MANNATECH®

# Living Well with Glycans

Your Guide to Ambrotose Complex powder and Ambrotose LIFE powder

Living well may mean keeping up with your family, exploring somewhere new or enjoying the routines you love. Your approach to longevity begins with the choices you make today.

## 1 Meet Ambrotose

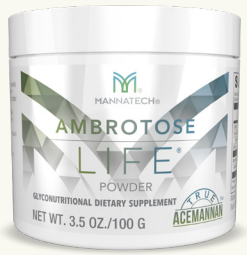
Ambrotose is Mannatech's multi-glycan supplement. Available as Ambrotose Complex powder or Ambrotose LIFE powder, it brings together several glycan sources, including Manapol® aloe vera extract.

## 2 Understand Glycans

Glycans are carbohydrate structures made from sugar units. In the body, they help cells recognize and interact with one another. Some form long chains called polysaccharides, including acemannan in aloe vera.

# Two formulas. Shared benefits.

**Ambrotose Complex powder:** original formula.
**Ambrotose LIFE powder:** expanded formula.

| | Ambrotose® Complex powder | Ambrotose LIFE® powder |
|---|---|---|
| |  |  |
| Healthy cellular communication* | ✓ | ✓ |
| Immune function* | ✓ | ✓ |
| Digestive health* | ✓ | ✓ |
| Cognitive function*† | ✓ | ✓ |

Explore the formula differences on page 2.

Checkmarks indicate shared benefit categories, not equivalent effects.
†Ambrotose LIFE powder cognitive support claim is based on a 4 g daily intake. Follow your product label.

*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.

# Find your Ambrotose formula

## The shared foundation

Both powders include Manapol® aloe vera extract, arabinogalactan, vegetarian glucosamine and gum tragacanth.

### Ambrotose® Complex powder
The original multi-glycan formula




### Ambrotose LIFE® powder
The expanded multi-glycan formula




| Compare the powders | Ambrotose® Complex powder | Ambrotose LIFE® powder |
|---|---|---|
| Rice ingredient | Rice starch | Rice bran |
| Modified citrus pectin | Not included | Included |
| Sodium alginate | Not included | Included |
| Wakame extract | Not included | Included |
| U.S. adult use | 1 scoop (2 g) twice daily | 1 level scoop (1.67 g) twice daily |

## Make it part of your routine

Mix either powder with 8 fl. oz. of water or juice and follow your product label. Bring together nutrition, movement, restful sleep and connection in your approach to living well.

U.S. canister powders. Selected ingredient differences; consult the full product label.
Product references: Ambrotose Complex powder | Ambrotose LIFE powder
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