

BOURGOYNE JEFFREY P
Form 144
March 20, 2006

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

OMB APPROVAL
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FORM 144

4.47

NOTICE OF PROPOSED SALE OF SECURITIES

SEC USE ONLY
DOCUMENT SEQUENCE NO.

PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.

CUSIP NUMBER

WORK LOCATION

1(a) NAME OF ISSUER (Please type or print)	(b) IRS IDENT. NO.	(c) S.E.C. FILE NO.
MANNATECH, INC.	752508900	000-24657
(d) ADDRESS OF ISSUER	STREET	CITY STATE ZIP CODE
		(e) TELEPHONE NO.
		AREA CODE NUMBER
2(a) NAME OF PERSON FOR WHOSE	(b) IRS IDENT. NO.	(c) RELATIONSHIP
600 S. ROYAL LANE, SUITE 200	COPPELL	TEXAS
		75019
		972
		471-7400
	(d) ADDRESS	STREET CITY STATE ZIP CODE

ACCOUNT THE SECURITIES TO ISSUER
ARE TO BE SOLD
JEFFREY P. BOURGOYNE OFFICER
600 S. ROYAL LANE, SUITE 200 ARLINGTON TX 75019

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

3(a)	(b)	SEC USE ONLY	(c)	(d)	(e)	(f)	(g)
Name and Address of Each Broker							
Title of the	Through Whom the Securities are	Number of	Aggregate	Number of Shares	Approximate	Name of Each	
Class of	to be Offered or Each Market	or Other Units	Market	or Other Units	Date of Sale	Securities	
Securities	Maker who is Acquiring	Broker-Dealer	Value	Outstanding	(See Instr. 3(f))	Exchange	
To Be Sold	the Securities	File Number	(See Instr. 3(c))	(See Instr. 3(d))	(See Instr. 3(e))	(MO. DAY YR.)	(See Instr. 3(g))
COMMON STOCK	VANGUARD BROKERAGE SERVICES P.O. BOX 1170	70,535 SHARES	\$14.00	26.765M SHARES	MARCH 24, 2006	NASDAQ	

VALLEY FORGE, PA
19482-1170

INSTRUCTIONS:

1. (a) Name of issuer
- (b) Issuer's I.R.S. Identification Number
- (c) Issuer's S.E.C. file number, if any
- (d) Issuer's address, including zip code

- (e) Issuer's telephone number, including area code
2. (a) Name of person for whose account the securities are to be sold
- (b) Such person's I.R.S. identification number, if such person is an entity

- (c) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
- (d) Such person's address, including zip code
3. (a) Title of the class of securities to be sold
- (b) Name and address of each broker through whom the securities are intended to be sold
- (c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
- (d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
- (e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer

- (f) Approximate date on which the securities are to be sold
- (g) Name of each securities exchange, if any, on which the securities are intended to be sold

TABLE I SECURITIES TO BE SOLD

*Furnish the following information with respect to the acquisition of the securities to be sold
and with respect to the payment of all or any part of the purchase price or other consideration therefor:*

Title of the Class	Date you Acquired	Nature of Acquisition Transaction (If gift, also give date donor acquired)	Name of Person from Whom Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment
COMMON	3/22/06	OPTION EXERCISE	JEFFREY P. BOURGOYNE	70,535	3/24/06	CHECK

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
JEFFREY P. BOURGOYNE	COMMON	12/1/2005	33,333	\$428,362

REMARKS:**INSTRUCTIONS:**

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the

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addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed.

March 20, 2006

/s/ JEFFREY P. BOURGOYNE

DATE OF NOTICE

(SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed.

Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)