
- Jalapeño peppers
- Jicama
- Kale
- Leeks
- Lettuce (romaine)
- Mushrooms
- Mustard greens
- Okra
- Onions
- Parsnips
- Pumpkin
- Radishes
- Red peppers
- Rutabaga
- Shallots
- Spinach
- Sprouts
- Squash
- String beans
- Sweet potatoes

Fruits (organic)

- Swiss chard
- Turnips
- Wasabi root
- Water chestnuts
- Watercress
- Yucca root
- Zucchini
- Apples\*
- Apricots\*
- Avocados (in moderation)
- Bananas\*
- Blackberries
- Blueberries
- Cantaloupe
- Cherries\*
- Clementines
- Coconut
- Cranberries
- Grapes, red
- Grapes, white
- Grapefruit
- Honeydew melon
- Kiwi
- Kumquats
- Limes
- Lemons
- Mangoes\*
- Mulberries\*
- Melon, any variety
- Nectarines\*
- Oranges
- Papaya\*
- Peaches\*
- Pears
- Pineapple
- Plums\*
- Pomegranate\*
- Rhubarb
- Raspberries
- Strawberries
- Tomatoes
- Watermelon\*

Protein (organic/wild caught/free range/antibiotic and hormone free)

- Chicken breast
- Chicken legs
- Chicken, whole
- Cod
- Eggs
- Halibut
- Lean beef
- Salmon
- Tuna
- Turkey
- Turkey breast
- Wild game

Grains and Legumes (organic)

- Wild/brown rice
- Oats
- Millet
- Quinoa
- Beans
- Peas
- Lentils

Oils (organic)

- Coconut oil
- Olive oil
- Flax seed oil
- Hemp seed oil
- Grape seed oil

Nuts/Seeds

- Chia seeds
- Hemp seeds
- Sunflower seeds
- Almonds
- Walnuts
- Cashews

Fresh Herbs/Spices (organic)

- All spice
- Basil
- Bay leaf
- Cayenne
- Cilantro

Goat milk is closer to a human mother's milk than cow's milk is. Because of this, it can be easier to digest and assimilate in the human body.

Broths (ready-made, organic)

- Beef
- Chicken
- Vegetable

Miscellaneous

- Curry paste
- Mustard
- Dijon
- Carob powder
- Cocoa powder
- Seaweed
- Vanilla extract
- Coffee/Tea
- Hummus

Milk Substitutes

- Almond milk
- Coconut milk

Sugars/Sweeteners

- Bananas\*
- Xylitol
- Monk fruit
- Whole-leaf stevia
- Stevia

Water

- Filtered
- Mineral
- Spring
- Coconut

Fresh fruit can be a healthy and nutritious food with many vitamins, minerals and fiber. Typically the recommendation to eat fresh fruit as your appetite dictates holds true for many people. However, if you are above your ideal weight, the elimination of higher-sugar fruits may be necessary. It is best to consume vegetables instead of high-glycemic fruits. For some people, fructose consumption may be a problem; fruits that have a high fructose-to-glucose ratio should be avoided. Therefore, fruits with the \* by them should be avoided or minimized.

IX. Health Tracker

Tracking your measurements throughout the 30-day system is a great way to gauge your success. Remember, inches lost are more important to your fat loss than your actual weight.

You can download the entire TruHealth 30-Day Fat-Loss System 30-Day Tracker at [library.mannatech.com/7817](http://library.mannatech.com/7817)

WEEK ONETruHealth™ 30-Day Fat-Loss System Tracker

Stay accountable for your path to a healthy lifestyle with our easy-to-follow TruHealth 30-Day Fat-Loss System Tracker that keeps you on course.

	CLEANSE	NOURISH					
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake
SNACK							
LUNCH		<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake	<input type="checkbox"/> Fruits and/or vegetables in a TruHealth Signature Shake
SNACK							
DINNER		<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal
ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM							
CLEANSE DAY SUPPLEMENTS							
Waking	<input type="checkbox"/> 1 TruSHAPE™ fat-loss capsule <input type="checkbox"/> 1 TruPURE™ cleanse slimstick	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule
Noon	<input type="checkbox"/> 1 TruPURE cleanse slimstick	WEEKLY MEASUREMENTS		Date: _____			
Late Afternoon	<input type="checkbox"/> 1 TruPURE cleanse slimstick			Chest: _____ in.			
Bedtime	<input type="checkbox"/> 1 TruPURE cleanse slimstick			Hips: _____ in.			
				Weight: _____ lbs.			
				Waist: _____ in.			
				Neck: _____ in.			

