



About Mannatech's Glyconutrients and Healthy Blood Glucose Levels



Insights from Mannatech's R&D Department

What are glyconutrients?

Mannatech's glyconutrients are proprietary blends of plant saccharides that include sources of, or precursors to, sugars used in the body for glycoprotein synthesis. Glycoproteins, which serve numerous biological functions, are critically important for the proper function of cells and their ability to communicate with each other. Mannatech's Ambrotose products are available in two formulations: classic Ambrotose complex® and Advanced Ambrotose® products. Sources of saccharides in both products include pure aloe vera gel, arabinogalactan, gum ghatti, and gum tragacanth. Advanced Ambrotose products also contain fucoidans from the brown alga, *Undaria pinnatifida*.

But I thought that people should avoid eating sugar!

While glyconutrients are sometimes referred to as "sugars" or "nature's sugars", they are different from the sugar (sucrose) in unhealthy foods like sugary soft drinks or candy. Most people eat entirely too much sucrose, a disaccharide that raises blood glucose and insulin levels and is one of many culprits contributing to our current obesity epidemic.

Mannatech's glyconutrients are healthy, fiber-rich complex plant saccharides that do not affect blood glucose levels. In a randomized, double-blind, placebo-controlled trial of healthy adults, intake of Ambrotose® complex powder had no effect on blood glucose levels (1). They are also low in calories. A 2 gram serving of Ambrotose complex or Advanced Ambrotose powder is just 7 calories.

What can Mannatech's glyconutrients do for me?

Since 1997, over three million people around the world have safely experienced the benefits of Mannatech's glyconutritional dietary supplements. These products have been validated in peer-reviewed pre-clinical and clinical research, including six gold standard double-blind, placebo-controlled trials, which indicate they support cellular communication (2), can improve immune system health (3-4), improve cognitive function (1,5-8) and support gastrointestinal health and overall well-being (5).*

Reference List

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*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**

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