



OsoLean™ Plan

MannatechOsoLean.com

Mannatech™

Enriching Quality of Life™

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†Notice: Use only as directed in accompanying OsoLean™ plan. OsoLean™ powder alone has not been shown to result in weight loss, but when it is used as directed, aids in fat reduction. Do not use in diets supplying less than 400 calories (1674 kJ) per day without medical supervision.



The OsoLean™ Plan— An Introduction and Overview

Welcome to the OsoLean™ Plan

It's not just about the pounds you lose.

It's about losing fat.*

It's about tossing out your scale and trusting your tape measure.

It's about dropping a dress size, tightening your belt another notch or getting into that perfect pair of jeans.

Or maybe it's about just maintaining your current body size.

No matter what your goal, it all comes down to living a healthier lifestyle.

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On the OsoLean™ Plan, You're on Your Way to a Better You!

OsoLean™ powder is the shape of things to come. It's all natural and mixes with the foods and beverages you already enjoy. Best of all, OsoLean™ powder has been shown in a clinical study to help target fat loss and spare lean muscle when combined with the OsoLean™ Plan and proper exercise.*



Here's what people already on the OsoLean™ Plan are saying:

*"I used OsoLean™ powder and in two months' time lost a whole pant size. I don't even know how many inches I lost. I don't have to lie on my back to zip up my jeans any more. That, for me, is just so awesome!" ***

—Anne McCann, Mannatech Presidential Director

*"It's so much fun when people that haven't seen me for months have said, 'Ray, what happened to you?' And I've been saying, 'I am losing fat.' I am taking a product 20 minutes before breakfast, 20 minutes before my evening meal, and the fat is just melting away. I am shaping myself to be a whole new, different person." ***

—Ray Robbins, Mannatech Platinum Presidential Director

**OsoLean™ powder should be used in conjunction with a reduced-calorie diet such as the OsoLean™ Plan and proper exercise.

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It's Important to Lose Fat, Not Just Weight

As adults mature, their bodies tend to hold onto excess body fat. This is because the natural aging process slows down the resting metabolic rate. When your metabolism slows down, you burn fewer calories.

To lose fat that's been stored in your body, you'll need to boost your metabolism.

A higher percentage of protein as part of a reduced-calorie diet can help you lose fat without sacrificing muscle mass.* And by maintaining lean muscle, you can maintain body strength and keep your metabolism high, which in turn burns more calories.

OsoLean™ powder is the ideal supplement because it includes whey protein and calcium from milk—which have been shown in a clinical study to promote fat loss while maintaining muscle in

combination with a reduced-calorie diet and proper exercise.*

In addition, most diet plans or meal replacement drinks include synthetic flavors and sweeteners, preservatives and unnecessary calories. OsoLean™ powder is different. OsoLean™ powder is all-natural, with no preservatives or fillers. OsoLean™ powder also provides you with 20% of the daily value of protein and 22% of the daily value of calcium per serving.

"I exercise fairly regularly, and I do not want to lose any of the muscle mass that I have worked hard to gain. It is tough to cut 500 calories out of my diet, but this product makes it easier by keeping me fuller on fewer calories and it helps to keep me from losing a lot of my muscle mass."

—Morgan Barg, Mannatech R&D Scientist

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The OsoLean™ Plan Does What No Diet Can Do

With so many products claiming to help you be healthier or have a better body, how do you know which ones work and which is right for you? All-natural OsoLean™ powder from Mannatech works as part of a smart lifestyle management choice.

When you are trying to lose weight, you don't want to lose muscle. You want to lose fat.

OsoLean™ powder is backed by two compelling studies:

Clinical Study:

Two groups participated in this study. Both reduced their daily intake by 500 calories (2093 kJ); one group added OsoLean™ powder every day. Although both groups lost about the same amount of weight, participants who used OsoLean™ powder lost almost twice as much fat as those who only dieted.*

In the reduced-calorie diet, half the weight lost was fat and half was muscle. By adding OsoLean™ powder, almost three quarters of the weight lost was fat!*

On average, participants taking OsoLean™ powder lost 6.1% of their body fat.*

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Open Label Study:

After taking OsoLean™ powder for 8 weeks, participants in the study lost an average of 2.5 inches around their waists and almost 1 point on their BMIs. Some participants also had more energy and better appetite control, a definite plus when you're watching what you eat.*

"I have been on the OsoLean™ Plan for eight weeks, and I started immediately noticing that I was getting smaller and my clothes fit better. It was just an incredible feeling that I could have the figure I had when I was very young. I lost five inches in my midriff, and I lost inches in my bust and inches in my hips. That's pretty exciting. And I bought a size two—I've never worn a size two."