# IX. Complementary Supplements

Several Mannatech companion products can be used in conjunction with the daily regimen products that are part of the TruHealth 30-Day Fat-Loss System. The following are fantastic complements to the program:

## Ambrotose LIFE™

Over the past 20 years, Mannatech has invested millions of dollars into research and validation in developing Ambrotose products. Numerous studies have been published in peer-reviewed journals about Ambrotose powders,<sup>†</sup> indicating that Ambrotose LIFE can:

- Support cellular communication\*
- Improve cognitive function, concentration and memory\*
- Improve mood and decreases irritability\*
- Support digestive function\*
- Support immune function\*
- Promote gastrointestinal health\*



## EMPACT+™ — The Energy to do More of What You Do

EMPACT+ performance drink mix is a new, all-in-one fitness product. It is designed to power you through your workout – or your day’s work – all in the convenience of a single, natural fitness product.

- Provides a safe, delicious drink option all day, any day
- Helps the body stay hydrated during physical activity\*†
- Provides a wide spectrum of beneficial electrolytes
- Helps maintain muscle mass during exercise and weight management\*†
- Help support post-exercise muscle repair and recovery\*†
- Long-term use (3-4 weeks) may aid in preserving muscle and energy levels during periods of calorie restriction\*†



## OsoLean® powder — Protein Power

Mannatech’s OsoLean powder is an all-natural protein blend that, in a clinical study, targeted fat loss while sparing lean muscle. When combined with this program and a reduced-calorie diet, OsoLean powder can enhance fat loss and help maintain lean muscle. It’s formulated with advanced whey protein technology and mixes well in many foods and liquids.



<sup>†</sup>When using 1 stick in 8-10 oz of water, 2x per day; suitable for children 9 and up.

<sup>‡</sup>These studies were conducted on the core technology found in the Ambrotose LIFE formulation. Studies were funded by Mannatech.

\*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.

## Omega-3 with Vitamin D<sub>3</sub>

Provides both omega-3 fatty acids and vitamin D<sub>3</sub>, which are important for supporting cardiovascular and immune health.\*



## NutriVerus™ powder — Wholesome Nutrition

We know 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 those of us who are trying to be healthier have a hard time feeling confident about eating the right foods. NutriVerus powder helps address your nutritional needs by filling in where your diet may stop short. NutriVerus provides:

- Naturally sourced vitamins from foods like Acerola cherries.
- Plant-sourced minerals from hydroponically grown Indian mustard plants.
- Cell-supporting Glyconutrients from plant polysaccharides like aloe vera mannans and larch arabinogalactan.\*
- Stabilized rice bran, containing phytosterols, fatty acids, fibers and Glyconutrients.
- Organic fruit and vegetables.

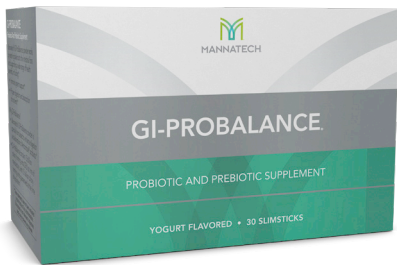


NutriVerus powder supports your immune system, supports brain function, helps you maintain your energy, helps protect your cardiovascular system, supports healthy digestion and supports cell-to-cell communication.\*

## GI-ProBalance™ slimsticks — Intestinal Support

Mannatech’s delicious yogurt-flavored GI-ProBalance slimsticks contain a variety of probiotic bacteria that can positively affect health by improving the survival and growth of beneficial bacteria in the gastrointestinal (GI) tract. This specially formulated product supports a natural balance of good bacteria to maintain healthy digestion, which helps to:

- Support healthy immune function.\*
- May improve nutrient absorption.\*
- Guard against occasional digestive upsets and intestinal disturbances.\*
- Provide six different scientifically validated strains of probiotic bacteria to ensure a wide variety of health support.
- Support the growth of the six probiotic strains with two different prebiotics.
- Provide 15 billion colony forming units (CFU) of beneficial bacteria at the time of manufacture.
- Deliver 1.5 billion CFU of beneficial bacteria at the time of expiration, cultured to survive and thrive in the harsh acidic environment of the stomach.



These products all complement your TruHealth efforts.  
Add to your order today!

\*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.



X. FAQ

- 1. What is the importance of doing a cleanse at the start of this program?**

Cleansing can help kick-start your body’s own detoxification system. The TruHealth 30-Day Fat-Loss System is specially formulated to provide your body with the nourishment it needs while helping rid it of harmful impurities.\*
- 2. What physical changes could I experience during the TruHealth 30-Day Fat-Loss System?**

During the duration of the program, you may experience an increase in urination and bowel movements. These are simply natural effects of cleansing and the body’s elimination process and should not interfere with your daily activities.

