

## The Best Way to Experience Success with the Mannatech Products

I would like to give you a general philosophy on taking the Mannatech products. Mannatech's product line is designed to support health with 4 core products: Ambrotose, Ambrotose AO, Plus, and Catalyst. We recommend that everyone take the 3 Core Products in the Optimal Support Packets and then add in Ambrotose—as much as you feel you need. Please read the explanations of each of the products below and online. You can learn more by clicking on PRODUCTS on the Mannatech website.

### The Core Four

#### 1. Cellular Communication with Ambrotose

In order for cells to remain healthy and to support the immune system, we need to eat nutrients that will support the structures of the cells, so that they can communicate their needs effectively. Ambrotose adds those important nutrients that are not in ANY other product you can find. It comes in a powder and in pill form, and you can take as much as you want to get the benefits you are looking for.

#### 2. Cell Protection, Defense and Restoration with Ambrotose AO.

Researchers agree that free radical damage (the rusting of the cells) is the primary cause of age related diseases. Free radicals are caused by something called oxidative stress. Antioxidants and phytochemicals repair the effects of oxidative stress and prevent free radical damage. This process results in faster healing, better cognitive function, and staves off the damaging effects of aging. AO provides a synergistic blend of the highest content of stabilized antioxidants on the market. Remember, any antioxidant food will oxidize when exposed to air. Ambrotose AO is the only food derived antioxidant on the market that retains its potency until you eat it. You cannot get this kind of result from a juice.

#### 3. Hormone Regulation with PLUS

Hormones are responsible for metabolism, mood, energy levels, quality of sleep, sexual function, and some immune functions, particularly regarding allergies and blood sugar regulation. As we age or when exposed to environmental toxins, hormone levels change, which renders us less able to retain energy, flexibility, and well-being. It is important to use naturally occurring hormone regulators as we age. It is better to regulate the body with supplements than with actual hormones, as plant substances do not do anything unnatural to the body or alter its function the way hormones or drugs do. PLUS will provide you with the nutrients you need to support well-being and endocrine function effectively.

#### 4. Vitamin/ Mineral supplementation with Catalyst.

When we consider the availability of food-based vitamins and the full array of necessary minerals in processed food and in our regular diets, you will learn that you are probably not getting what you need, unless you are eating mostly fresh food and very little processed food. Even if you are eating what you consider to be a health-promoting diet, the sad fact is that today's produce does not have the levels of vitamins and phytochemicals it did before we started mass producing produce. Therefore, it is critical to supplement in this area.

### Additional Support You May Want to Try

#### Digestive Support with GI-Zyme, GI-Defense and GI-ProBalance

Because of the amounts of processed and refined carbohydrates, saturated fats, alcohol, and chemicals that we eat in our modern diet, coupled with the reduced amounts of fiber in processed food, our digestive tract has trouble assimilating the nutrients we need from our food and eliminating the built up waste. Waste materials build up in our colon over time and make it much more difficult to assimilate nutrients. It is important to provide the body with adequate amounts of digestive enzymes as we age, so that we can support our ability to extract the nutrients from our food effectively. GI-Zyme will help you by maintaining your body's ability to easily digest and eliminate your food by adding these critical digestive enzymes to your diet.

Recent studies show that over 70% of the immune system is maintained in the gut. Mannatech's research shows that glyconutrients are digested in the gut by bacteria and support the immune system in this way. If your gut is not functioning well, it is likely that you are not going to digest your glyconutrients efficiently. GI ProBalance contains

digestive bacteria and is excellent for maintaining the correct balance in your gut for excellent assimilation and elimination.

In order to create a strong, stable environment for beneficial bacteria to thrive, your intestinal lining requires an abundant supply of short-chain fatty acids (SCFA) known as butyrates. GI-Defense capsules, with an exclusive Glycobiome and Butyrate Support Blend, is specifically formulated to nourish and help strengthen the gut lining. Containing powerful antioxidants and flavonoids, GI-Defense actually supports the body's ability to produce its own arsenal of beneficial butyrates. The result is a microbiome environment that is sound, balanced and better able to support healthy digestion and immunity.

### **Now, for Special Concerns**

Even when you are getting appropriate vitamins, minerals, essential fatty acids, and cell, hormone, and digestive support, you may have special concerns that need to be addressed. This is where working with a health care professional and/or medical doctor comes in. Most of us come into the nutrition world after having become imbalanced from our lifestyles or we may have genetic predispositions toward conditions that require extra help. So, first make sure you are addressing all of the above areas, and then, should you still have special concerns, look into addressing those.

First, I recommend adding extra Ambrotose Life before adding other herbs, glandulars, hormones, and homeopathics. Increasing Ambrotose is sometimes all it takes to restore the nutritional needs of the body. Mannatech has other adjunct products for heart health, sports performance and pain, fat management, fruits and vegetables, skin, and children's nutrition, as well. Mannatech has Ambrotose in three formulas: Ambrotose Life, Advanced Ambrotose, and Ambrotose Complex. You can get more information on this from the 'read more' link in the product section of the website.

Mannatech products are nutritional supplements that support the body's ability to maintain and restore health. They are not designed to treat the body the way a drug does, therefore you must not look for a 'prescription' when dealing with supplements. You need to be aware of the changes in your body as you take certain types and levels of supplements and determine for yourself what and how much you need.

