FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549
vvasimigton,	D.O.	20070

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
Estimated average burden									
hours ner resnonse.	0.5								

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

					_										_								
1. Name and Address of Reporting Person*						2. Issuer Name and Ticker or Trading Symbol MANNATECH INC MTEX										5. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
TOTH ROBERT																X Dire	ctor		10% O	wner			
																	er (give title		Other (specify			
(Last)	(Fi	irst)	(Middle)		3. D	3. Date of Earliest Transaction (Month/Day/Year)										belo	w)		below)	· ·			
1410 LAKESIDE PARKWAY						12/07/2020																	
		HICK WAT																					
SUITE 2	.00																						
,			. 4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)										6. Individual or Joint/Group Filing (Check Applicable									
(Street)																	Line)						
FLOWE	R				1											X Form filed by One Reporting Person				on			
MOUNI		X	75028		1											Form filed by More than One Reporting							
MOUNI	,															Person							
,					-																		
(City)	(S	tate)	(Zip)																				
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																							
						_			·		,							1					
1. Title of	Security (Inst	tr. 3)		2. Trans	action	ction 2A. Deemed Execution Date,				3. 4. Securities Acquired (A) Transaction Disposed Of (D) (Instr. 3, 4				(A) or 3. 4 and		ount of ities			7. Nature of Indirect				
				(Month/I	Day/Yea	ar)	if any (Month/Day/Year)		C	Code (Instr. 8)		5)			-,	Bene	icially	(D) o	(D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)			
									ir) <u> 8)</u>							- Owne Repo	d Following ted	(I) (Ir					
										ode ,	v	Amount	(A	or	Price	Trans	Transaction(s)						
										-		7	(0)		(Instr	(Instr. 3 and 4)						
Common Stock Par Value \$0.0001 Per Share 12/0						/2020			M		5.000	0	Αl	\$14.6	8	32,202	2,202						
		***************************************				2020						- ,	, ,,		*		, .	-					
Common	Stock Par '	Value \$0.0001 P	er Share	12/07	7/2020	2020			M		5,000 A \$		\$14.1	87,202			D						
			~.					_	-		7.270			70.022		+							
Common Stock Par Value \$0.0001 Per Share 12/07					//2020)				F	7,270 D		\$19.8	5	79,932		D						
	Table II. Devicetive Convolting Associated Discount of an Developing Convol																						
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																							
				(e.g., p	นเร, เ	Call	S, wa	manıs	s, op	uons	s, c	onveru	bie Se	curi	illes)								
1. Title of	2.	3. Transaction						umber		. Date Exercisal		ble and		7. Title and		8. Price			10.	11. Nature			
Derivative Security	Conversion or Exercise	Date (Month/Day/Year)	Execution if any (Month/Da	,	Transac Code (I			vative		Expiration Date (Month/Day/Year		r)	Amount of Securities Underlying			Derivativ Security	e derivative Securities		Ownership Form: Direct (D)	Beneficial Ownership			
(Instr. 3)	Price of	(MOIIII/Day/Tear)			8)	ııısıı.		urities	(IVIOII)			1)				(Instr. 5)	Beneficia						
Derivative							Acquired Derivative Secur							,	Owned	-	or Indirect	(Instr. 4)					
	Security (A) or Disposed									(Instr. 3 and 4)							Following Reported		(I) (Instr. 4)	1			
							of (D)									Transacti	on(s)		1				
	(Instr. 3, 4													(Instr. 4)	,		1						
	ànd 5		5)																				
													1		mount								
														l o	r Iumber		1						
									Date			xpiration	1	0	f					1			
					Code	٧	(A)	(D)	Exer	cisable	D	ate	Title	s	hares								
Right to				T									Comm	on [
Purchase					.					(1)			Stock	.	5 000								
Common	\$14.68	12/07/2020			M			5,000	· '	(1)	05	5/28/2024	par va		5,000	\$14.68	0		D				
Stock													\$0.000 per sha				1						
							+				+		-	-			+			+			
Right to													Comm										
Purchase	\$14.18	12/07/2020			M			5,000		(2)	00	5/08/2027	Stock par val		5,000	\$ 14.18	0		D				
Common Stock								',,,,,,,,			1		\$0.00		,		1		_	1			
Stock	I	I	I	- 1		1							ner che	Te			1		I	1			

Explanation of Responses:

- 1. One-third of the stock options vest on the date of grant (May 28, 2014), another one-third of the stock options vest on the first anniversary of the date of grant, and the remaining one-third of the stock options vest on the second anniversary of the date of grant.
- 2. One-third of the stock options vest on the date of grant (June 8, 2017), another one-third of the stock options vest on the first anniversary of the date of grant, and the remaining one-third of the stock options vest on the second anniversary of the date of grant.

Remarks:

/s/ Diane Barton, Controller, by 12/09/2020 Power of Attorney

** Signature of Reporting Person Date

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

- * 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.