



# DISCOVER the TruYou BOOST your metabolism PURIFY your body SHED the fat

Mannatech's TruHEALTH™ Fat-Loss Program is a versatile program designed to help you reboot and lose fat with the power of real-food nutrition. This program combines beneficial, whole foods with naturally sourced supplements and exercise to encourage fat loss, weight management and to help you establish healthy lifestyle choices during the next 30 days and beyond.

## Choose Your bundle:

TruHEALTH "Transformation" – 4 shake option

TruHEALTH "Maintenance" – 2 shake option

## Includes:

TruPLENISH – Chocolate and Vanilla

TruSHAPE capsules – thermogenic product

TruPURE sachets – cleanse product



## TruPLENISH™ Nutritional Supplement Shake

The TruPLENISH Shake is one of the core components of our program. It is different from competitor shakes in that it's a plant-based, complete meal replacement full of naturally sourced vitamins, minerals, probiotics, Glyconutrients and over 20 grams of protein. It's a good source of fibre, keeping you feeling fuller for longer and it comes in delicious chocolate and vanilla flavours. Replacing one or two meals a day with a TruPLENISH Nutritional Supplement Shake will enable you to easily reduce your calorie 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!

### Benefits

- Helps reduce feelings of hunger and increase satiety
- Promotes healthy fat-loss, for a healthier, leaner body
- Promotes healthy digestion
- Helps you look and feel better

### Features

- Comes in chocolate and vanilla
- Contains real fruits and vegetables such as blueberries, cranberries, kale and spinach
- Contains Glyconutrients through aloe vera extract
- Suitable for vegans/vegetarians
- Gluten and Soy free
- Free from dairy or dairy-derived ingredients
- Free from MSG





## TruPURE Sachets

TruPURE is a foundational part of the Mannatech's TruHEALTH 30-Day Fat Loss System. When taken in conjunction with a reduced calorie diet and regular exercise.

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 Sachets aren't a laxative or diuretic. They are essential for Cleanse Days when used in conjunction with the TruHEALTH 30-Day Fat-Loss System and can be used as an everyday drink, providing Glyconutrients, botanical antioxidants and support for healthy detoxification.\*

### Benefits

- Promotes 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\*
- Support anti-aging via antioxidants and toxic defense\*
- Provide total body support\*
- Support healthy body composition\*

### Features

- Contain natural ingredients
- Are naturally gluten-free
- Are suitable for vegetarians
- Are free from dairy or dairy-derived ingredients, soy, MSG, artificial flavours, artificial colours

\* When 4 TruPURE sachets are taken/day in conjunction with the TruHEALTH program recommendation.



## TruSHAPE

TruSHAPE 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 and exercise.

### Benefits

- Help boost your metabolism\*
- Support appetite control\*
- Help reduce body fat\*
- Promote healthy weight loss for a healthier and leaner looking body\*
- Promote greater calorie burn\*
- Promote greater energy levels\*

### Features

- Naturally powered
- Stimulant-free
- Free from common allergens such as dairy and gluten
- Suitable for vegetarians
- Support healthy body composition\*
- Does not include ingredients that were produced using biotechnology
- Free from dairy or dairy-derived ingredients, MSG, artificial flavours, artificial colours, artificial sweeteners

\* When taken in conjunction with a reduce calorie diet and regular exercise

AU & US products shown