In some cases, you may experience temporary effects like headaches, weakness, fatigue and others. This simply means your body is beginning the cleansing process as you withdraw from certain substances such as caffeine and sugar. For example, caffeine withdrawal typically causes headaches, so be sure to drink plenty of water. These temporary effects are expected to subside in a day or two. If they persist, we suggest you discontinue the program and consult your healthcare professional.
- 3. How much weight can I expect to lose by following the TruHealth System?**

You can expect fat loss, but the specific amount can vary. The ideal weight-management system is not a quick fix, but rather a long-term commitment. By following this program, you will be working toward sustained, long-term weight management.
- 4. If I feel overly tired or have a headache while following the TruHealth System, should I discontinue it?**

It’s not uncommon when cleansing or changing your normal eating habits to experience effects like headaches, fatigue or constipation. Try drinking more water or eating a light, healthy snack. Fatigue and headaches are often signs that your body is not getting enough water, or you might be experiencing low blood sugar. If the symptoms mentioned above persist, please discontinue and consult your physician or healthcare provider.
- 5. In the TruHealth Guidebook, only fruit and vegetables are listed as snacks on Nourish Days. Can I substitute fruits and veggies with lean meat?**

Yes, you can use meat as a protein filled snack. If it’s on the approved foods list, you can eat it! On Cleanse Days, however, it’s important that you only consume fruits and veggies.
- 6. If I’m not hungry, can I skip a meal or a Shake?**

We recommend that you don’t skip a meal or TruPLENISH Nutritional Shake. Even though you might not feel hungry, your body still needs nourishment. Wait a little while to see if you begin to feel hungry, but always make sure you consume your TruPLENISH Shakes and meals on every Nourish Day.
- 7. If I’m an active person and I have even been progressively increasing my workouts during this program, should I eat more if I’m hungry?**

In this case, we recommend adding one scoop of OsoLean® powder to your TruPLENISH Shake. This will allow you to increase your protein and caloric intake safely. The extra protein will provide the fuel your body needs when working out.
- 8. Is exercise necessary? How much and what type is recommended?**

Yes, exercise is always an important component of a healthy lifestyle. During this program, exercise will help you maintain lean muscle. At a minimum, it’s recommended that you walk 30-45 minutes at least four days per week. Download the exercise guidelines at [library.mannatech.com/7818](https://library.mannatech.com/7818).
- 9. Why is this combination of products and regimen important?**

The featured Mannatech products are the foundation of this program. They are designed to supplement your daily regimen during the 30 days and are formulated to work together to help increase energy, cleanse your body and support weight management and healthy digestion.\*

\*Always consult with your physician or other qualified healthcare provider before embarking on a new diet or program. This program is not recommended for pregnant or lactating women. If you are taking medications, have a health condition or are planning a medical procedure, consult your health professional before beginning this program. It is also not recommended for children under the age of 18. If you have any specific questions about these matters you should consult your doctor or other healthcare provider.

\*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.

- 10. How important is it to refrain from caffeine during this program?**

Caffeine is a substance that is metabolized by our liver and excreted by our kidneys. This means that our liver and kidneys must perform work to process and remove caffeine metabolites from our bodies. Ingesting caffeine will give your body more work to do and could hinder or lessen the overall effectiveness of the program.
- 11. What can I do if I experience temporary constipation?**

Remember to drink plenty of water. For example, drinking an 8 oz. glass of water before every meal will help the cleansing process. Also be sure to eat plenty of vegetables and fruits with a high-fiber content. If constipation persists, please discontinue and consult your physician or healthcare provider.
- 12. What if I’m allergic to certain foods on the list?**

If you suspect you are having a reaction to a specific food, refrain from eating it and consult your healthcare professional about how to incorporate alternative food sources.
- 13. How often can I repeat the TruHealth System?**

You can continue to repeat the TruHealth Fat-Loss System for up to three consecutive months until you reach your goal. Once meeting your goal, we recommend repeating the system at least once a quarter thereafter.
- 14. If I choose to repeat the TruHealth System for the next three months, can I begin each month with the jump start method and follow the Cleanse Day specifications for the first three days rather than just day one?**

Definitely! You can follow the jump start method each consecutive month.
- 15. Can the TruHealth System be used with other Mannatech products?**

Absolutely! We encourage you to incorporate other Mannatech products into your daily supplement regimen. GI-ProBalance® and Ambrotose® are great complementary products to the program.

