

MANNATECH INC  
 Form 3  
 February 16, 2016

**FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

OMB APPROVAL

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**INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,  
 Section 17(a) of the Public Utility Holding Company Act of 1935 or Section  
 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *		2. Date of Event Requiring Statement	3. Issuer Name <b>and</b> Ticker or Trading Symbol	
Â Fredrick Landen Granvel		(Month/Day/Year)	MANNATECH INC [MTEX]	
(Last)	(First)	(Middle)	02/04/2016	
600 S. ROYAL LANE,Â SUITE 200			4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)			(Check all applicable)	
COPPELL,Â TXÂ 75019			<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner	6. Individual or Joint/Group Filing(Check Applicable Line)
(City)	(State)	(Zip)	<input type="checkbox"/> Officer <input type="checkbox"/> Other	<input checked="" type="checkbox"/> Form filed by One Reporting Person
			(give title below) (specify below)	<input type="checkbox"/> Form filed by More than One Reporting Person
			Senior Vice President	

**Table I - Non-Derivative Securities Beneficially Owned**

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1473 (7-02)

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

**Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable      Expiration Date	Title      Amount or Number of Shares			

(Instr. 5)

Right to purchase common stock.			Common stock par value				
	Â (1)	11/25/2018	\$0.0001 per share	75	\$ 25.3	D	Â
	Â (2)	02/24/2020	Common stock par value \$0.0001 per share	2,500	\$ 35.6	D	Â
	Â (3)	02/21/2023	Common stock par value \$0.0001 per share	3,000	\$ 5.75	D	Â
	Â (4)	02/20/2024	Common stock par value \$0.0001 per share	3,000	\$ 19.6	D	Â
	Â (5)	08/26/2025	Common stock par value \$0.0001 per share	6,000	\$ 16.95	D	Â

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Fredrick Landen Granvel 600 S. ROYAL LANE SUITE 200 COPPELL, TX 75019	Â	Â	Â Senior Vice President	Â

## Signatures

/s/ Diane Barton, Assistant Controller, by Power of Attorney

02/04/2016

\_\_Signature of Reporting Person

Date

## Explanation of Responses:

\* If the form is filed by more than one reporting person, see Instruction 5(b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) Fully vested.

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- (2) Fully vested
- (3) Two-thirds of the options are vested, the remaining one-third of the stock options will vest on February 21, 2016.
- (4) One-third of the options are vested, another one-third of the options will vest on February 20, 2016, and the remaining one-third of the stock options will vest on February 20, 2017.
- (5) One-third of the stock option will vest on August 26, 2016, another one-third of the stock options will vest on August, 26, 2017, and the remaining one-third of the options will vest on August 26, 2018.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *See* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.