### **How to Get the Most Out of These Products**

Thousands of people are realizing extraordinary benefits from these proprietary dietary supplements. They provide essential components that the body must have to create optimum health, but which are unavailable in the foods delivered by today's modern food processing and distribution systems.

Many people who take the Mannatech products notice changes within 3-30 days, and everyone feels better within 4 to 5 months. You should plan on trying these products for a minimum of 3 months to give them a chance to work. (Mannatech has a 90 day Satisfaction guarantee). I am confident that you'll love them so much that you'll make them a regular part of your diet.

### **The following guidelines are suggestions to help you gain maximum benefits.**

1. Be sure to drink at least 8-10 glasses of good water a day (preferably purified or spring water.) Over the years many toxins build up in our body. The Mannatech products provide nutrients that make the body more efficient in releasing these toxins. The extra water will help your body remove the toxins more quickly.
2. Get plenty of fiber in your diet. This will also help the body remove toxins that are being cleansed from the system.
3. Please eliminate soda pop and reduce or eliminate your intake of caffeine and sugar. These substances actually work against your immune system and make it harder to gain optimum health.
5. *Be patient.* The Mannatech products provide nutrients that the body can use to heal itself. The body proceeds at its own pace and may choose at first to use the nutrients to heal something other than what you'd expect! But in time, virtually everyone receives the benefits they are looking for.

**What to do if you are on Pharmaceuticals/Medications:**

Drug interactions with our products are highly unlikely. However, as the body begins to restore itself, prescription medication can become too strong. This often happens in the first 2-3 months. We do not suggest or recommend people stop taking or reducing amounts of a prescription medication on their own. If you have a medical condition, you should consult your own physician.

Good luck and best of health to you!

Carol Merlo

Call me if you need more assistance

## Health Questionnaire

The Mannatech products provide fundamental nutrition that supports every process in the body. Rather than affecting the body the way drugs do, these products provide the nutrition that allows the body to do what it needs. For this reason, the benefits from the products can appear in a large variety of areas, and may first be evident in areas you did not expect. This questionnaire will help you track the changes in your body and overall health. Please fill this out, indicating your condition *before* you began taking the products. Enter your impressions about each item. Keep it on file for your reference and to help your enroller answer questions that you may have.

Date \_\_\_\_\_

Overall sense of well being: Physically \_\_\_\_\_ Mentally \_\_\_\_\_ Emotionally \_\_\_\_\_

Emotional evenness or stability: \_\_\_\_\_ Attitude/mental outlook \_\_\_\_\_

Stress level (low, med. high) \_\_\_\_\_ Level of Relaxation (low, med. high) \_\_\_\_\_

Other nerve problems \_\_\_\_\_

Mental clarity \_\_\_\_\_ Memory \_\_\_\_\_ Ability to Focus/Attention Span \_\_\_\_\_

Endurance or productivity level \_\_\_\_\_ Any slumps or need for nap? \_\_\_\_\_

Smoothness or consistency of energy \_\_\_\_\_

Strength of muscles \_\_\_\_\_ Weakness anywhere? \_\_\_\_\_ Sore muscles after working out? \_\_\_\_\_

What age do you feel yourself to be? \_\_\_\_\_

Sleeping pattern: how many hours \_\_\_\_\_ Naps \_\_\_\_\_ Soundness \_\_\_\_\_ Dreams \_\_\_\_\_

Weight \_\_\_\_\_ Appetite level \_\_\_\_\_ Desire to snack: \_\_\_\_\_

Hypoglycemia or problems with blood sugar? \_\_\_\_\_ Diabetes? \_\_\_\_\_ Insulin intake \_\_\_\_\_

Extra body padding: Where? \_\_\_\_\_ How much extra? \_\_\_\_\_ Any extra inches anywhere? \_\_\_\_\_

Are you pleased with your body shape? \_\_\_\_\_ Water retention anywhere? \_\_\_\_\_

Wrinkles \_\_\_\_\_ Baggy chin? \_\_\_\_\_ Baggy upper arms. \_\_\_\_\_

Menstrual disorders: PMS \_\_\_\_\_ Cramping \_\_\_\_\_ Other feminine issues \_\_\_\_\_

Menopause: Hot flashes? \_\_\_\_\_ Night sweats? \_\_\_\_\_ Emotional issues? \_\_\_\_\_

Skin lesions, scars, burns, rashes, herpes, warts or moles? \_\_\_\_\_

Problems with complexion? \_\_\_\_\_ Skin texture \_\_\_\_\_

Thickness of hair \_\_\_\_\_ Glossiness \_\_\_\_\_ Texture \_\_\_\_\_

Eyesight \_\_\_\_\_ Night blindness \_\_\_\_\_

Any respiratory problems? \_\_\_\_\_ Mouth and gums \_\_\_\_\_

Arthritis? \_\_\_\_\_ Back pain? \_\_\_\_\_

Other pain? \_\_\_\_\_

Hemorrhoids? \_\_\_\_\_ Diarrhea? \_\_\_\_\_ Constipation? \_\_\_\_\_

Tumors? \_\_\_\_\_ Lumps/bumps \_\_\_\_\_

Headaches? \_\_\_\_\_ Blood pressure \_\_\_\_\_ Cold hands or feet? \_\_\_\_\_

Cholesterol level \_\_\_\_\_ Sinus problems? \_\_\_\_\_

Allergies? \_\_\_\_\_

Other issues: \_\_\_\_\_