

5 DAY REBOOT

 MANNATECH



Prepare for a Reboot

5 Day Reboot

REBOOT • REALIGN • RISE



5 Days⁺



5 lbs⁺



5 Friends⁺

+Results will vary. Typical weight reduction: 2-5 lbs (per week) when combined with reduced calorie diet and exercise. Individual results vary based on starting weight, adherence, metabolism, and lifestyle factors.

WELCOME

5 Day Reboot

Whether you have a vacation or special event coming up, want to jump-start your results, or simply maintain momentum, the 5-Day Reboot is designed to fit seamlessly into your lifestyle.

This reboot can be used before a liver reset, in between resets, or as a monthly reboot to help your body feel energized, recalibrated and renewed.*

During the 5-Day Reboot, you'll receive clear guidance on what to eat and when.

After following the meal plan diet, you can expect:

- 1 ENERGY IMPROVEMENT WITHOUT CAFFEINE.*
- 2 DIMINISHED FEELINGS OF BLOATING AND PUFFINESS.*
- 3 A HEALTHY GLOW.*
- 4 WEIGHT REDUCTION.*+

You'll follow an easy-to-use guide, an optional group support chat, and support your body using Ambrotose® Complex capsules, TruCleanse®, GI-ProBalance®, and GI-Zyme®, a targeted combination designed to support cellular communication, digestion, and gut balance.*

Water weight, bloat, puffiness, digestive bulk, and stored fat are five types of stubborn weight that can often diminish during the 5-Day Reboot eating plan.†

Feel the difference in just five days.



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to treat, cure, or prevent any disease.

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NUTRITIONAL SUPPORT AMPLIFY YOUR RESULTS

AMBROTOSE® COMPLEX CAPSULES

A foundational glycan blend that supports cellular communication, an essential process for overall health and optimal body function.* Ambrotose provides key plant-based sugars that help nourish cells, supporting the body's ability to function efficiently at a cellular level.*



TRUHEALTH™ CLEANSE

A gentle daily cleanse designed to support the body's natural detoxification systems.* TruHealth Cleanse helps promote a healthy elimination process while supporting liver and digestive function.*



GI-ZYME®

A comprehensive digestive enzyme blend that supports the breakdown of proteins, fats, and carbohydrates.* GI-Zyme helps support digestion efficiency, reduce feelings of typical digestive discomfort, and maximize nutrient utilization from meals.*



GI-PROBALANCE®

A targeted gut-support formula that helps maintain a healthy intestinal environment.* GI-ProBalance supports digestive balance, gut lining integrity, and a healthy microbiome, which are essential for nutrient absorption and overall well-being.*



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5 Day Reboot

DAY 1

DAYS 2-4

DAY 5

6-8 AM

Do not workout Day 1
TAKE: 1 Gi-ProBalance
DRINK: Lemon Water & sea salt
TAKE: 1 Ambrotose complex capsule

TAKE: 1 GI-ProBalance
DRINK: Lemon water & sea salt
 30 mins later
EAT: Protein, Carb & Veggies
 Ex: Egg Whites w/ veggie OR Protein Shake with OsoLean + Oatmeal.

TAKE: 1 GI-ProBalance
DRINK: Lemon Water & Sea Salt
EAT: Protein & Fat
Optimal Idea: Egg whites w/ Avocado

9-11 AM

DRINK: 1 TruHealth Cleanse

EAT: 1 Fruit
Optimal Ideas: Grapefruit or Berries
DRINK: TruHealth Cleanse & 1 Ambrotose Capsule

DRINK: 1 TruHealth Cleanse
TAKE: 1 Ambrotose Complex Capsule
EAT: Fat & Vegetable
Optimal Ideas: Bell Pepper & Raw Nuts OR fresh Pico with avocado

12-2 PM

DRINK: 1 TruHealth Cleanse with Carbonated Water. Combine Slowly!

