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MANNATECH I Form 4	NC											
November 21, 20	06											
FORM 4										OMB A	PPROVA	۹L
	UNITED	STATES		RITIES A shington				COMMISSIO	0	MB umber:		-0287
Check this box if no longer									E	xpires:	Janua	-
subject to Section 16. Form 4 or	F CHANGES IN BENEFICIAL OWNERSHIP O SECURITIES							Estimated average burden hours per response		2005		
Form 5 obligations may continue. See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940												
(Print or Type Respon	nses)											
1. Name and Address SINNOTT ROB	2. Issuer Name and Ticker or Trading Symbol MANNATECH INC [MTEX]					5. Relationship of Reporting Person(s) to Issuer						
(Last)	First) (1	Middle)				-	L 2 X]	(Che	eck all	applicable	e)	
(M				3. Date of Earliest Transaction (Month/Day/Year) 11/17/2006				Director 10% Owner X Officer (give title Other (specify below) below) Chief Science Office & Sr VP				
			If Amendment, Date Original ed(Month/Day/Year)			6. Individual or Joint/Group Filing(CheckApplicable Line)_X_ Form filed by One Reporting Person						
COPPELL, TX 7	5019							Form filed by Person				
(City) (State)	(Zip)	Tab	le I - Non-l	Deriva	ative S	Securities A	cquired, Disposed	of, or	Beneficial	lly Owne	d
	insaction Date th/Day/Year)	2A. Deemo Execution any (Month/Da	Date, if	3. Transactio Code (Instr. 8) Code V	onAcqu Disp (Inst	osed o r. 3, 4	A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Form	: Direct r Indirect	7. Nature Indirect Benefici Ownersh (Instr. 4)	al 1ip
Reminder: Report on	a separate line	e for each cla	ass of sec	urities bene		-	-	-		•		
					in re di	nform equire	ation cont ed to resp /s a curre	spond to the colle tained in this forn ond unless the fo ntly valid OMB co	n are orm		EC 1474 (9-02)	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount of	8
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	nof Derivative	Expiration Date	Underlying Securities	Ε
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	S

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8	8)	Acquire (A) or Dispose (D) (Instr. 3 and 5)	d of				(
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee stock option (right to buy)	\$ 14.99	11/17/2006		A		5,000		<u>(1)</u>	11/16/2016	Common stock, par value \$0.0001 per share	5,000

Reporting Owners

Reporting Owner Name / Address	Relationships								
	Director	10% Owner	Officer	Other					
SINNOTT ROBERT A 600 S. ROYAL LANE, SUITE 200 COPPELL, TX 75019			Chief Science Office & Sr VP						
Signatures									
/s/ Dr. Robert A. 11/21/2	2006								

 **Signature of Reporting Person
 Date

Explanation of Responses:

* 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).

(1) The options vest in three equal annual installments, beginning on November 17, 2007.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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