SEC Form 4	
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# FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

600 S. ROYAL LANE, STE. 200

# STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL										
OMB Number:	3235-0287									
Estimated average bur	den									

6. Individual or Joint/Group Filing (Check Applicable Line)

Form filed by One Reporting Person Form filed by More than One Reporting

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Person

Instruction 1	(b).		Filed pursuant to Section 16(a) of the Securities Exchange Act of 19 or Section 30(h) of the Investment Company Act of 1940	934			
	ldress of Reporting Per evin Andrew	son*	2. Issuer Name <b>and</b> Ticker or Trading Symbol <u>MANNATECH INC</u> [ MTEX ]		ationship of Reporting k all applicable) Director	Person(s) to Issuer 10% Owner	
(Last) C/O MANNA	(First) ATECH, INCORPO	(Middle) RATED	3. Date of Earliest Transaction (Month/Day/Year) 12/07/2016		Officer (give title below)	Other (specify below)	

(Street) COPPELL	TX	75019
(City)	(State)	(Zip)

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

4. If Amendment, Date of Original Filed (Month/Day/Year)

Table 1- Non-Derivative Securities Acquired, Disposed of, of Derivitiany Owned										
1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code ( 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)				6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount (A) o (D)		Price	Transaction(s) (Instr. 3 and 4)		(1150.4)

### Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code ( 8)		of		6. Date Exercisable and Expiration Date (Month/Day/Year)		Amount of		8. Price of Derivative Security (Instr. 5)		10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Right to Purchase Common Stock	<b>\$</b> 17.28	12/07/2016		A		5,000		(1)	12/07/2026	Common Stock Par Value \$0.0001 Per Share	5,000	\$0	5,000	D	

Explanation of Responses:

1. The option grant is subject to a three year vesting period with one-third vesting December 7, 2016, one-third vesting on December 7, 2017, and the remaining one-third vesting on December 7, 2018.

#### /s/ Diane Barton by Power of 12/09/2016 <u>Attorney</u>

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 $^{\ast}$  If the form is filed by more than one reporting person, see Instruction 4 (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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.