



OsoLean[®] Plan

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The OsoLean Plan – An Introduction and Overview

Welcome to the OsoLean Plan

It's not just about the pounds you lose.

It's about losing fat.

It's about tossing out your scales and trusting your tape measure.

It's about dropping a dress size, tightening your belt another notch or getting into that perfect pair of jeans. Or maybe it's about just maintaining your current body size, if you have reached your ideal weight.

It's about living a healthier lifestyle.

†Notice: Use only as directed. OsoLean powder alone has not been shown to result in weight loss, but when it is used as directed, aids in fat reduction. Do not use in diets supplying less than 800 calories (3348 kJ) per day without medical supervision.

With the OsoLean® Plan, You're on Your Way to a Better You!

OsoLean powder is the shape of things to come. It's naturally-derived and mixes with the foods and beverages you already enjoy. Best of all, OsoLean powder contains whey protein milk mineral complex to promote fat loss and spare lean muscle when combined with the OsoLean Plan and proper exercise.

Here's what people already taking OsoLean powder are saying:

*"It's so much fun when people who haven't seen me for months have said, 'Ray, what happened to you?' And I've been saying, 'I am losing fat.' I am taking the product 20 minutes before breakfast, 20 minutes before my evening meal, and the fat is just melting away. I am shaping myself to be a whole new, different person."**

– Ray Robbins, Mannatech Platinum Presidential Director



*OsoLean powder should be used in conjunction with a reduced-calorie diet such as per the OsoLean Plan and proper exercise.

It's Important to Lose Fat, Not Just Weight

As adults mature, their bodies tend to hold onto excess body fat. This is because the natural ageing process slows down the resting metabolic rate. When your metabolism slows down, you burn fewer calories.

To lose fat that's been stored in your body, you'll need to boost your metabolism.

A higher percentage of protein as part of a reduced-calorie diet can help you lose fat without sacrificing muscle mass. And by maintaining lean muscle, you can maintain body strength and keep your metabolism high, which in turn burns more calories.

OsoLean® powder is the ideal supplement because it includes a complex of whey protein and calcium from milk – this complex promotes fat loss while maintaining muscle when combined with a reduced-calorie diet and proper exercise.

In addition, most diet plans or meal replacement drinks include synthetic flavours and sweeteners, preservatives and unnecessary calories. OsoLean powder is different. OsoLean powder is naturally-derived, with no preservatives or fillers. OsoLean powder also provides you with a good source of high quality protein and 56% of the daily value of calcium.

The OsoLean® Plan Does What No Diet Can Do

With so many products claiming to help you be healthier or have a better body, how do you know which ones work and which is right for you? Naturally-derived OsoLean powder from Mannatech works as part of a smart lifestyle management choice.

When you are trying to lose weight, you don't want to lose muscle. You want to lose fat.

"I exercise fairly regularly, and I do not want to lose any of the muscle mass that I have worked hard to gain. It is tough to cut 500 calories out of my diet, but this product makes it easier by keeping me feeling fuller on fewer calories and it helps to keep me from losing a lot of my muscle mass."

– Morgan Barg, Mannatech R&D Scientist



The OsoLean Powder Difference – Advanced Peptide Technology

OsoLean powder is much more than just a typical whey protein¹.

OsoLean powder is a specially formulated whey protein blend that includes an advanced protein peptide technology. Through a proprietary process, specific parts of whey protein, called peptides, are separated and concentrated to ensure the optimal level of fat-loss peptides. These peptides are blended with calcium-rich minerals from whey to make OsoLean powder.

OsoLean powder also includes an essential glyconutrient called sialic acid (or N-acetylneuraminic acid). Sialic acid is a sugar found in glycoproteins.

OsoLean powder is a reliable supplement for those who are ready to take control of managing their weight.

"It has been remarkable to notice the loss of fat, even from the back of my hands!"
– Yvonne Stone, Mannatech Regional Director

Your Journey Starts Now

Finally, a healthy weight management solution that works with your lifestyle!

OsoLean[®] powder fits right where you are right now. You can choose what to mix it into, rather than it being decided for you. And incorporating OsoLean powder into your lifestyle couldn't be simpler.

