

Get started at newyou90.com for more information, food tips, track fat loss and participate in challenges!

TruHealth
by MANNATECH

GUIDE TO SUCCESS

ACHIEVE YOUR IDEAL BODY COMPOSITION*



NOURISH DAYS
6 days a week.



CLEANSE DAYS
1 day a week.



HOW TO USE

2 scoops



8 oz. water



WHEN TO USE

NOURISH DAYS
2 x Daily
Nutritional Shake

CLEANSE DAYS
1 x Daily +
Unlimited Veggies
(No Additional Foods)



HOW TO USE

1 slimstick



8-12 oz. water



WHEN TO USE

NOURISH DAYS
1 x Daily if Desired
DRINK PLENTY OF WATER

CLEANSE DAYS
4 x Daily
1 Slimstick in Morning,
Noon, Dinner, Evening



HOW TO USE

1 capsule



8 oz. water



WHEN TO USE

**NOURISH AND
CLEANSE DAYS**

1 x Daily
with Food or
TruPLENISH Shake

NOURISH DAYS

Unlimited Veggies



2 Approved Snacks



Healthy Meal



CLEANSE DAYS

Unlimited Veggies



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.

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Visit newyou90.com for more ideas and tips to personalize your fat-loss goals!

MAINTAIN

THE NEW YOU!

TruHealth

by MANNATECH™



HOW TO USE

2 scoops



8 oz. water



WHEN TO USE

1 x DAILY
Nutritional Shake



HOW TO USE

1 slimstick



8-12 oz. water



WHEN TO USE

1 x or 2 x
DAILY



HOW TO USE

1 capsule



8 oz. water



WHEN TO USE

1 x DAILY
with Food*

*Take ONLY one TruSHAPE capsule daily in the morning, either with at least 8 ounces of water and food or with a TruPLENISH Nutritional Shake

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