EAT: Protein, Fat
Optimal Idea: 2 or 3 hard boiled eggs. 2 under 150 lb / 3 over 150 lb
DRINK: 1 TruHealth Cleanse

EAT: Protein & Veggie
Optimal Ideas: Stir Fry Or protein & Veggie Bowl
Drink: 1 TruHealth Cleanse

3-4 PM

DRINK: 1 TruHealth Cleanse

DRINK: 1 TruHealth Cleanse
EAT: Protein Snack
Optimal Ideas: NF Greek Yogurt Or Chicken Breast Strips

DRINK: 1 TruHealth Cleanse
EAT: Veggie & Fat
Optimal Ideas: Bell Pepper & Raw Nuts OR fresh Pico with avocado

5-7 PM

EAT: Protein, Vegetable, Healthy Fat, Sea Salt
Optimal Idea: Salmon or Chicken + steamed veggies like asparagus or green beans, drizzle with olive oil
TAKE: 1 GI-Zyme before this meal (if you forget you can take after)

EAT: Protein & Vegetable, Sea Salt
Optimal Idea: Salad with Protein. Use a 0 to 25 calorie dressing. No added fats or seed oils.
TAKE: 1 GI-Zyme before this meal

EAT: Protein & Vegetable, Sea Salt
Optimal Ideas: No Bean Turkey Chili OR Lettuce wrapped Turkey or Chicken Burger.
TAKE: 1 GI-Zyme before this meal

BEFORE BED

DRINK: 1 TruHealth Cleanse
TAKE: 1 GI-Zyme before bed & 1 Ambrotose Capsule

DRINK: 1 TruHealth Cleanse
TAKE: 1 GI-Zyme before bed & 1 Ambrotose Capsule

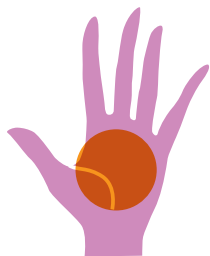
DRINK: 1 TruHealth Cleanse
TAKE: 1 GI-Zyme before bed & 1 Ambrotose Capsule

These menus are suggested meal options for the REBOOT and can be adapted to vegetarian or vegan preferences. Participants are responsible for adjusting meals to accommodate personal allergies, sensitivities, and dietary needs.

Results will vary.

PORTIONS

PROTEIN



1 PALMFUL

GRASS FED, CAGE FREE, WILD CAUGHT & ORGANIC IF POSSIBLE.

Grilled/Baked/Broiled Fish (Halibut, Tilapia, Cod)
Salmon
Tuna
Shrimp
99% ground turkey
96% ground chicken

Egg Whites
Greek Yogurt
Cottage Cheese Plain / Nonfat ONLY
Maximum 1x per day

Mannatech Product
Vegan Protein
TruHealth™ Shake

PROTEIN + FAT

Whole Eggs
2 – under 150lbs
3 – over 150lbs

CARBOHYDRATES

VEGGIES



1 FIST SIZE

Spinach
Cucumbers
Lettuce
Celery
Leeks
Green onion
Radish
Kale
Swiss Chard
Asparagus
Green beans
Carrots
Rutabaga
All Peppers
All Onions
Tomatoes
Cauliflower
Collard Greens
Cabbage
Mushrooms
Zucchini
Snow peas
Parsnips
Kohlrabi
Beets
Broccoli
Brussels Sprouts
Artichoke
Eggplant

STARCH



1 FIST SIZE

AFTER COOKED:

Red Potato
Sweet Potato
Brown rice
Quinoa
Lima Beans
Kidney Beans
Black beans
Lentils
Navy Beans
Chickpeas
Pinto Beans

BEFORE COOKED:

Oatmeal

FRUITS



1 SMALL FIST SIZE

Berries (strawberries, blueberries, raspberries, blackberries)
Cherries
Apples
Pears
Plums
Peaches
Apricots
Kiwi
Grapefruit
Oranges
Lemons and limes

FAT

OIL



1 THUMB SIZE

Olive
Coconut
Avocado

OTHERS



1 PALMFUL

Nuts (Raw, Unsalted)
Cashews
Almonds
Nut Butters
No Added Sugars
No seed oils added

Grocery Must Haves:

<25 calorie dressings or sauces (no additives)
<250 mg sodium per 1/4 cup Seasoning.
<250 mg sodium per 1/4 teaspoon Fresh Lemon
Sparkling Water
Sea Salt

DRINK Plenty of water.
1/2 of your body weight in oz + 10.