Directions for Use:

Just mix 2 scoops (12.2 grammes) with 250ml of liquid or add to food twice daily.

¹Please refer to the OsoLean FAQs for full details for those people who have a lactose intolerance.

Recommended Directions for Use:

For best results take OsoLean powder with 250ml of liquid 20 minutes before breakfast and 20 minutes before dinner. You'll find that it:

- curbs your appetite
- helps you feel full

Naturally-derived OsoLean powder is ready to mix and ready to start working. Just mix it into your favourite hot or cold beverage, or add it to the foods you like. OsoLean powder works well and it works with you.

Tasty Ways To Take OsoLean Powder

When you add OsoLean powder to water, it may remind you of skimmed milk or another dairy product. If that's not a taste you prefer, it's easy to experiment with various beverages or foods to find what works best for you.

The flavour of OsoLean powder also blends well in soy products or strongly flavoured drinks. Try adding OsoLean powder to milk, cereal or juice. Or try oatmeal, low-calorie pudding or yoghurt.

If you drink coffee, try OsoLean powder in place of cream. It's much lower in calories and provides a similar taste. OsoLean powder also creates a naturally frothy topping for those who make their own lattes.

The OsoLean[®] Plan

The best meal plan is one that's flexible to meet your needs and customisable to fit your lifestyle. The OsoLean Plan is both.

The whey protein milk mineral complex in OsoLean powder helps you lose fat while maintaining lean muscle mass when used as part of the OsoLean Plan, which includes a reduced calorie eating plan, along with proper exercise.

Of course, as with any program that helps you manage your weight, it takes real commitment and effort to reach your desired results. The OsoLean Plan can truly help, but you won't get there if you increase calories, binge several times a week or don't exercise.

Simple Steps To Cutting Calories[†]

A food diary is a great way to find out just how much you eat every day. In a small notebook, write down everything you eat and drink for one week before you begin the OsoLean Plan. Don't forget snacks! Then calculate how many calories you really eat every day. Reducing your daily intake by 500 calories (2093 kJ) may sound like a huge amount, but it really isn't.[‡]

"When I kept a food diary, I could not believe the number of calories I was getting that I wasn't even counting. Once I figured out where they were coming from, it was really easy to eliminate 500 calories a day."

– Paula Underwood, Mannatech[®] Bronze Presidential Director

[†]We highly recommend that women maintain a diet of at least 1,200 calories (5024 kJ) per day and that men maintain a diet of at least 1,500 calories (6280 kJ) per day. Before starting any reduced-calorie program, consult your doctor.

[‡]Notice: Use only as directed in accompanying OsoLean Plan. OsoLean powder alone has not been shown to result in weight loss, but when it is used as directed, aids in fat reduction. Do not use in diets supplying less than 800 calories (3348 kJ) per day without medical supervision.

Since milk and milk protein are low-glycaemic, OsoLean powder makes a great addition to a low-glycaemic lifestyle!

If you're already dieting or on a weight management program, adding OsoLean powder to your daily diet may further increase the ratio of protein to carbohydrates.

Quick tips to help curb your calorie count:

- Do not eat after 8 pm.
- Switch from soft drinks to water. Try adding a slice of lemon or lime for flavour!
- Cut back on bread and other high-carb items (chips, cakes, *etc.*)
- Snack on nuts or vegetables, not crisps and biscuits.



Choose to live healthily. Believe in yourself, and let OsoLean powder help make the difference.

OsoLean powder should be taken in conjunction with a reduced-calorie meal plan, such as the OsoLean Plan. Women and men differ in calorie needs. Two examples of recommended meal plans – one for women, one for men – appear on the following pages. Use OsoLean powder with these or similar plans, remember to get daily physical activity, and watch the fat begin to disappear.



The OsoLean® Meal Plan for Women

Here's a sample OsoLean Plan for a moderately active woman, 31–50 years old, who is trying to lose one pound (0.5kg) per week. This woman needs about 2,000 calories (8373kJ) per day to maintain her current weight. To lose fat with OsoLean powder, she should cut 500 calories (2093 kJ) a day from her diet.

