

Weight Management Products

Finally – a weight-management system that not only helps take off unwanted fat, but helps to keep it from returning! The GlycoLEAN® Body System from Mannatech offers weight management ‘for the real world.’ When combined with sensible eating and regular exercise/physical activity, GlycoLEAN® products help you lose fat and build lean muscle to achieve a healthy, attractive body.*

Ten Rules of Low-Glycaemic Eating

- Eat foods in their natural state whenever possible.
- Eat foods that are hard to digest.
- Eat foods that are high in fibre.
- Don't use artificial sweeteners.
- Don't eat fried foods.
- Avoid white foods.
- Drink sufficient water.
- Time your food intake.
- Don't mix fad diet principles.
- Make a commitment to yourself to be healthy for life.



Activity and Healthy Eating

The GlycoLEAN® lifestyle starts with daily physical activity and a low-glycaemic food plan. That means you commit to regular daily activity and eating low-glycaemic foods – foods that help keep blood sugar that is already within normal limits stable, which is essential to burning fat.*

Proper nutrition and regular exercise are essential to achieving your desired lean physique. Medical authorities recommend a weight loss of no more than 1-1.5 kgs. or 1.5% body fat per week. These results may not represent those of the typical user. The GlycoLEAN® Body System is intended to supplement your low-glycaemic nutrition and exercise/activity programme.

***Mannatech nutritional products are designed to maintain health and general well-being. Mannatech's nutritional products are not promoted for the prevention, treatment, or cure of any disease and are not intended to substitute for a doctor's care or for proven medical therapy.**

GlycoSlim® Meal Replacement Drink Mix

GlycoSlim® Meal Replacement Drink Mixes are tasty, low-glycaemic and contains the nutrients your body needs to feel full and satisfied. Available in both Chocolate and Vanilla flavours, GlycoSlim® Meal Replacement Drink Mixes are a delicious nutritional breakthrough.

These appetising meal replacement drink mixes contain various nutrients, including non-GMO soy protein and low-glycaemic carbohydrates and are formulated to help you feel satisfied. In addition, they include excellent sources of the essential fatty acids (beneficial fats) that you need for optimal health.

Unlike others, our drink mixes are low-glycaemic with a glycaemic index of 36 in skimmed milk and 33 in water. Plus they contain none of the artificial flavours, colours, sweeteners or preservatives often found in many commercial products.

GlycoSlim® Meal Replacement Drink Mixes – a fantastic, nutritionally balanced treat for people with busy lifestyles.



About GlycoSlim® Meal Replacement Drink Mixes:

- Help you feel satisfied.
- Won't stimulate the release of insulin that helps promote hunger.

Recommended use: As part of Mannatech's GlycoLEAN® Body System, enjoy GlycoSlim® Meal Replacement Drink Mix in place of one meal or between meals to help curb your appetite. Simply add two (2) level scoops of GlycoSlim® Meal Replacement Drink Mix to either 250 ml of water or skimmed milk and mix.

GlycoSlim® Meal Replacement Drink Mix

590 g	Product Number 11504
Chocolate	
Retail Cost	£21.30
Member Cost	£20.25
Associate Cost	£19.25

564 g	Product Number 11604
Vanilla	
Retail Cost	£21.30
Member Cost	£20.25
Associate Cost	£19.25



Vanilla

Nutrition Facts

Serving Size 2 Level Scoops (37.6 g)
Servings Per Container 15

NUTRITIONAL INFORMATION: This container provides 15 servings.

Average values:	per 100 g	per 37.6 g serving	+296 ml skimmed milk
Energy	1909 kJ	1140 kJ	
	456 kcal	273 kcal	
Protein	22 g	18 g	
Carbohydrate	53 g	35 g	
of which sugars	25 g	24 g	
Fat	18 g	7 g	
of which saturates	2 g	1 g	
Fibref	6 g	2 g	
Sodium	473 mg	347 mg	

	per 100 g	% RDA per 100 g (required)	per 37.6 g serving + 296 ml skimmed milk	% RDA per serving
Vitamin A (from beta carotene)	550 µg	69	210 µg	26
Vitamin D	4.0 µg	80	1.5 µg	30
Vitamin E	12 mg	120	4.6 mg	46
Vitamin C	48 mg	80	21 mg	35
Thiamin	2.0 mg	143	0.87 mg	62
Riboflavin	1.3 mg	81	1.1 mg	69
Niacin	28 mg	136	11 mg	61
Vitamin B6	1.6 mg	80	0.76 mg	38
Folic Acid	319 µg	160	138 µg	69
Vitamin B12	0.0 µg	0	1.2 µg	120
Biotin	0.20 mg	133	0.08 mg	53
Pantothenic Acid	4.6 mg	77	2.7 mg	45
Calcium	359 mg	45	502 mg	63
Phosphorus	279 mg	35	395 mg	49
Iron	13 mg	93	5.2 mg	37
Magnesium	253 mg	84	130 mg	43
Zinc	15 mg	100	6.7 mg	45
Iodine	205 µg	137	124 µg	83
Copper	2.7 mg	*	1.0 mg	*
Manganese	2.7 mg	*	1.0 mg	*
Potassium	208 mg	*	537 mg	*
Selenium	40 µg	*	18 µg	*
Chromium	27 µg	*	10 µg	*
Molybdenum	101 µg	*	38 µg	*

