

OTHER MANNATECH PRODUCTS TO CONSIDER ADDING TO YOUR REGIMEN

The following naturally sourced products deliver real nutrition that can benefit you on your way to a healthier body and higher level of performance. They complement each other while supporting different aspects of your health.



Advanced Ambrotose® powder or Ambrotose® complex — breakthrough Mannatech products that form the centerpiece of Mannatech's Integrative Health approach, one that addresses mind, body and spirit



Optimal Support Packets — filled with three of our core health products, our Optimal Support Packets provide an advanced nutritional foundation for a healthy lifestyle.

- 2 PhytoMatrix® caplets — naturally sourced vitamin and mineral complexes and phytonutrients that deliver many of the important nutrients your body needs
- 1 Ambrotose AO® capsule — powerful antioxidants and glyconutrients combined to help protect your body from the harmful effects of poor diet and daily physical stress
- 2 PLUS™ caplets — amino acids and nutrients used to support the body's immune and endocrine systems as well as bone, breast, colon and prostate health



Omega-3 with Vitamin D₃ — supports brain, heart and joint health, which are important to athletic performance. Regular intake of omega-3 fatty acids is also associated with healthier body weight.



OsoLean® powder — retention of lean muscle when burning fat is important in maintaining body strength. OsoLean powder includes whey protein and calcium from milk that have been clinically tested to promote fat loss and minimised loss of muscle tissue, when combined with exercise and a kilojoule-controlled diet.

GUIDELINES FOR SUCCESS

Whether it's a new or existing exercise regimen, something you wish to accomplish in your business or a change to incorporate at home, make sure to always set and write down clear and realistic goals.

Follow these additional guidelines to improve your daily performance:

- Select fresh foods, especially organically grown fruits and vegetables whenever possible, to decrease your intake of pesticide and herbicide residues.
- Utilise both animal and plant sources of protein for a variety of nutrients. Look for free range or organically raised chicken, turkey or lamb. Prepare food by broiling, baking, stewing, grilling or stir-frying. Add hempseeds and chia seeds to salads and smoothies. Eat wild (non-farmed) cold-water fish (e.g., salmon or mackerel) for their beneficial omega-3 fatty acids.
- Take Mannatech's supplemental nutritional products as recommended in this guide.
- Avoid beverages with added sugar such as fruit juices, cocktail drinks and sodas.
- Incorporate at least 2.5 hours of moderate-intensity exercise a week, such as brisk walking, gardening or dancing. For more physically fit adults, 75 minutes of vigorous activity a week, such as swimming, uphill hiking or power walking, can offer similar health benefits in half the time.
- To retain or regain lean muscle mass and strengthen weakening bones, a part of the normal aging process, try to incorporate two sessions per week of weight training or other weight-bearing activity.
- Take time to relax. Stress can create havoc on your diet, health and even hormonal function. Incorporating regular mental and physical breaks helps alleviate stress, keeping you on track with your goals.
- Adequate sleep is very important. Strive for 7 or more hours of sleep each night.

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TAKE YOUR PERFORMANCE TO AN EPIC LEVEL!



 Mannatech



UNLEASH YOUR INNER ATHLETE

TESTIMONIALS

My favourite products are OsoLean and EM•PACT. I've always struggled to pick up muscle mass and lose body fat. Within 2 weeks from starting to use OsoLean powder, my body fat percentage dropped, and muscle mass percentage went up. That is what any professional sportsman wants.*



Jean Greef
Olympic Weightlifter

I have been playing professional rugby for 8 years now and have tried many various products to help me perform at my peak. It was only when I found Mannatech that I was really satisfied. The products have allowed me to have sustainable energy levels during intense training schedules, and especially have helped me to recover quicker and better!



Gary van Aswegen
Professional Rugby Player

PLAN YOUR REGIMEN

WHEN	WHAT TO TAKE
MORNING	1 CardioBalance capsule, 2 Omega-3 with Vitamin D ₃ capsules, 1 Optimal Support Packet, 1 serving of Ambrotose® powder (Complex or Advanced)
20 MINUTES BEFORE WORKOUT	EM•PACT (2 servings), 1 CardioBalance® capsule
DURING WORKOUT	EM•PACT (2 servings)
AFTER WORKOUT	2 SPORT capsules, 1 CardioBalance capsule, OsoLean (2 scoops)
NIGHT	1 serving of Ambrotose powder (Complex or Advanced), OsoLean (2 scoops), 2 BounceBack capsules (should be taken on an empty stomach, and certainly without protein)

* Individual results may vary.

EM•PACT® DRINK MIX — Key to Energy Production

This robust pre-workout drink, when taken 20 minutes before exercise, can help boost your VO2 Max (oxygen consumption) and your exercise capacity and performance.[†]

Completely stimulant- and jitter-free, it's also much lower in sugar than most sports drinks.

- Maximise your energy production.
- Improve your athletic endurance.
- Work out longer.
- Prevent workout fatigue due to dehydration.
- Formulated to optimise ATP, lactic acid and anaerobic energy systems.

[†]Mannatech-sponsored clinical studies: Journal of the International Society of Sports Nutrition 2006; 3(1): 56-69. Applied Research in Coaching and Athletics Annual 2007; 22:226-240



SPORT™ — Jumpstart Your Recovery

When taken immediately after exercise, this proprietary blend of plant sterols helps support your carbohydrate utilisation and also helps maintain your blood sugar levels.

- Naturally gluten free
- Stimulant free
- Formulated with Ambrotose complex



CARDIOBALANCE® CAPSULES — Prime and Nourish Your Cardiovascular System

Taken 20 minutes before your workout, CardioBalance can help prepare your body's cardiovascular system for the work ahead. Take again at the end of your workout to help replenish key nutrients your body just depleted. It also contains folic acid and L-arginine that are thought to increase nitric oxide, as well as CoQ10, a vitamin-like substance involved in energy production in the body.

CardioBalance may improve performance by:

- Increasing nitric oxide production
- Helping to maintain homocysteine levels already within the normal range, which can be increased during endurance exercise
- Providing natural antioxidants to help replenish the body with key nutrients that can be depleted by intense exercise



BOUNCEBACK® CAPSULES — The Unmatched Advantage for Recovery

Inspired by Real Food Technology® solutions and packed with a blend of over 600 mg of curcumin, resveratrol and other powerful plant-based ingredients, two BounceBack capsules have been clinically shown to speed the body's restoration and recovery processes by:

- Helping reduce muscle pain, soreness and stiffness
- Providing joint and cartilage support
- Providing antioxidant support
- Increasing active energy expenditure, which may allow you to stay active longer