TruPLENISH™ Nutritional Supplement Shake

- 16. Is it okay to add fruits or other healthy ingredients to my TruPLENISH Nutritional Shake?**

Absolutely! Who doesn’t love a little strawberry? Just keep in mind that some fruits are high glycemic, so it’s best to opt for fruits that fall under the low-glycemic index.
- 17. What is the source of fructose in the TruPLENISH Shakes?**

The fructose in the TruPLENISH Shakes is from sugar cane or sugar beets and is NOT high fructose corn syrup. The TruPLENISH Shakes contain a very modest amount of fructose, at approximately 4.7 g per serving. For reference, a typical medium sized apple contains approximately 7 g of fructose. Therefore, our TruPLENISH Shakes contain less fructose than a medium sized apple.
- 18. Is it required to follow the TruHealth Signature Shake recipe during the program? Can I use the TruPLENISH Nutritional Shake by itself?**

Of course! The TruHealth Signature Shake recipe is only a suggestion and is not required for you to be successful in the program. The recipe allows for some variety and is completely up to you.
- 19. Can I use fruit juices when making shakes?**

You can use 100% pure juice; nothing from concentrate or with additives. We suggest using freshly squeezed fruit juices.
- 20. As a diabetic, do I need to be concerned about the sugar in the TruPLENISH Shake?**

First of all, any individuals with health conditions, including diabetes, should always consult with their healthcare practitioner before commencing with any changes to their diet. However, if used as directed, it should be completely safe for you to incorporate the TruPLENISH Shake in your meal regimen. If you choose to add fruit to your TruPLENISH Shake, be conscious of the types of fruit that you use, and make sure they fall under the low-glycemic index.

† Always consult your physician or other qualified health care provider before embarking on a new diet or fat loss program.

## X. FAQ continued

**TruPLENISH™ Nutritional Supplement Shake** (continued)

## 21. Can kids consume the TruPLENISH Shake?

Yes, please follow the recommended label guidelines: SUGGESTED USE FOR ADULTS AND CHILDREN 9 YEARS AND OLDER: Simply add 2 scoops to 8 oz of cold purified water, almond milk or other beverage of choice and mix. DIRECTIONS FOR KIDS: Mix 1 scoop with 8 oz of cold purified water, almond milk or other beverage of choice. This product is not intended to be used for weight management for kids, or for consumption by kids under 4 years old.

# TruSHAPE™ Fat-Loss Capsules

**22. I'm experiencing pain and indigestion after taking the TruSHAPE fat-loss capsule. Is that normal?**

Anybody can have any reaction to any substance at any time. The capsule contains a standardized capsaicin extract which is derived from peppers. If you tend to have sensitivities to peppers, it's possible that you might experience discomfort. If this happens, please discontinue use and consult your physician or healthcare provider.

### 23. Can I take more than one TruSHAPE capsule a day?

We recommend taking the product as recommended on the label, which is one capsule a day. If you have questions for use beyond the directions indicated on the label, you should speak to a qualified healthcare professional.

## TruPure™ Cleanse Slimsticks

**24. Why are there 30 slimsticks in a box of TruPURE cleanse slimsticks but the TruHealth System only instructs me to take 4 slimsticks a day on Cleanse Days only? That's only 16 slimsticks a month. What about the additional 14?**

There are two options with the TruHealth 30-Day Fat-Loss System:

1. Use 4 slimsticks for every cleanse day per month = 16 slimsticks
2. A 3-day jumpstart which equates to 6 cleanse days per month = 24 slimsticks

Depending on the usage, if you have leftover slimsticks, you can continue to take them even though you have completed the program. We recommend taking 1-2 slimsticks a day on a regular basis.

## Miscellaneous

## 25. Can I use the TruHealth products if I'm not dieting?

Absolutely! The TruHealth System was designed to also support already healthy lifestyles.

## 26. Will OsoLean® be replaced with the new TruPLENISH Nutritional Shake?

No, OsoLean is not being replaced by the TruPLENISH Shake. In fact, you can add OsoLean to the TruPLENISH Nutritional Shakes to supplement additional protein needs.

## 27. Is GlycoSlim® being discontinued?

Yes. The benefits of the TruPLENISH Shake surpass GlycoSlim in many ways. The TruPLENISH Shake is natural, plant based and provides overall improved nutrition. Once inventory of GlycoSlim has been depleted, the product will officially be discontinued from all markets.

## 28. I'm pregnant and/or breastfeeding. Is it safe to do this program?

This program is not recommended for pregnant or lactating women.

### 29. Can my 8-year-old son/daughter participate in the TruHealth program?

The TruHealth 30-Day Fat-Loss System is not recommended for children or youth under the age of 18.

## NOTES





有中文版: <http://library.mannatech.com/8109>

Disponible en español: <http://library.mannatech.com/7944>

[mannatech.com](http://mannatech.com)

© 2018 Mannatech, Incorporated.

All rights reserved.

For distribution in the U.S. only.

Ambrotose, Ambrotose LIFE, EMPACT+, GI-ProBalance, NutriVerus, OsoLean, TruHealth, TruPURE, TruPLENISH, TruSHAPE, Mannatech and Stylized M Design are trademarks of Mannatech, Incorporated.