



TruHealth™ SHAKE

TOASTED VANILLA NUTRITIONAL SUPPLEMENT SHAKE

What Makes It Different

TruHealth Shake is more than a basic protein shake. It combines plant-based protein, prebiotic fiber, healthy fats, digestive enzymes, and Mannatech's glycan-focused nutrition support in a convenient daily shake designed to fit your modern wellness routine.*

key benefits

- Complete vegan protein with 21 g plant-based protein per serving*
- Helps reduce feelings of hunger with 21 g plant-based protein*†
- Supports healthy weight management*†
- Supports maintenance of lean muscle*†
- Promotes healthy digestion*†
- Supports healthy body composition*†
- Includes 5 g dietary fiber per serving
- Includes a Prebiotic Fiber Blend, Digestive Enzyme Blend, healthy fats, and GlycoNutrient Blend*
- Guaranteed free from gluten, dairy, soy, genetically modified DNA, MSG, artificial colors, artificial flavors, and artificial sweeteners



*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.

complete your wellness journey

TruHealth Shake works seamlessly with TruHealth Cleanse™ and TruHealth Satiety™, forming a holistic system for weight management and overall vitality.*†

Your Shake, Your Way

For a more nourishing shake experience, blend TruHealth Shake with your favorite fruits, vegetables, greens, or other wholesome ingredients. Try berries for bright flavor, banana for creaminess, spinach for a simple greens boost, or avocado for a smooth texture. It is an easy way to customize your daily TruHealth routine while supporting satiety, metabolism, digestive health, and overall wellness.*

how to use it

Adults and children 9 years and older:

Simply add 2 scoops to 8-12 oz. of cold purified water, almond milk, or other beverage of choice and mix. Children 4 years and older: Mix 1 scoop with 8-12 oz. of cold purified water, almond milk, or other beverage of choice. This product is not intended to be used for weight management for children, or for consumption by children under 4 years old.



Supplement Facts

Serving Size 2 scoops (37.5 g)
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	140	
Fat	5 g	6%†
Saturated fat	2.5 g	13%†
Polyunsaturated fat	1 g	**
Monounsaturated fat	1.5 g	**
Total carbohydrates	7 g	3%†
Dietary fiber	5 g	18%†
Total sugars	1 g	**
Protein	21 g	35%†
Vitamin B ₁₂ (as cyanocobalamin)	1 mcg	42%
Calcium	60 mg	5%
Iron	5.2 mg	29%
Sodium	290 mg	13%
Potassium	140 mg	3%
Prebiotic Fiber Blend	4.9 g	**
Baobab (<i>Adansonia digitata</i>) fruit, Gum arabic, Chicory root (inulin)		
Medium chain triglycerides (from refined coconut oil)	1.7 g	**
Extra virgin olive (fruit) oil	1.2 g	**
Digestive Enzyme Blend	22 mg	**
Alpha-amylase, protease, lactase, lipase, cellulase		
GlycoNutrient Blend	3.5 mg	**
Arabinogalactan*** (from Larch (<i>Larix laricina</i>) tree extract), Aloe vera extract (inner leaf gel) powder [§]		

† Percent Daily Values (DV) are based on a 2,000 calorie diet.

** Daily Value not established.

Other ingredients: Pea protein, pumpkin seed protein, sunflower seed protein, natural flavors, silicon dioxide, sea salt, thaumatin



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