	Morning Meal	Mid-Morning Snack	Midday Meal	Mid-Afternoon Snack	Evening Meal	Total Servings per Day
OsoLean powder (20 minutes before)	 2 scoops				 2 scoops	
Wholegrain Bread, Cereal, Pasta	1	1	1		2	5
Fruit	1	1		1		3
Vegetables			1		2	3
Protein			1			1
Fat-free or Low-fat Dairy	1			1		2
Healthy Fats**		1	1		1	3
Total Servings per Meal	3	3	4	2	5	17

This meal plan for women includes approximately 1,500 calories (6280 kJ) each day

**Examples of "healthy" fats include nuts, avocados, peanut butter, vegetable oil and olive oil.

The Oslean® Meal Plan for Men

Here's a sample meal plan for a moderately active man, 31–50 years old, who is trying to lose one pound (0.5kg) per week. This man needs an estimated 2,500 calories (10,467 kJ) per day to maintain his current weight. To lose fat with Oslean powder, he should cut 500 calories (2093 kJ) per day from his diet.



	Morning Meal	Mid-Morning Snack	Midday Meal	Mid-Afternoon Snack	Evening Meal	Total Servings Per Day
Oslean powder (20 minutes before)	2 scoops				2 scoops	
Wholegrain Bread, Cereal, Pasta	2	1	2		1	6
Fruit	1	2		1		4
Vegetables			2	1	2	5
Protein			1		1	2
Fat-free or Low-fat Dairy	1				1	2
Healthy Fats**	1		2		1	4
Total Servings per Meal	5	3	7	2	6	23

This meal plan for men includes approximately 2,000 calories (8373 kJ) each day

**Examples of "healthy" fats include nuts, avocados, peanut butter, vegetable oil and olive oil.

Variety is the Spice of Life!

It's important to include a variety of foods in your daily diet. Eat lots of colourful fruits and vegetables – at least 5 per day.

Examples of one serving of each food group are:

Whole-grain bread, cereal or pasta <ul style="list-style-type: none">• 1 slice bread or 1 small muffin• 70 grammes cooked pasta or brown rice• 120 grammes cooked cereal, such as oatmeal• 40 grammes cereal flakes	Fruits and vegetables <ul style="list-style-type: none">• 36 grammes raw or cooked fruits or vegetables• 120ml fruit or vegetable juice• 56 grammes leafy greens
Protein <ul style="list-style-type: none">• 85 grammes cooked meat, poultry or fish• 63 grammes cooked beans or tofu• 85 grammes seeds or nuts	Fat-free or low-fat dairy <ul style="list-style-type: none">• 240ml milk or yoghurt• 42.5 grammes of cheese



For extra insurance that your body gets the nutrients it needs, be sure to add PhytoMatrix® tablets.

Simple Steps to Increase Your Activity

It's important to be active while you're watching your weight. Aim for at least 30 minutes of physical activity, five days a week – or even every day!

If 30 minutes of activity at one time is too much, you can break it up into 10-minute segments. Walk the dog in the morning, take a walk around the office at lunch, then walk the dog again when you get home.

Quick tips to help boost your activity:

- Take the stairs!
- Walk across the building to talk to your colleagues, instead of sending an e-mail.
- Stand up while you talk on the phone.
- Park further away when you go to the shops.

Measuring Your Success

To stay on target, track your progress from the very beginning. Use these four easy steps to get going, then just chart your progress once a week after that.

Start now and you'll be on your way!

Step 1 – Height

Record your height without shoes, standing on a flat surface, with your chin level and facing straight ahead.

Step 2 – Weight

Weigh yourself wearing only shorts and a t-shirt. Use standard bathroom scales and record to the nearest kilogram.

Step 3 – Body Mass Index (BMI)

Body Mass Index, is an estimate of body fat and muscle mass.

BMI	Weight Status
18.4 and Below	Underweight
18.5 – 24.9	Normal
25.0 and Above	Overweight

Step 4 – Waist Circumference

Measure your waist, midway between the bottom of your rib cage and top of your hip joint. Hold a tape measure against your skin and keep it parallel to the floor. Record this measurement after a normal exhale.



Tracking Log

	week 1	week 2	week 3	week 4
Height		n/a	n/a	n/a
Weight				
Body mass index				
Chest circumference				
Bicep circumference				
Waist circumference				
Hip circumference				
Thigh circumference				

	week 5	week 6	week 7	week 8
Height	n/a	n/a	n/a	n/a
Weight				
Body mass index				
Chest circumference				
Bicep circumference				
Waist circumference				
Hip circumference				
Thigh circumference				

FAQs

What is OsoLean® powder?

