

LOSE THE FAT

OSOLEAN™ PLAN

AN INTRODUCTION AND OVERVIEW



 MANNATECH.

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THE OSOLEAN PLAN—AN INTRODUCTION AND OVERVIEW



Welcome to the OsoLean Plan. It's not just about the kilograms 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.

It's Important to Lose Fat, Not Just Weight

As adults age, their bodies tend to hold onto excess body fat. This is because the natural ageing process tends to slow down the resting metabolic rate. When your metabolism slows down, you burn fewer kilojoules.

To lose fat that's been stored in your body, you'll need to consider a reduced-kilojoule diet and increasing your energy expenditure with proper exercise.

A higher percentage of protein, as part of a reduced-kilojoule diet, may help you lose fat without sacrificing muscle mass. Maintaining lean muscle mass helps to maintain body strength and your metabolic rate, which in turn burns more kilojoules.

Our OsoLean powder is an ideal supplement that includes whey protein and calcium from milk. It's been shown in a clinical study to promote fat loss while maintaining muscle in combination with a reduced-kilojoule diet and proper exercise.

Unlike many other protein-powder drinks, OsoLean powder does not contain any artificial flavourants or sweeteners, and is free from preservatives and fillers. The OsoLean powder also provides you with 20% of the Daily Value of protein and 22% of the Daily Value of calcium per serving.



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

The effects of OsoLean powder are supported by a published clinical study:

- + Two groups participated in this study. Both reduced their daily intake by 2,093 kilojoules; 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-kilojoule 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.

What the OsoLean Plan Can Do for You

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? Mannatech's naturally derived OsoLean powder works as part of smart lifestyle choices.





Your Journey Starts Now

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

The 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 (240 ml) of liquid or add to food twice daily.

Recommended Directions for Use:

For best results, take OsoLean powder with 8 fluid ounces (240 ml) of liquid 20 minutes before breakfast and 20 minutes before dinner. You'll find that it helps you feel full.

Naturally derived and gluten free, OsoLean powder is ready to mix and start working. Just combine it with your favorite hot or cold beverages, or add it to the foods you like. Our 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 kilojoules and provides a similar taste. The OsoLean powder also creates a naturally frothy topping for those who make their own lattes.



The OsoLean Plan

The best meal plan is one that's flexible and customisable 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-kilojoule 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 kilojoules, binge several times a week or don't exercise.

[†]Notice: Use only as directed in the accompanying OsoLean Plan. The OsoLean powder is only effective in helping reduce fat when used with the OsoLean Plan.

[‡]We highly recommend maintaining a diet of at least 2,940 kilojoules per day. Before starting any reduced-kilojoule program, consult your healthcare professional.

Simple Steps to Cutting Kilojoules[†]

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 kilojoules you really eat every day. Reducing your daily intake by 2,093 kilojoules may sound like a huge amount, but it really isn't.[‡]



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 kilojoule count:

- Do not eat after 8 pm.
- Switch from sodas to water. Try adding a slice of lemon or lime for flavor!
- Snack on nuts or veggies, not chips and cookies.

Choose to live healthy. Believe in yourself, and let OsoLean powder help make the difference.










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



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 8,373 kilojoules per day to maintain her current weight. To lose fat with OsoLean powder, she should cut 2,093 kilojoules 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)	2 scoops				2 scoops	
 Whole-Grain Bread, Cereal, Pasta	1	1	1	1		4
 Fruit	1	1		1		3
 Vegetables			1		2	3
 Protein			1		1	2
 Fat-Free or Low-Fat Dairy	1					1
 Healthy Fats*		1	1	1	1	4
Total Servings per Meal	3	3	4	3	4	17

This meal plan for women includes approximately 6,280 kilojoules each day.
 *Examples of "healthy" fats include nuts, avocados, peanut butter, vegetable oil and olive oil.

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 10,467 kilojoules per day to maintain his current weight. To lose fat with OsoLean powder, he should cut 2,093 kilojoules 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		2	7
 Fruit	1	1		1		3
 Vegetables			1	1	2	4
 Protein			1		1	2
 Fat-Free or Low-Fat Dairy	1	½		½		2
 Healthy Fats*	1		2	1	1	5
Total Servings per Meal	5	2½	6	3½	6	23

This meal plan for men includes approximately 8,373 kilojoules each day.
 *Examples of "healthy" fats include nuts, avocados, peanut butter, vegetable oil and olive oil.

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 of bread or 1 small muffin
- 70 grams of cooked pasta
- 121 grams of cooked cereal, such as oatmeal
- 40 grams of cereal flakes

Fruits and vegetables

- 88 grams of raw broccoli
- 1 medium orange
- 56 grams of lettuce

Protein

- 90 grams of cooked meat, poultry or fish
- 63 grams of cooked beans
- 126 grams of tofu
- 45 grams of nuts or seeds

Fat-free or low-fat dairy

- 44 grams of milk or yogurt
- 43 grams of cheese

No one food contains all of the nutrients you need every day. To help ensure your body gets the micronutrients it requires, take PhytoMatrix® caplets on a daily basis.



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.

*Please consult your healthcare practitioner before starting any new exercise routine.





You may do more daily physical activity than you think. Common chores count as moderate activity, too!

- Gardening for 30-45 minutes.
- Shoveling snow for 15 minutes.
- Raking leaves for 30 minutes.
- Washing and waxing your car for 45–60 minutes.

Be sure to stay active. Every little bit counts!

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 1/2 kilogram.

Step 3—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.

Tracking Log

	Week One	Week Two	Week Three	Week Four	Week Five	Week Six	Week Seven	Week Eight
Height		n/a	n/a	n/a	n/a	n/a	n/a	n/a
Weight								
Waist Circumference								

FAQs

What is OsoLean powder?

OsoLean powder is naturally derived, gluten-free protein blend that, in a clinical test, helped target fat loss while sparing lean muscle when combined with a reduced-kilojoule diet such as the OsoLean Plan and proper exercise.

Is the soy lecithin in the product made without genetically modified DNA?

Yes!

How do I use the product?

Mix 2 scoops (12.2 grams) in 240 ml of liquid or add to food twice daily. For best results, take OsoLean powder with 240 ml of liquid 20 minutes before breakfast and 20 minutes before dinner. The OsoLean powder can be mixed directly into beverages and sprinkled over foods.

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 these components. This makes it different from any other whey. The OsoLean powder also contains sialic acid, a sugar found in glycoproteins.

How much protein is in OsoLean powder?

Each serving (2 scoops) contains 10 grams of protein.

I'm lactose intolerant. Can I use OsoLean powder?

There is a small amount of lactose in OsoLean powder, but it is significantly less than what is found in an 8 oz. glass of milk. Since the effects of lactose intolerance vary with each person, use of this product should be discussed with your personal healthcare professional.

Where can I find out more information about OsoLean powder?

Please contact Mannatech Customer Service at 0800 981 117 or send an e-mail to custserv@mannatech.com. Put "OsoLean" in the subject line.



Satisfaction guarantee! Mannatech guarantees your full satisfaction. If not completely satisfied, contact Customer Service and return the product within 90 days for a full refund.

www.mannatech.com

Customer Service: 0800 981 117. For distribution in South Africa only.

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