

## Weight and Fitness

Mannatech has long recognised that maintaining a healthy body is critical to achieving a good quality of life.

OsoLean® powder

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The **OsoLean** powder has been tested and is a reliable supplement for anyone who is ready to take control of managing their weight.

It's about throwing out your scales and trusting the tape measure!

Product Number	
Powder Canister (366g)	22002
Powder Canister (2x 366g)	22202

### About the OsoLean powder: OsoLean powder: Lose Centimetres, Not Just Weight

Advanced protein peptide technology.

All-natural with no synthetic additives.

No sweeteners.

Improves the lean mass to fat ratio when combined with a kilojoule controlled diet.

Provides essential minerals and nutrients.

Calcium—56% daily value.

Protein—40% daily value.

Contains magnesium and phosphorus.

The OsoLean powder is easy to use – simply mix twice daily in your favourite beverage.

### What have you got to lose?

The OsoLean powder is the ideal, all-natural supplement because it includes whey protein and calcium from milk - which have been shown in a scientific study to support weight reduction while maintaining lean muscle in combination with a kilojoule-controlled eating plan, portion control and regular exercise.

### Turn the Fat Switch Off!

Mannatech's OsoLean powder uses an exclusive ground breaking peptide technology to do what most diets cannot. It improves the lean mass to fat ratio, so that you see those centimetres disappearing from your waist, hips, chest and thighs in no time at all.\*

### OsoLean Powder is Much More Than Whey Protein

OsoLean powder contains our proprietary whey protein blend and calcium from milk – which have been shown in a scientific study to support weight reduction while maintaining lean muscle when used in combination with a kilojoule-controlled eating plan and regular exercise.

### OsoLean® Powder Works! Backed by Powerful Study Results

#### Study #1

Two groups participated in this double-blind, placebocontrolled study. Both reduced their daily caloric intake by 2093 kilojoules. One group added OsoLean powder every day. Although both groups lost about the same amount of weight, participants who used OsoLean powder showed significant improvement in their lean mass to fat ratios. In the reduced-kilojoule diet, half the weight lost was fat and half was muscle. By adding the OsoLean powder, lean muscle was preserved!

#### Study #2

After taking OsoLean powder and maintaining a reduced kilojoule diet for 8 weeks participants in the study:

- Reduced their waist size by an average of 5.5 cm
- Reduced their Body Mass Index (BMI) by almost 1 point
- 80% reported an improved quality of life
- 89% reported "a lot of energy"
- 79% reported they slept well
- 70% reported they could control their appetite

On average, participants taking OsoLean powder lost 6.1% of their body fat.\*

#### Ingredients:

Whey protein complex, emulsifier (soy lecithin)

Contains soy and milk.

Do not use if inner seal is missing or broken.

Keep out of reach of children. Keep bottle tightly closed. Store in a cool, dry place.

**Recommended use:** Adults: Mix 2 scoops (12.2g) in 250ml of liquid. Try having OsoLean powder 20 minutes before breakfast and dinner. For weight management, use in conjunction with a kilo-joule reduced eating plan such as Mannatech's OsoLean Plan. USE ONLY AS DIRECTED.