—Carolyn Hough, Mannatech
Silver Presidential Director

The OsoLean™ Powder Difference— Advanced Peptide Technology

OsoLean™ powder is much more than just a typical whey protein.

OsoLean™ powder is a specially formulated whey protein blend that includes an advanced protein peptide technology. Through a patented process, specific parts of whey protein, called peptides, are separated and concentrated to ensure the optimal level of fat-loss peptides.* These peptides are blended with calcium-rich minerals from whey to make OsoLean™ powder.

OsoLean™ powder also includes an essential glyconutrient called sialic acid (or N-acetylneuraminic acid). Sialic acid is a sugar found in glycoproteins.

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OsoLean™ powder has been clinically tested and is a reliable supplement for those who are ready to take control of managing their weight.

"Since I started on the OsoLean™ Plan, I've lost four-and-a-half inches from my waist, and I'm kind of a detail person so I wanted to see where else the inches were falling. I lost an inch on each arm and also a couple of inches off abs and hips, and those were the key areas that I really felt needed to be adjusted. So it really worked well."

—Paula Underwood, Mannatech Bronze
Presidential Director

"The OsoLean™ Plan was exciting because here was something I could really do and a way to do fat loss, not necessarily weight loss. . . I did it properly twice a day, 20 minutes before eating and I actually have control of that. It works. It worked quite well. I lost about three-and-a-half inches around my belly in about six weeks."

—Robert Hooper, Mannatech
Silver Presidential Director

Your Journey Starts Now

Finally, a healthy weight management solution that works with your lifestyle!

OsoLean™ powder fits right where you are right now. You can choose what to mix it into, rather than it being decided for you. And incorporating OsoLean™ powder into your lifestyle couldn't be simpler.

Directions for Use:

Just mix 2 scoops (12.2 grams) with 8 fluid ounces of liquid or add to food twice daily.

Recommended Directions for Use:

For best results take OsoLean™ powder with 8 fluid ounces of liquid 20 minutes before breakfast and 20 minutes before dinner. You'll find that it:

- curbs your appetite*
- helps you feel full*

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All-natural OsoLean™ powder is ready to mix and ready to start working. Just mix it into your favorite hot or cold beverages, or add it to the foods you like. OsoLean™ powder works well and it works with you.

Tasty Ways To Take OsoLean™ Powder

When you add OsoLean™ powder to water, it may remind you of skim milk or another dairy product. If that's not a taste you prefer, it's easy to experiment with various beverages or foods to find what works best for you.

The flavor of OsoLean™ powder also blends well in soy products or strongly flavored drinks. Try adding OsoLean™ powder to milk, cereal or vegetable juice. Or try oatmeal, applesauce, low-cal pudding or yogurt.

If you drink coffee, try OsoLean™ powder in place of creamer. It's much lower in calories and provides a similar taste. OsoLean™ powder also creates a

naturally frothy topping for those who make their own lattes.

"What I settled on that I really love is AmbroStart® drink. I put OsoLean™ powder in my AmbroStart® drink in the morning, and I think that was the best."

—Paula Underwood, Mannatech Bronze
Presidential Director

"I blended it originally with grapefruit juice and would have that in the morning."

—Robert Hooper, Mannatech
Silver Presidential Director

"I just put it in a small amount of milk in the morning and started my day off with it that way; that just got to be my favorite."

—Anne McCann, Mannatech
Presidential Director

The OsoLean™ Plan

The best meal plan is one that's flexible to meet your needs and customizable to fit your lifestyle. The OsoLean™ Plan is both.

OsoLean™ powder helps you lose fat while maintaining lean muscle mass when used as part of the OsoLean™ Plan, which includes a reduced calorie eating plan, along with proper exercise.*

Of course, as with any program that helps you manage your weight, it takes real commitment and effort to reach your desired results. The OsoLean™ Plan can truly help, but you won't get there if you increase calories, binge several times a week or don't exercise.

Simple Steps To Cutting Calories†

A food diary is a great way to find out just how much you eat every day. In a small notebook, write down everything you eat and drink for one week before

you begin the OsoLean™ Plan. Don't forget snacks! Then calculate how many calories you really eat every day. Reducing your daily intake by 500 calories (2093 kJ) may sound like a huge amount, but it really isn't.‡

"When I kept a food diary, I could not believe the number of calories I was getting that I wasn't even counting. Once I figured out where they were coming from, it was really easy to eliminate 500 calories a day."

