

START HERE TO REACH YOUR FITNESS GOALS



GUIDE TO SUCCESS

ACHIEVE YOUR IDEAL BODY COMPOSITION*



NOURISH DAYS
6 days a week.



CLEANSE DAYS
1 day a week.



HOW TO USE

2 scoops



8 oz. water



WHEN TO USE

NOURISH DAYS

2 x Daily

Complete Meal Replacement

CLEANSE DAYS

1 x Daily +

Unlimited Veggies
(No Additional Foods)



HOW TO USE

1 slimstick



8-12 oz. water



WHEN TO USE

NOURISH DAYS

1 x Daily if Desired

DRINK PLENTY OF WATER

CLEANSE DAYS

4 x Daily

1 Slimstick in Morning,
Noon, Dinner, Evening



HOW TO USE

1 capsule



8 oz. water



WHEN TO USE

NOURISH AND CLEANSE DAYS

1 x Daily

with Food or
TruPLENISH Shake

NOURISH DAYS

Unlimited Veggies



2 Approved Snacks



Healthy Meal



CLEANSE DAYS

Unlimited Veggies



See reverse for maintaining the New You!



HOW TO USE

2 scoops



8 oz. water



WHEN TO USE

1 x DAILY
Meal Replacement



HOW TO USE

1 slimstick



8-12 oz. water



WHEN TO USE

1 x or 2 x
DAILY



HOW TO USE

1 capsule



8 oz. water



WHEN TO USE

1 x DAILY
with Food

† Always consult with your physician or other qualified healthcare provider before embarking on a new diet or program. This program is not recommended for pregnant or lactating women. If you are taking medications, have a health condition or are planning a medical procedure, consult your health professional before beginning this program. It is also not recommended for children under the age of 18. If you have any specific questions about these matters you should consult your doctor or other healthcare provider.

© 2016 Mannatech, Incorporated. All rights reserved.
Mannatech, TruHealth, TruPLENISH, TruPURE, TruSHAPE and Stylized M Design are trademarks of Mannatech, Incorporated.

SKU #1442901 20053.1116

TruHealth
by MANNATECH™