

Why Mannatech's TruHealth™ 30-Day Fat-Loss System



Insights from Mannatech's R&D Department

Health Challenges in the United States

A growing number of Americans are too sedentary and eat an unhealthy diet. In fact, a whopping 80% of adults and 75% of children do not meet the government's national physical activity recommendations, 87% do not consume enough fruit and 91% do not consume enough vegetables. Healthy foods have been replaced with fast foods and other processed foods laden with unhealthy fats and sugars.¹



The consequences to our health and burden on our economy are huge. Today, about 33% of children ages 2-19 and a staggering 71% of adults are either overweight or extremely overweight, which costs an estimated \$147-210 billion in

healthcare costs per year. Inadequate physical activity adds on another \$117 billion.

Even for those who consume adequate amounts of fruits and vegetables, we may not be consuming all the nutrients we require. Today's produce is lower in many vitamins and minerals than it was as little as 60 years ago,^{2,3,4} and food processing frequently diminishes the vitamin and mineral content of fruits and vegetables.⁵ The average American adult consumes insufficient fiber and inadequate amounts of multiple key nutrients, including calcium, iron, magnesium, potassium, and vitamins A, D and E.⁶ The USDA considers the inadequate intake of calcium, vitamin D, potassium and fiber to be a public health concern.⁷

Americans also have legitimate concerns about their exposure to environmental chemicals. Virtually everyone is exposed to many chemicals, including toxic bisphenol A (BPA), perchlorate, phthalates, polybrominated diphenyl ethers (PBDEs) and a host of others. There is growing recognition that exposure to multiple chemicals that can act on the same adverse outcome can have a greater effect than exposure to an individual chemical.⁸



Mannatech's TruHealth System

For decades, the USDA has been providing its citizens with healthy eating guidelines that endorse abundant intake of fruits and vegetables, lean protein and healthy fats. Even if we greatly improve our diets, it can be difficult to lose unwanted fat and protect our overall health. That's where Mannatech's

30-day TruHealth Fat-Loss System can help. TruHealth is a versatile program that combines beneficial, whole food recommendations with three naturally sourced supplements and exercise to help encourage fat loss and support your body's natural ability to reduce harmful toxins.*†

The TruPLENISH™ meal replacement shake supports fat loss by reducing hunger, increasing metabolism and improving body composition through the maintenance of lean muscle.‡ TruPLENISH is rich in fiber and helps augment all of the key vitamins and minerals typically inadequate in the American diet. With intake of a single TruPLENISH shake, typical daily gaps in calcium, iron, magnesium, vitamin A, and vitamin E can be corrected, and 56% of the fiber gap and over 45% of the vitamin D gap can be addressed. With intake of two servings of TruPLENISH, typical daily gaps in fiber, calcium, iron, magnesium, vitamin A and vitamin E can be corrected, and over 90% of the vitamin D gap can be addressed.‡

Caffeine-free TruSHAPE™ capsules, with green tea and a thermogenic red pepper extract, are a safe, natural, metabolism-boosting supplement to support fat loss.‡ TruPURE™ Slimsticks, with milk thistle and other healthful herbs, are formulated to help improve overall health by supporting the removal of impurities from all the major organs.*†

All of the TruHealth products contain naturally sourced ingredients and are gluten free, suitable for vegetarians, and free from genetically modified DNA, dairy, soy, MSG, artificial colors and artificial preservatives.



Reference List

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3. Christian J. Charts: Nutrient changes in vegetables and fruits, 1951 to 1999. CTV. *ca News* 2002 (www.CTV.ca July 5, 2002). 2002.
4. Davis, R., Epp, M.D., Riordan, H.D. Changes in USDA Food Composition Data for 43 Garden Crops, 1950 to 1999. *J Am Col Nutr* 2004; 23(6): 669-82.
5. Souci S, Fachmann W, Kraut H *Food Composition and Nutrition Tables*. 7th Revised Edition ed. MedPharm Scientific Publishers / CRC Press: Stuttgart, Germany, 2008.
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7. USDA Dietary Guidelines Advisory Committee "Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010". 2010.
8. Woodruff, T.J., Zota, A.R., Schwartz, J.M. Environmental chemicals in pregnant women in the United States: NHANES 2003-2004. *Environ Health Perspect* 2011; 119(6): 878-85

*** 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.**

‡ When taken in conjunction with a reduced calorie diet and regular exercise. Suitable for children ages nine and older.

‡ Take ONLY one capsule daily with 8 ounces of water and food, or with a TruPLENISH shake.

† When four TruPURE slimsticks are taken per day in conjunction with the TruHealth system recommendations (i.e., plentiful water intake, intake of healthy foods, elimination or low intake of processed foods, alcohol, caffeine, etc).