—Paula Underwood, Mannatech Bronze
Presidential Director

‡We highly recommend that women maintain a diet of at least 1,200 calories (5024 kJ) per day and that men maintain a diet of at least 1,500 calories (6280 kJ) per day. Before starting any reduced-calorie program, consult your healthcare professional.

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To easily reduce calories during the day, add OsoLean™ powder to GlycoSlim® meal replacement drink mix. Since milk and milk protein are low-glycemic, OsoLean™ powder makes a great addition to a low-glycemic lifestyle!

If you're already dieting or on a weight management program, adding OsoLean™ powder to your daily diet may further increase the ratio of protein to carbohydrates.

Quick tips to help curb your calorie count:

- Do not eat after 8 pm
- Switch from sodas to water. Try adding a slice of lemon or lime for flavor!
- Cut back on bread and other high-carb items (chips, crackers, cookies, etc.)
- Snack on nuts or veggies, not chips and cookies

Choose to live healthy—supplement your diet the all-natural way. Believe in yourself, and let OsoLean™ powder help make the difference.

*OsoLean™ powder should be taken in conjunction with a reduced-calorie meal plan, such as the OsoLean™ Plan. Women and men differ in caloric needs. Two examples of recommended meal plans—one for women, one for men—appear on the following pages. Use OsoLean™ powder with these or similar plans, remember to get daily physical activity, and watch the fat begin to disappear.**



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The OsoLean™ Meal Plan for Women

Here's a sample OsoLean™ Plan for a moderately active woman, 31–50 years old, who is trying to lose one pound per week. This woman needs about 2,000 calories (8373kJ) per day to maintain her current weight. To lose fat with OsoLean™ powder, she should cut 500 calories (2093 kJ) a day from her diet.*



	Morning Meal	Mid-Morning Snack	Mid-Day Meal	Mid-Afternoon Snack	Evening Meal	Total Servings per Day
OsoLean™ powder (20 minutes before)						
Whole-Grain Bread, Cereal, Pasta	1	1	1		2	5
Fruit	1	1		1		3
Vegetables			1		2	3
Protein			1			1
Fat-Free or Low-Fat Dairy	1			1		2
Healthy Fats**		1	1		1	3
Total Servings per Meal	3	3	4	2	5	17

This meal plan for women includes approximately 1,500 calories (6280 kJ) each day
 **Examples of "healthy" fats include nuts, avocados, peanut butter, vegetable oil and olive oil.



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The OsoLean™ Meal Plan for Men

Here's a sample meal plan for a moderately active man, 31–50 years old, who is trying to lose one pound per week. This man needs an estimated 2,500 calories (10,467 kJ) per day to maintain his current weight. To lose fat with OsoLean™ powder, he should cut 500 calories (2093 kJ) per day from his diet.*



	Morning Meal	Mid-Morning Snack	Mid-Day Meal	Mid-Afternoon Snack	Evening Meal	Total Servings per Day
OsoLean™ powder (20 minutes before)		2 scoops 			2 scoops 	
Whole-Grain Bread, Cereal, Pasta	2	1	2		1	6
Fruit	1	2		1		4
Vegetables			2	1	2	5
Protein			1		1	2
Fat-Free or Low-Fat Dairy	1				1	2
Healthy Fats**	1		2		1	4
Total Servings per Meal	5	3	7	2	6	23

This meal plan for men includes approximately 2,000 calories (8373 kJ) each day
 **Examples of "healthy" fats include nuts, avocados, peanut butter, vegetable oil and olive oil.

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Variety is the Spice of Life!

It's important to include a variety of foods in your daily diet. Eat lots of colorful fruits and vegetables—at least 5 per day.

Examples of one serving of each food group are:

Whole-grain bread, cereal or pasta

- 1 slice bread or 1 small muffin
- ½ cup cooked pasta or brown rice
- ½ cup cooked cereal, such as oatmeal
- 1 cup cereal flakes

Fruits and vegetables

- ½ cup raw or cooked fruits or vegetables
- ½ cup fruit or vegetable juice
- 1 cup leafy greens

Protein

- 3 ounces cooked meat, poultry or fish
- ½ cup cooked beans or tofu
- 3 ounces seeds or nuts

Fat-free or low-fat dairy

- 1 cup milk or yogurt
- 1 ½ ounces of cheese

No one food contains all of the nutrients that you need every day. To make sure your body gets the nutrients it needs, be sure to add PhytoMatrix™ caplets.