RDA = Recommended Daily Allowance; * indicates no RDA; † indicates by AOAC

Ingredients: Safflower oil (non-hydrogenated safflower oil, corn syrup solids, sodium caseinate (from milk), dipotassium phosphate, mono and diglycerides, soybean lecithin, antioxidant: tocopherol-rich extract, natural flavours, silicon dioxide), soy protein isolate, fructose, maltodextrin, fructo-oligosaccharides (soy extract, potato starch), dicalcium phosphate, natural vanilla flavour (dextrose, corn starch, natural flavour (dextrose, modified starch), thickeners (sodium carboxymethyl cellulose, xanthan gum, carrageenan), magnesium oxide, beta-carotene (partially hydrogenated soybean oil, acacia sum, sucrose, maltodextrin, antioxidant: alpha tocopherol, sodium ascorbate), sodium chloride, anti-caking agent (silicon dioxide), dipotassium phosphate, vitamin C, sodium molybdate (dicalcium phosphate, silicon dioxide, magnesium stearate), zinc citrate, ferrous fumarate, niacinamide, vitamin E (silicon dioxide, acacia gum), biotin (dicalcium phosphate), rice protein concentrate, manganese sulphate, copper citrate, d-calcium pantothenate, flaxseed powder, pea protein concentrate, vitamin B 6 (cellulose), vitamin B 1, sodium selenate (dicalcium phosphate), vitamin D 3 (maltodextrin, dextrin, vegetable oil, BHT), vitamin B 2, folic acid, potassium iodide, chromium chloride.

This product contains no artificial sweeteners or preservatives and no artificial colours.

Chocolate

Nutrition Facts

Serving Size 2 Level Scoops (39.3 g)
Servings Per Container 15

NUTRITIONAL INFORMATION: This container provides 15 servings.

Average values:	per 100 g	per 39.3 g serving	+296 ml skimmed milk
Energy	1895 kJ	1167 kJ	
	453 kcal	279 kcal	
Protein	23 g	19 g	
Carbohydrate	51 g	35 g	
of which sugars	20 g	23 g	
Fat	18 g	7.2 g	
of which saturates	2 g	1 g	
Fibref	9 g	3 g	
Sodium	437 mg	341 mg	

	per 100 g	% RDA per 100 g (required)	per 39.3 g serving + 296 ml skimmed milk	% RDA per serving
Vitamin A (from beta carotene)	527 µg	66	210 µg	26
Vitamin D	3.8 µg	76	1.5 µg	30
Vitamin E	12 mg	120	4.6 mg	46
Vitamin C	48 mg	77	21 mg	35
Thiamin	1.9 mg	136	0.87 mg	62
Riboflavin	1.3 mg	81	1.1 mg	69
Niacin	27 mg	150	11 mg	61
Vitamin B6	1.5 mg	75	0.76 mg	38
Folic Acid	305 µg	152	138 µg	69
Vitamin B12	0.0 µg	0	1.2 µg	120
Biotin	0.19 mg	127	0.08 mg	53
Pantothenic Acid	4.4 mg	73	2.7 mg	45
Calcium	346 mg	43	503 mg	63
Phosphorus	305 mg	38	410 mg	51
Iron	13 mg	93	5.2 mg	37
Magnesium	242 mg	81	130 mg	43
Zinc	14 mg	93	6.7 mg	45
Iodine	196 µg	131	124 µg	83
Copper	2.5 mg	*	1.0 mg	*
Manganese	2.6 mg	*	1.0 mg	*
Potassium	375 mg	*	606 mg	*
Selenium	38 µg	*	18 µg	*
Chromium	26 µg	*	10 µg	*
Molybdenum	95 µg	*	38 µg	*

RDA = Recommended Daily Allowance; * indicates no RDA; † indicates by AOAC

Ingredients: Safflower oil (non-hydrogenated safflower oil, corn syrup solids, sodium caseinate (from milk), dipotassium phosphate, mono and diglycerides, soybean lecithin, antioxidant: tocopherol-rich extract, natural flavours, silicon dioxide), soy protein isolate, fructose, maltodextrin, cocoa powder, fructo-oligosaccharides (soy extract, potato starch), dicalcium phosphate, natural vanilla flavour (dextrose, corn starch, natural flavour (dextrose, modified starch), thickeners (sodium carboxymethyl cellulose, xanthan gum, carrageenan), magnesium oxide, beta-carotene (partially hydrogenated soybean oil, acacia sum, sucrose, maltodextrin, antioxidant: alpha tocopherol, sodium ascorbate), sodium chloride, anti-caking agent: silicon dioxide, vitamin C, sodium molybdate (dicalcium phosphate, silicon dioxide, magnesium stearate), zinc citrate, ferrous fumarate, niacinamide, vitamin E concentrate, manganese sulphate, copper citrate, d-calcium pantothenate, flaxseed powder, pea protein concentrate, vitamin B 6 (cellulose), vitamin B 1, sodium selenate (dicalcium phosphate), vitamin D 3 (maltodextrin, dextrin, vegetable oil, BHT), vitamin B 2, folic acid, potassium iodide, chromium chloride.