

SIMON BETTINA S
Form 4
January 20, 2005

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 Responses)

1. Name and Address of Reporting Person *
SIMON BETTINA S

2. Issuer Name and Ticker or Trading Symbol
MANNATECH INC [MTEX]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
600 S. ROYAL LANE, SUITE 200

3. Date of Earliest Transaction
(Month/Day/Year)
01/20/2005

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)
General Counsel and Sr VP

(Street)
COPPELL, TX 75019

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
___ Form filed by More than One Reporting Person

(City) (State) (Zip)

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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock, par value \$0.0001 per share	01/19/2005	01/19/2005	S/K	2,930 D	\$ 18.2	40,000	D
Common Stock, par value \$0.0001 per share	01/19/2005	01/19/2005	S/K	240 D	\$ 18.17	40,000	D
Common Stock, par	01/19/2005	01/19/2005	S/K	100 D	\$ 18.21	40,000	D

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value
\$0.0001
per share

Common
Stock, par
value
\$0.0001
per share

01/19/2005	01/19/2005	S/K	200	D	\$	40,000	D
					18.22		

Common
Stock, par
value
\$0.0001
per share

01/19/2005	01/19/2005	S/K	1,230	D	\$	40,000	D
					18.23		

Common
Stock, par
value
\$0.0001
per share

01/19/2005	01/19/2005	S/K	300	D	\$	40,000	D
					18.24		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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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 Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Right to buy common stock	\$ 1.07	01/20/2005	01/20/2005	X/K	45,000	10/01/2002 09/30/2011	Common stock, par value \$0.0001 per share 45,000

Reporting Owners

Reporting Owner Name / Address

Relationships

Reporting Owners

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Director 10% Owner Officer Other

SIMON BETTINA S
600 S. ROYAL LANE, SUITE 200
COPPELL, TX 75019

General
Counsel and
Sr VP

Signatures

/s/ Bettina S. 01/20/2005
Simon

__Signature of Date
Reporting Person

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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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