UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported): November 11, 2022

MANNATECH, INCORPORATED

(Exact Name of Registrant as Specified in its Charter)

(Exact Pull)	e of registrant as opecifica in its circ	inter)	
Texas	000-24657	75-2508900	
(State or other jurisdiction of incorporation)	(Commission File Number)	(IRS Employer Identification No.)	
	1410 Lakeside Parkway, Suite 200		
Flower Mound,	Texas	75028	
(Address o	f Principal Executive Offices, includi	ng Zip Code)	
Registrant's Telephone Number, including Area Code:		(972) 471-7400	
Former name or former address, if changed since	e last report.	Not Applicable	
Check the appropriate box below if the Form 8-K filing is following provisions (see General Instruction A.2. below):	intended to simultaneously satisfy th	he filing obligation of the registrant under any of t	
[] Written communications pursuant to Rule 425 under the Sec	<u>curities Act (17 CFR 230.425)</u>		
[] Soliciting material pursuant to Rule 14a-12 under the Excha	nge Act (17 CFR 240.14a-12)		
[] Pre-commencement communications pursuant to Rule 14d-2	2(b) under the Exchange Act (17 CFR	<u>. 240.14d-2(b))</u>	
[] Pre-commencement communications pursuant to Rule 13e-4	4(c) under the Exchange Act (17 CFR	<u>240.13e-4(c))</u>	
Securities Reg	sistered Pursuant to Section 12(b) of t	he Act:	
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Title of each class	Trading Symbol(s)	Name of each exchange on which registered
Common Stock, par value \$0.0001 per share	MTEX	The Nasdaq Stock Market LLC

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging Growth Company \square

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. 0

Item 8.01. Other Event.

On November 11, 2022, Mannatech, Incorporated issued a press release announcing that the Board had declared a dividend for the third quarter of 2022. A copy of the press release is attached as Exhibit 99.1 to this Current Report on Form 8-K.

Item 9.01 Financial Statements and Exhibits

Exhibit Number Description

99.1* "Press Release, dated November 11, 2022 titled "Mannatech Declares Third Quarter 2022 Dividend"

*Furnished herewith.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Date: November 11, 2022

MANNATECH, INCORPORATED

By: /s/ David Johnson

David Johnson Chief Financial Officer



Exhibit 99.1 MEDIA CONTACT

Donna Giordano 972-471-6512 ir@mannatech.com

Mannatech Declares Third Quarter 2022 Dividend

(Flower Mound, Texas) November 11, 2022 – *Mannatech, Incorporated (NASDAQ: MTEX)*, a global health and wellness company committed to transforming lives to make a better world, announced that its Board of Directors declared a cash dividend of \$0.20 per share of common stock, payable on Wednesday, December 28, 2022, to shareholders of record at the close of business on Wednesday, December 14, 2022. The dividend demonstrates a commitment to rewarding shareholders and encouraging long-term investment in Mannatech's common stock.

Alfredo "Al" Bala, President and CEO of Mannatech, said, "Mannatech is fully committed to delivering value to our shareholders."

About Mannatech

Mannatech, Incorporated is committed to transforming lives through the development of high quality integrated health, weight management, fitness and skin care products distributed through its global network of independent associates and members. The company has been operating for more than 25 years with operations in 25 markets. For more information, visit Mannatech.com.

^ Mannatech operates in China under a cross-border e-commerce platform that is separate from its network marketing model.

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 "may," "will," "should," "hope," "could," "would," "expects," "plans," "intends," "anticipates," "believes," "estimates," "approximates," "predicts," "projects," "potential," and "continues" 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, the outbreak of the novel coronavirus ("COVID-19") pandemic, 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 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.

Contact Information:

Donna Giordano Manager, Executive Office Administration 972-471-6512 <u>ir@mannatech.com</u> <u>www.mannatech.com</u>