

Steve Nugent  
answers a few  
questions  
submitted by  
inquiring minds.

## Ask Steve Nugent



Steve Nugent is the  
Senior Wellness Director  
at Mannatech, Incorporated.

& A

**Q.** Why do you think advanced peptide technology places OsoLean powder on the frontier of fat-loss programs?

**A.** This new peptide technology puts us on the cutting edge. Mannatech is employing a Real Food Technology<sup>SM</sup> solution in a safe, effective and natural manner for fat loss. This technology is really amazing and innovative because some peptides help maintain your muscle mass and some help control your appetite and help convert stored fat into energy. Of course, that's the real goal for anyone wishing to achieve truly healthy fat loss.\*

We've used enzymes to isolate only those peptides which help us achieve the goal of removing body fat while retaining as much lean muscle mass as possible. For the first time, in all of the products I've ever seen in my career anywhere in the world, we finally have scientific technology that's the most efficient way to become lean and healthy.\*

**Q.** What is the first sign that the OsoLean Plan is working?

**A.** I strongly recommend everyone on the OsoLean Plan take their measurements once a week. The first sign of change for most people is that their clothes start fitting a little looser, and they notice an increased energy level. Also, the majority using OsoLean powder as directed report a very significant reduction in appetite. Keep in mind, it does take about 20 minutes for these peptides to stimulate the release of cholecystinin, or CCK, in the duodenum, which helps reduce your appetite.\*

**Q.** If results are more visible in someone's measurements and clothing size than they are on the scale, what can they do to stay motivated?

**A.** People are taught to think about weight loss by measuring their success in terms of pounds lost. That's not only an outdated way of thinking, it's also scientifically inaccurate and inefficient. Think about success in inches! Studies show an average of about 50% of every pound lost is lean mass. Fat takes up significantly more space than muscle mass. Think about this logically—lean muscle is firm, tight and flat. Fat is bulky and soft. In fact, fat takes up approximately 20% more space per pound than muscle does. So if you try to measure your success by simply standing on the scale, you're not getting an accurate measurement of fat lost. However, measuring your body's change in inches offers the most accurate gauge of fat loss without using specialized equipment.

**Q.** Do you have any tips about how someone can continually have calorie-controlled meals—especially if their lifestyle includes dining out, attending parties and travelling?

**A.** Of course, this has to be assessed on an individual basis according to a person's lifestyle. In the first two studies completed on this peptide technology, which were double-blind and placebo-controlled, volunteers were asked to restrict their daily caloric intake by only 500 calories. That certainly isn't asking much.

Personally, I recommend the use of the GlycoSlim<sup>®</sup> meal replacement drink mix. If a person follows government guidelines, he or she would be advised to consume about 2,000 calories per day. This means that each of their three meals would be somewhere between 600 and 700 calories. When you calculate the calories of the GlycoSlim

meal replacement drink, understanding this replaces one complete meal, you save approximately 500 calories. That's an easy program to comply with if you're using the GlycoSlim® meal replacement drink.

**Q.** What are the best practices to ensure that the OsoLean™ Plan works?

**A.** Very simply, follow the OsoLean Plan as directed for the best success because it was created in response to scientific data—two double-blind, placebo-controlled studies and one open-label study.† I know most people don't like the word "exercise"—it conjures up all manner of negative thoughts. Personally, I like the word "activity". Playing golf, tennis, bowling, swimming, riding your bicycle or walking with a loved one are activities. By increasing your activities, you're changing your lifestyle in a positive way and supporting your success to create a lean, healthy body with the OsoLean Plan.\*

**Q.** Will skipping an OsoLean serving (at breakfast or dinnertime) have a drastic effect on the program? What can someone do to stay on the program after missing one or two servings?

**A.** The studies on this technology indicate that best results occur with two servings of OsoLean powder per day. If a serving is missed, it's not the end of the world. However, for best results, two daily servings are indicated. Since Mannatech now has OsoLean powder in convenient single-serving packets, there's really no excuse for missing a serving.

**Q.** Why do people on weight-loss programs plateau?

**A.** There are several possible reasons why someone might plateau. The most common reason is that your body's going through a period of adjustment. Your body has a prime directive to always maintain the best possible state of balance—that's called homeostasis. When you're losing body fat, you're changing your body composition. Therefore, your body needs to re-evaluate the new you and take the appropriate steps to re-balance. That leads us to the second most common reason for a plateau—extreme dieting practices. Some people dramatically restrict their calories to the point where the brain senses a state of starvation. Protection mode is then set off to stop converting any more stored fat into energy while it re-evaluates the situation. This is true of any extreme

dieting methods, such as fat or carbohydrate restriction or eating only one type of food.

**Q.** Is there any other advice you want to give about the OsoLean Plan?

**A.** I think it's very important to remember that appetite control is a major part, in addition to healthy eating and activity. So I also recommend vitamin, mineral, antioxidant and endocrine support. Why? One of the reasons your body gets hungry is because of a drop in blood sugar between meals. Certain vitamins and minerals can help you maintain healthy blood sugar levels already within a normal range. The second most common reason for an increase in your appetite is that your body requires various nutrients—not just calories. By ensuring your body has an ample supply of vitamins, minerals and other nutrients, you help control your appetite. The PhytoMatrix® caplets are a great product because you get your vitamins and minerals in a food-source form. Dieting can be stressful for some and may increase oxidative stress. Although I always recommend the best possible antioxidant for everyone every day, I particularly recommend it for those who are dieting. As far as I'm concerned, the scientific evidence is very clear that Mannatech's Ambrotose AO® product is the best! Last, but not least, is endocrine support. Your endocrine system, also known as the glandular system, is your body's command central. Your body can maintain a good, healthy balance, high energy and an improved mood as long as your endocrine system is functioning as designed. For that system to function correctly, it requires something from food called plant sterols, as well as certain amino acids, vitamins and minerals. Mannatech's PLUS™ caplets are designed to supply plant sterols and amino acids to help support your endocrine system.\*



**By using the OsoLean Plan to get lean and stay lean—in conjunction with lifestyle changes and using Mannatech's core nutritional products—you'll put yourself on the best possible path to a lean and healthy life!**

\*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.

†The open-label study was conducted and funded by Mannatech, Incorporated.