

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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| OMB APPROVAL | |
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| <p>1. Name and Address of Reporting Person*</p> <p><u>BALA ALFREDO</u></p> <hr/> <p>(Last) (First) (Middle)</p> <p><u>600 S ROYAL LANE</u></p> <p><u>SUITE 200</u></p> <hr/> <p>(Street)</p> <p><u>COPPELL TX 75019</u></p> <hr/> <p>(City) (State) (Zip)</p> | <p>2. Issuer Name and Ticker or Trading Symbol</p> <p><u>MANNATECH INC [MTEX]</u></p> <hr/> <p>3. Date of Earliest Transaction (Month/Day/Year)</p> <p><u>09/12/2013</u></p> <hr/> <p>4. If Amendment, Date of Original Filed (Month/Day/Year)</p> | <p>5. Relationship of Reporting Person(s) to Issuer (Check all applicable)</p> <p>Director 10% Owner</p> <p><input checked="" type="checkbox"/> Officer (give title below) Other (specify below)</p> <p style="text-align: center;"><u>EVP Sales & Marketing</u></p> <hr/> <p>6. Individual or Joint/Group Filing (Check Applicable Line)</p> <p><input checked="" type="checkbox"/> Form filed by One Reporting Person</p> <p>Form filed by More than One Reporting Person</p> |
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Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) | | 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) | | | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
|---|--------------------------------------|--|--------------------------------|---|---|------------|----------|---|--|---|
| | | | Code | V | Amount | (A) or (D) | Price | | | |
| Common stock par value \$0.0001 per share | 09/12/2013 | | M | | 333 | A | \$11.4 | 333 | D | |
| Common stock par value \$0.0001 per share | 09/12/2013 | | M | | 1,997 | A | \$24.6 | 2,330 | D | |
| Common stock par value \$0.0001 per share | 09/12/2013 | | M | | 1,000 | A | \$25 | 3,330 | D | |
| Common stock par value \$0.0001 per share | 09/12/2013 | | F | | 2,830 | D | \$27.745 | 500 | D | |

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transaction Code (Instr. 8) | | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | | 6. Date Exercisable and Expiration Date (Month/Day/Year) | | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4) | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) | |
|--|--|--------------------------------------|--|--------------------------------|---|--|-----|--|-----------------|---|--|--|---|--|-------|
| | | | | Code | V | (A) | (D) | Date Exercisable | Expiration Date | | | | | | Title |
| Right to Purchase Common stock | \$11.4 | 09/12/2013 | | M | | 333 | | (1) | 06/08/2021 | Common stock par value \$0.0001 per share | 333 | \$0 | 167 | D | |
| Right to Purchase Common stock | \$24.6 | 09/12/2013 | | M | | 1,997 | | (2) | 08/15/2020 | Common stock par value \$0.0001 per share | 1,997 | \$0 | 0 | D | |
| Right to Purchase Common stock | \$25 | 09/12/2013 | | M | | 1,000 | | (3) | 11/29/2018 | Common stock par value \$0.0001 per share | 1,000 | \$0 | 0 | D | |

Explanation of Responses:

- 500 stock options were granted 6/9/2011 and vested 1/3 of the options on each anniversary of the grant for three years following grant.
- 1,997 stock options were granted 8/16/2010 and vested 1/3 of the grants on each anniversary of the grant for three years following grant.
- 1,000 stock options were granted 11/20/2008 and vested 1/3 on the grants on each anniversary of the grant for three years following grant.

Remarks:

/s/ S. Mark Nicholls CFO, by 09/16/2013
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.