Use pure water. Avoid sucralose or any premixed drinks. Water additives can be TruHealth Cleanse, Lemon, Lime or mint

Progress

PROGRESS PICTURES

Always take a progress picture You'll take your pictures in the same spot every time. Choose a place with few distractions & lots of light. A blank wall next to natural sunlight is the best.

HOW TO POSE

Stand naturally. Don't suck in. No need to flex. You are not taking a posed shot for Instagram. You're looking for real life change here!

POSE 1: Straight on, hands on your hips or at your sides.

POSE 2: Side (left & right), with hands at your sides.

POSE 3: Back is facing the camera, hands at your hips or at your sides.



POSE 1

POSE 2

POSE 3

WEIGHING IN

When weighing yourself do so first thing in the morning after using the restroom and undressed. Don't hold anything such as a cell phone when taking your weight.

DAY 1

WEIGHT

CHEST

WAIST

HIP

RIGHT THIGH

LEFT THIGH

RIGHT ARM

LEFT ARM

DAY 5

WEIGHT

CHEST

WAIST

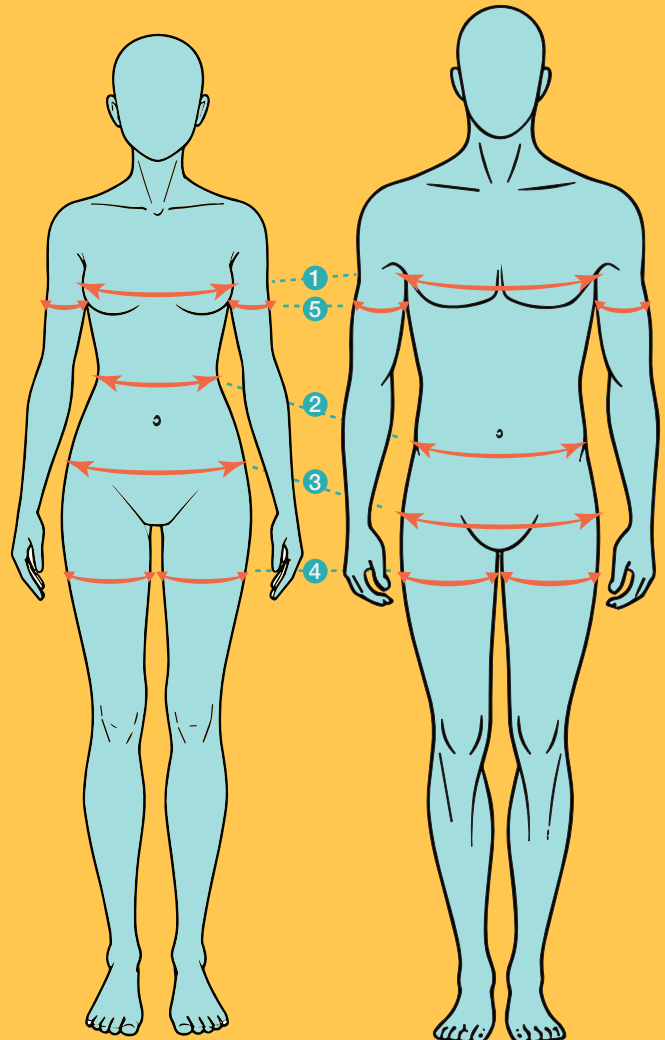
HIP

RIGHT THIGH

LEFT THIGH

RIGHT ARM

LEFT ARM



EARN WHILE YOU REBOOT



Invite 5 friends to join you & earn up to \$210⁺

#All commissions are earned through the sale of Mannatech products. See the Mannatech Associate Compensation Plan for more information.

1

Send a message: Hey, I'm doing this new "5 Day Reboot" program to debloat, depuff and drop weight over 5 days! It looks super simple! I've seen it work for a lot of people already and I'm really excited! I would love some extra accountability. Do you want to do it with me?

2

When they say YES or WHAT IS IT?

Check this out and let me know if you are in. (Send video)

3

When they say yes, give them your "Shareable Cart Link" & say, "Here is a link to order. Let me know when you order and I'll get you the nutrition workbook."

4

If they have questions, connect them with your rep or coach. "Great question. I don't know about that, but let me connect you with someone I trust that helped me, and they can answer that question." You can also add them to the Reboot Info chat.