

## Quality of Life

We all want a great quality of life

- To feel great every morning
- To be able to do the things we want
- To look great and feel strong at any age

Our complex bodies depend on trillions of cells. To live and function well, each cell must be fuelled properly. And when our cells are healthy, so are we.

### Nutrients in Our Diets

The primary fuel for our bodies comes from nutrients in the food we eat—without them, a high quality of life stays beyond our reach. Sadly, in today's hectic lifestyles, only 11% of Americans meet USDA guidelines for fruit and vegetable intake.

Even when we try to eat right, we find that today's fresh produce may contain far fewer nutrients than the produce of our grandparents' days. Modern farming techniques have shifted the focus from quality to quantity. Some scientific research indicates that you'd have to eat almost 10 oranges to get the same level of vitamin A that your grandparents got from one orange. Two peaches in 1951 supplied the RDA of vitamin A for adult women. Today, a study suggests that would take **53 peaches!**\*

It's no wonder that some of us may no longer understand what "feeling great" really means. Mannatech delivers the gift of hope for a better quality of life.

### Intelligent Supplementation™

As a global leader in wellness, recognized for our innovations and technologies, Mannatech's mission is to spread the gift of wellness around the world. Mannatech devised an *Intelligent Supplementation™* philosophy. We search the world to find the best ingredients and formulate products with the right balance of nutrients. Our research team has developed cutting-edge, proprietary wellness technologies in three of the main areas of consumer concern: health, weight and fitness, and skin.

### Optimal Health System

Mannatech pioneered the development of the world's first glyconutritional dietary supplement, Ambrotose® complex, a blend of plant-based polysaccharides, in 1996. Ambrotose® complex is the cornerstone of our Optimal Health System, a complete, proprietary line of wellness and nutritional products designed to help boost the body's ability to stay healthy.\*\* It offers advanced forms of vitamin and mineral technology, antioxidant protection, and endocrine support\*\*.

### The Mannatech Optimal Skin Care System™

Mannatech's Optimal Skin Care System is a proprietary, water-based system, formulated without paraben preservatives\*\*\* that is designed to nourish, hydrate and revitalize skin.

### Optimal Weight and Fitness

In 1999, Mannatech pioneered a comprehensive weight-management system based on the glycemic index, which has become a mainstay in effective weight management around the world. Mannatech's Optimal Weight and Fitness products, along with a proper diet and exercise, help to build lean muscle, and take off unwanted fat.

### The Culture of Giving

For many, quality of life can mean finding work with purpose and, ultimately, greater financial freedom. Mannatech believes in Authentic Success—the kind that comes from focusing on the value we offer to others and being of service.

From doctors and educators to single parents and corporate executives, our Associates share a passion and commitment to making a difference in the lives of others.

Through our advanced wellness technologies, Mannatech can best serve these needs. We invite you to join those who are already experiencing Mannatech's gifts of hope, health and opportunity.

\*\*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.

\* Jeffrey Christian. "CHARTS: Nutrients Changes in Vegetables and Fruits, 1951 to 1999." July 5, 2002. CTV.ca,

\*\*\*No added parabens