

THE OSOLEAN[®] PLAN



A science-backed
program that helps support
optimal fat loss, lean muscle
preservation, and metabolic
function.*†

† When combined with a reduced-calorie diet and exercise. Individual results may vary.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

INTRODUCTION

WHY THE OSOLEAN® PLAN MATTERS

Healthy weight management is no longer about “pounds lost.” It is about meaningful body composition changes—reducing fat while preserving lean muscle.*† This is where the OsoLean® Plan excels. When used with a reduced-calorie diet and proper exercise, OsoLean® powder has been shown in research to shift the quality of weight loss toward fat reduction.*† This distinction matters because lean mass influences metabolic rate, strength, energy, and long-term weight management.*†

OsoLean® (Unflavored and Chocolate) delivers a refined whey-based peptide blend and naturally occurring sialic acid, a glycan found in glycoproteins. The formula integrates cleanly into daily habits and supports results through a unique biochemical profile that typical proteins do not match.

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WHY FAT LOSS > WEIGHT LOSS

During calorie restriction, the body tends to lose both fat and muscle. The goal is to reduce fat while keeping muscle—helping you maintain a lean mass to fat ratio[†], body strength[†] and energy to power through your day.*

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OSOLEAN[®]

SCIENTIFIC STUDY PORTFOLIO

The OsoLean[®] Plan is supported by **two key human studies** demonstrating its **benefit on targeted fat reduction** when used with **a reduced-calorie diet and proper exercise**.^{*†}



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1 Scientific Study Results

Participants reduced calories by 500 per day; one group added OsoLean[®] protein, the other did not.

RESULTS:

- Both groups lost weight.^{*†}
- The OsoLean[®] group lost nearly twice as much fat as the diet-only group.^{*†}
- In the diet-only group, weight loss was ~50% fat, ~50% lean mass.^{*†}
- In the OsoLean[®] group, nearly 75% of weight lost came from fat—helping spare lean muscle.[†]
- Average reduction of ~6.1% body fat.[†]

WHAT THIS MEANS:

OsoLean[®] helped improve the quality of weight loss—shifting the pattern toward fat reduction and lean mass preservation, a key signature of long-term healthy weight management.^{*†}

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2 Open-Label, 8-Week Study

Participants used OsoLean® daily for eight weeks as part of a structured plan.

RESULTS:

- ~2.5 inches lost around the waist^{*†}
- Nearly 1-point average reduction in BMI^{*†}
- Improved appetite control reported^{*†}
- Enhanced energy and confidence around body shape^{*†}

WHAT THIS MEANS:

Beyond scale changes, OsoLean® contributed to measurable changes in midsection shaping, changes in appetite regulation, and overall well-being.^{*†}

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THE BIOACTIVE DIFFERENCE

ADVANCED PEPTIDE TECHNOLOGY

Unlike ordinary whey, OsoLean® uses a specialized peptide concentration process that:

- Isolate and refine specific bioactive whey fractions.
- Supplies fat-loss–associated peptides through a patented technique.*†
- Combines partially hydrolyzed whey protein isolate and whey mineral concentrate.*†
- The result is a targeted peptide composition not found in generic whey products.

This advanced peptide profile—combined with sialic acid, a naturally occurring glycan—anchors OsoLean® within Mannatech’s commitment to scientifically grounded, cellularly supportive formulations.*

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DAILY USAGE INSTRUCTIONS

Serving Size: 1 scoop

Frequency: Twice daily

Timing:

- 20 minutes before breakfast
- 20 minutes before dinner

Mix 1 scoop with 12–16 ounces of water or your preferred beverage.

Flavor Options:

- OsoLean® Unflavored
neutral, versatile
- OsoLean® Chocolate
rich cocoa taste, lightly sweetened with Thaumatin

MIXING SUGGESTIONS

Unflavored:

- Coffee or tea
- Warm water
- TruHealth™ Shake
- Smoothies
- Oatmeal or yogurt
- Applesauce
- Warm soups (after cooking)

Chocolate:

- Coffee for a mocha profile
- Hot water for a cocoa-style drink
- Warm milk alternatives
- Smoothies
- TruHealth™ Vanilla Shake

THE UPDATED OSOLEAN® PLAN

NUTRITION + STRUCTURE

FOUNDATIONAL PRINCIPLES:

1. Take OsoLean® twice daily as directed.
2. Reduce daily caloric intake by ~500 calories unless professionally advised otherwise.
3. Choose nutrient-dense meals centered on lean protein, colorful vegetables, whole grains, and healthy fats.
4. Stay hydrated throughout the day.
5. Move your body consistently.
6. Track inches, not just weight.

SAMPLE DAILY RHYTHM

MORNING:

- 1 scoop OsoLean® (20 minutes before breakfast)
- Breakfast: protein + fiber-rich carbohydrate + fruit

MID-MORNING:

- Light snack (nuts, yogurt, fruit, vegetables)

AFTERNOON:

- Lean protein, vegetables, healthy fats, and optional whole grains
- Optional snack based on hunger cues

EVENING:

- 1 scoop OsoLean® (20 minutes before dinner)
- Dinner: lean protein + vegetables + healthy fats



DAILY MOVEMENT

Consistent activity supports fat loss and lean mass preservation.*†

RECOMMENDATIONS:

- Aim for 30 minutes a day (or three 10-minute sessions).
- Include strength training 2–3 times weekly.
- Add lifestyle movement: walking meetings, stair use, standing conversations, micro-breaks.



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TRACKING PROGRESS

FOCUS ON:

- Waist circumference
- Clothing fit
- Energy patterns
- Appetite consistency
- Optional: weight, BMI

Tracking Log

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Weight				
BMI				
Waist Circumference				

WEEK 5

WEEK 6

WEEK 7

WEEK 8

Weight				
BMI				
Waist Circumference				