OsoLean powder is a naturally derived protein blend containing the whey protein milk mineral complex that helps target fat loss while sparing lean muscle, when combined with a reduced-calorie diet such as the OsoLean Plan and proper exercise.

What ingredients are in OsoLean powder?

OsoLean powder is a specially formulated whey protein milk mineral complex based on an advanced protein peptide technology, which helps maintain lean body mass whilst reducing body fat.

What does OsoLean powder taste like?

OsoLean powder tastes similar to dairy products such as skimmed milk.

How do I use OsoLean powder?

Mix 2 scoops (12.2 grammes) in 250ml of liquid or add to food twice daily. For best results, take OsoLean powder with 250ml of liquid 20 minutes before breakfast and 20 minutes before dinner. OsoLean powder can be mixed directly into beverages and sprinkled over foods.

What can I mix OsoLean powder in?

OsoLean powder mixes well with virtually anything. It goes well with drinks such as coffee, milk, meal replacement shakes and fruit juice – even plain water. OsoLean powder also mixes well with cereal, yoghurt, soups and salad dressings.

Can I use OsoLean powder in food?

Yes! OsoLean powder blends perfectly with countless foods right before serving. However, for best results we suggest using the recommended directions for use – with 250ml of liquid 20 minutes before breakfast and 20 minutes before dinner.

How is OsoLean® powder different from ordinary whey protein?

Most whey protein is simply that, whey. In developing OsoLean powder,

Mannatech secured a process where specific parts of whey protein, called peptides, are separated and concentrated to ensure the optimal level of fat-loss peptides. OsoLean powder also contains sialic acid, a sugar found in glycoproteins.

Is the soy lecithin in OsoLean powder non-GMO?

OsoLean powder is made with non-genetically modified (or non-GMO) soy lecithin.

How much protein is in OsoLean powder?

Each serving (2 scoops) of OsoLean powder contains 10 grammes of protein.

Does OsoLean powder contain gluten?

OsoLean powder is gluten-free.

I'm lactose intolerant. Can I use OsoLean powder?

There is a small amount of lactose in OsoLean powder, but it is significantly less than what is found in an eight-ounce glass of milk. Since the effects of lactose intolerance vary with each person, use of this product should be discussed with your doctor.

Can OsoLean powder be used during pregnancy?

OsoLean powder is designed for use by adults who want to lose fat and spare lean muscle, when used in conjunction with a reduced-calorie diet and proper exercise. Due to the high nutritional demands of pregnancy, expectant mothers who wish to use OsoLean powder should discuss its use and the accompanying lifestyle changes with their doctor to determine if it is appropriate for them.

Can OsoLean powder be used by nursing mothers?

OsoLean powder is designed for use by adults who want to lose fat and spare lean muscle, when used in conjunction with a reduced-calorie diet and proper exercise. Due to high nutritional demands of breastfeeding, nursing mothers who wish to use OsoLean powder should discuss its use and the accompanying lifestyle changes with their doctor to determine if it is appropriate for them.

Can children use OsoLean powder?

OsoLean powder was not developed for use by children. If a parent would like for his/her child to use the product, use of OsoLean powder and the accompanying lifestyle changes of calorie reduction and proper exercise should be discussed with the child's doctor.

I am allergic to casein. Can I use OsoLean powder?

OsoLean powder is a whey protein supplement, but it may contain trace amounts of casein. Testing for the presence of casein has not been performed. Anyone with allergies to casein should discuss the use of this product with their doctor.

I have had weight-reduction surgery. Can I use OsoLean powder?

Weight-reduction surgery is always very serious. Any changes to diet or exercise habits, especially those recommended with the use of OsoLean powder, should be discussed with your doctor who is most familiar with your medical history and current lifestyle program.

Where can I find out more about OsoLean Powder?

Please contact Mannatech Customer Services on 01235 441 800 or send an email to ukcustserv@mannatech.com. Put "OsoLean" in the subject line.

Additional information is located on www.mannatech.com

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