OsoLean™ Powder is the Perfect Complement to the GlycoLEAN® Body System

Products in the GlycoLEAN® Body System:

GlycoSlim® meal replacement drink mix
– helps you cut calories

Fiber Slim™ capsules
– helps you feel full*

Accelerator3™ capsules
– boosts metabolism*

And now, something to help even more:
NEW! OsoLean™ whey protein supplement
Target Fat Loss™*



If you're already using the GlycoLEAN® Body System, here is a great example of how you might incorporate OsoLean™ powder:

Before Breakfast: 1 serving of OsoLean™ powder

Breakfast: 1 GlycoSlim® meal replacement shake,
2 Accelerator3™ capsules

Before Lunch: 3 FiberSlim™ capsules

Lunch: 2 Accelerator3™ capsules and a healthy lunch

Snack: 1 GlycoSlim® meal replacement shake

Before Dinner: 3 FiberSlim™ capsules and 1 serving
of OsoLean™ powder

Dinner: A healthy dinner

*"I take it in the morning in my coffee and before dinner
in ½ serving of chocolate GlycoSlim® drink."**

—Morgan Barg, Mannatech R&D Scientist

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Simple Steps to Increase Your Activity

It's important to be active while you're watching your weight. Aim for at least 30 minutes of physical activity, five days a week—or even every day!

If 30 minutes of activity at one time is too much, you can break it up into 10-minute segments. Walk the dog in the morning, take a walk around the office at lunch, then walk the dog again when you get home.

Quick tips to help boost your activity:

- Take the stairs!
- Walk across the building to talk to your coworkers, instead of sending an e-mail
- Stand up while you talk on the phone
- Park further away when you go to the grocery store





Measuring Your Success

To stay on target, track your progress from the very beginning. Use these four easy steps to get going, then just chart your progress once a week after that.

Start now and you'll be on your way!

Step 1 - Height

Record your height without shoes, standing on a flat surface, with your chin level and facing straight ahead.

Step 2 - Weight

Weigh yourself wearing only shorts and a t-shirt. Use a standard bathroom scale and record to the nearest pound.



Tracking Log

	week 1	week 2	week 3	week 4
Height		n/a	n/a	n/a
Weight				
Body mass index				
Waist circumference				

Step 3 - Body Mass Index (BMI)

Body Mass Index, is an estimate of body fat and muscle mass.

BMI is calculated as weight in pounds, divided by height in inches squared, multiplied by 703.

Example: BMI for someone weighing 150 lbs and 5'-7" tall (or 67 inches)

$$\text{BMI} = 150 / (67 \times 67) \times 703 = 23.5$$

Step 4 – Waist Circumference

Measure your waist, midway between the bottom of your rib cage and top of your hip joint. Hold a tape measure against your skin and keep it parallel to the floor. Record this measurement after a normal exhale.

BMI	Weight Status
18.4 and Below	Underweight
18.5 - 24.9	Normal
25.0 and Above	Overweight

week 5	week 6	week 7	week 8
n/a	n/a	n/a	n/a

FAQs

What is OsoLean™ powder?

OsoLean™ powder is an all-natural, protein blend that in a clinical test helped target fat loss while sparing lean muscle, when combined with a reduced-calorie diet such as the OsoLean™ Plan and proper exercise.*

What ingredients are in OsoLean™ powder?

OsoLean™ powder is a specially formulated whey protein blend that includes an advanced protein peptide technology, which helps the body burn fat while maintaining lean muscle.*

What does OsoLean™ powder taste like?

OsoLean™ powder tastes similar to dairy products such as skim milk.

How do I use the product?

Mix 2 scoops (12.2 grams) in 8 fluid ounces of liquid or add to food twice daily. For best results, take OsoLean™ powder with 8 fluid ounces of liquid 20 minutes before breakfast and 20 minutes before dinner. OsoLean™ powder can be mixed directly into beverages and sprinkled over foods.

What can I mix the product in?

OsoLean™ powder mixes well with virtually anything. It goes well with beverages such as coffee, milk, meal replacement shakes and fruit juices—even plain water. OsoLean™ powder also mixes well with cereal, yogurt, soups and salad dressings.

Can I use it in meals?

Yes! OsoLean™ powder blends perfectly with countless foods right before serving. However, for best results we suggest using the recommended directions for use.

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How is OsoLean™ powder different from ordinary whey proteins?

Most whey protein is simply that, whey. In developing OsoLean™ powder, Mannatech secured a patented process where specific parts of whey protein, called peptides, are separated and concentrated to ensure the optimal level of fat-loss peptides.* This makes it different from any other whey. OsoLean™ powder also contains sialic acid, a sugar found in glycoproteins.

Where can I find out more information about OsoLean™ powder?

Please contact Mannatech Customer Service at 972.471.8111 or send an e-mail to **custserv@mannatech.com**. Put "OsoLean" in the subject line.

Additional information is located on **MannatechOsoLean.com**

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