

Mannatech: Leading the Revolution to End BMI as a Measure of Health

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GUANGZHOU, China--(BUSINESS WIRE)--Jan. 25, 2017-- **Mannatech**[®], a global health and wellness company, is leading the health and weight loss industry by calling for the end of the one-size-fits-all Body Mass Index (BMI) as a success measurement in weight management. **Mannatech** is in favor of adopting a focus on body composition, fat loss and building lean muscle, which offer a better, longer-term path to weight management over BMI.

Mannatech recognizes that the weight loss industry has predominantly focused on using scale weight and BMI for decades as a way to measure weight management success. Unfortunately, programs based on BMI are notorious for not delivering long-lasting weight loss or health benefits. This means that countless people around the world who are struggling with their weight have very few tools beyond the outdated BMI methods that will only provide temporary solutions.

To help with this problem, Mannatech is leading the effort in the weight loss industry toward shifting the focus to body composition over BMI. Mannatech's pioneering efforts include the creation of a program that emphasizes fat loss and lean muscle development over simple BMI ratings and scale weight as a way to measure success. The focus on body composition provides a path that leads to longer-term results and supports better overall health.

"It is time to completely throw out the BMI standard and smash our scales because that obsolete approach is not working. We believe that using the BMI has contributed to putting people on an endless cycle of weight gain and loss," said **Alfredo "Al" Bala**, President and CEO of Mannatech, Inc. "We see BMI as a systemic problem that the weight loss industry has not effectively addressed. Nearly everything about weight management was dependent on BMI and scale weight. We know healthy weight management depends on a lot more than just what the scale says. The endless back-and-forth weight loss and gain cycle has to end, and Mannatech has a valid approach to ending it."

Mannatech's body composition focus and fat-loss efforts are driven by the company's desire to change lives in a meaningful and long-lasting way. By throwing out weight loss and creating a program that supports an individual's body type and metabolism based on fat loss and muscle building, the company has been able to achieve this objective. Now Mannatech challenges the entire weight management industry to do the same.

"BMI has outlasted its welcome, and I fear it has caused as much harm as it may have helped," said Dr. Steve Nugent, Mannatech's Senior Global Wellness Director and Chairman of the **Mannatech Global Scientific Advisory Board**. "BMI has been used as a single metric to approximate healthy body composition and that is not accurate. For example, according to BMI calculations, someone like National Basketball Association star LeBron James, at six-foot-eight-inches, 250 pounds with a BMI of 27.5, would be classified as 'overweight' and on his way to being obese by the BMI scale. We really can't go on thinking that BMI or scale weight are an accurate or realistic measure for long-term success in healthy weight management."

To support its efforts to change the weight management industry, Mannatech developed its **TruHealth™ Fat-Loss System**[†]. This system combines beneficial, whole food dietary recommendations with naturally sourced supplements and exercise to help support the body's natural ability to reduce harmful toxins and encourage healthy fat loss.

"Those trying to achieve weight control are usually offered BMI and scale weight as the end-all measurements," said Dr. Nugent. "This is a simple approach that is not about health, and because it is not sustainable and can involve the loss of lean muscle, dropping weight quickly often results in weight quickly returning. We believe that building muscle that helps burn fat is the way to healthy **body composition**. We believe that success is based not by pounds lost but by inches that are lost, by how fit you are and by how you feel in your clothes."

The **TruHealth System**, which is free from gluten, soy, dairy, MSG, artificial colors, flavors and artificial sweeteners, and is suitable for vegetarians, is available at Mannatech's[^] cross-border e-commerce business website: **www.MeiTaiChina.com**.

From Mannatech's e-commerce site in China, shoppers can now purchase TruHealth products directly from the website and refer friends and family to shop. Please visit **www.MeiTaiChina.com** for details.

[^]Mannatech's cross-border e-commerce model in China is a different opportunity from Mannatech's MLM business in other markets. Our cross-border e-commerce model in China is not an MLM or direct selling business.

[†]Always consult with your physician or other qualified healthcare provider before embarking on a new diet or program. This program is not recommended for pregnant or lactating women. If you are taking medications, have a

health condition or are planning a medical procedure, consult your health professional before beginning this program. It is also not recommended for children under the age of 18. If you have any specific questions about these matters you should consult your doctor or other healthcare provider.

About Mannatech

Mannatech, Incorporated, offers a profound wellness experience that makes a difference in the lives of people across the world. Through its innovative Glyconutrition products, Mannatech changes lives, providing an unprecedented level of natural wellness, freedom and purpose. With more than 20 years of experience and operations in more than 26 markets, Mannatech is committed to transforming lives. For more information, visit MeiTaiChina.com.

Please note: This release contains “forward-looking statements” within the meaning of Section 27A of the Securities Act of 1933, as amended, Section 21E of the Securities Exchange Act of 1934, as amended, and the Private Securities Litigation Reform Act of 1995. These forward-looking statements generally can be identified by use of phrases or terminology such as “intend” or other similar words or the negative of such terminology. Similarly, descriptions of Mannatech’s objectives, strategies, plans, goals or targets contained herein are also considered forward-looking statements. Mannatech believes this release should be read in conjunction with all of its filings with the United States Securities and Exchange Commission and cautions its readers that these forward-looking statements are subject to certain events, risks, uncertainties and other factors. Some of these factors include, among others, Mannatech’s inability to attract and retain associates and members, increases in competition, litigation, regulatory changes and its planned growth into new international markets. Although Mannatech believes that the expectations, statements and assumptions reflected in these forward-looking statements are reasonable, it cautions readers to always consider all of the risk factors and any other cautionary statements carefully in evaluating each forward-looking statement in this release, as well as those set forth in its latest Annual Report on Form 10-K and Quarterly Report on Form 10-Q, and other filings filed with the United States Securities and Exchange Commission, including its current reports on Form 8-K. All of the forward-looking statements contained herein speak only as of the date of this release.

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