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(71) Applicant *(for all designated States except US)*: **MANNATECH, INC.** [US/US]; 600 South Royal Lane, Suite 200, Coppell, TX 75019 (US).

(72) Inventors; and

(75) Inventors/Applicants *(for US only)*: **McANALLEY, Bill, H.** [US/US]; 4921 Carrier Parkway, Grand Prairie, TX 75052 (US). **VENNUM, Eileen** [US/US]; 2229 N. Westfield, Grand Prairie, TX 75050 (US). **McANALLEY, Shayne, A.** [US/US]; 118 Dolphin Avenue, Galveston, TX 77550 (US). **KOEPKE, C., Michael** [US/US]; 1905 Ola Lane, Grand Prairie, TX 75050 (US). **EDWARDS, Josh** [US/US]; 290 Lake Park Road #326, Lewisville, TX 75057 (US).

(74) Agents: **FLORES, Edwin** et al.; Chalker Flores, LLP, 2711 LBJ Freeway, Suite 1036, Dallas, TX 75234 (US).

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(54) **Title:** METHODS AND COMPOSITONS FOR MODIFIED RELEASE OF NUTRITIONAL SUPPLEMENTS

(57) **Abstract:** The present invention relates to the modified release of nutritional supplements by combining one or more isolated and purified long-chain polysaccharides and one or more nutritional supplements selected from anti-oxidants, vitamins, minerals, amino acids, nucleic acids, mixtures and combinations thereof, wherein the supplement is compressed at a pressure greater that 100 psi.