

KENNEDY ALAN D
Form 4
November 15, 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 *
KENNEDY ALAN D

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)
11/15/2004

Director 10% Owner
 Officer (give title below) Other (specify below)

COPPLELL, 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	11/12/2004	11/12/2004	S	600	D \$ 22.2	34,000	D
Common stock, par value \$0.0001 per share	11/12/2004	11/12/2004	S	100	D \$ 22.18	34,000	D
Common stock, par value \$0.0001 per share	11/12/2004	11/12/2004	S	200	D \$ 22.04	34,000	D

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value
\$0.0001
per share

Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S	200	D	\$ 22.03	34,000	D
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Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S	300	D	\$ 22.01	34,000	D
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Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S	500	D	\$ 22	34,000	D
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Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S	261	D	\$ 22.02	34,000	D
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Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S	100	D	\$ 22.23	34,000	D
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Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	P	100	D	\$ 22.08	34,000	D
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Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S	100	D	\$ 22.09	34,000	D
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Common
stock, par
value
\$0.0001
per share

11/12/2004	11/12/2004	S	100	D	\$ 22.11	34,000	D
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Common
stock, par
value

11/12/2004	11/12/2004	S	100	D	\$ 22.02	11,000	I
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Owned by
Alan D.
Kennedy

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\$0.0001 per share									Family Trust
Common stock, par value	11/12/2004	11/12/2004	S	4,600	D	\$ 22.01	11,000	I	Owned by Alan D. Kennedy Family Trust
\$0.0001 per share									Owned by Alan D. Kennedy Family Trust
Common stock, par value	11/12/2004	11/12/2004	S	300	D	\$ 22.03	11,000	I	Owned by Alan D. Kennedy Family Trust
\$0.0001 per share									

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

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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)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
					Code V (A) (D)				

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
KENNEDY ALAN D 600 S. ROYAL LANE, SUITE 200 COPPLELL, TX 75019		X		

Signatures

Alan D.
Kennedy

11/15/2004

__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).

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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