

VENNUM EILEEN
Form 4
November 16, 2004

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 *
VENNUM EILEEN

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

(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
11/16/2004

____ Director
 Officer (give title below)
____ 10% Owner
____ Other (specify below)
Senior Vice President

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(D)	Price
Common stock, par value \$0.0001 per share	11/12/2004	11/12/2004	S/K		20,000	D	\$ 21.5442
Common stock, par value \$0.0001 per share	11/12/2004	11/12/2004	S/K		21,000	D	\$ 21.2855
Common stock, par value \$0.0001 per share	11/12/2004	11/12/2004	S/K		20,000	D	\$ 21.2086

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value
\$0.0001
per share

Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S/K	20,000	D	\$	21.0071	0	D
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Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S/K	2,300	D	\$	21.3	0	D
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Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S/K	1,500	D	\$	21.34	0	D
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Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S/K	100	D	\$	21.33	0	D
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Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S/K	600	D	\$	21.31	0	D
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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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 control number.

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(9-02)

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	\$ 8	11/16/2004	11/16/2004	X/K	85,500	11/01/2000	10/31/2009	Common stock, par value \$0.0001 per share	0

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
VENNUM EILEEN 600 S. ROYAL LANE, SUITE 200 COPPELL, TX 75019			Senior Vice President	

Signatures

/s/ Eileen
Vennum 11/16/2004

__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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