

## STEP 1 CLEANSE



**Herbal Cleanse**  
Provides internal cleansing\*  
Enhances nutrient absorption\*

Over time, toxins build up in our bodies and may contribute to weight gain, loss of energy, and poor skin tones. Periodically, it is wise to cleanse our bodies of these toxins and start with a nutritionally clean plate.



**ADVOCARE® SPARK™  
Energy Drink**  
Sharpens mental focus\*  
Long-lasting energy\*  
Sugar-free

ADVOCARE® SPARK™ Energy Drink contains 21 vitamins, minerals and nutrients providing a healthy, balanced and effective source of energy and mental focus.



**Meal Replacement Shake**  
Nourishes muscles  
Supports metabolism

Advocare® Meal Replacement Shakes provide a well-balanced, lower-calorie meal that's high in protein, which supports weight loss by building your muscle, not your fat. You'll receive complete nutrition in a light, delicious shake available in three great flavors - vanilla, chocolate and berry. With each shake, you receive a powerful combination of vitamins and minerals.

RETAIL  
\$79.85

MEMBER  
\$63.88

ADVISOR  
\$47.91

## STEP 2 CREATE



**MNS Max Energy Kit**  
or  
**MNS Max Appetite Kit**  
Jump-start weight loss\*  
Maximum energy/  
appetite control\*  
Provides core nutrition\*

These kits represent the best overall solution for weight loss and energy. Each kit contains a 14-day supply of key products to start you on a well-rounded routine toward better health. \* When combined with a healthy diet and exercise program, MNS Kits help jump-start your weight loss and get you on the right track for better health.



**CATALYST™ (bottle)**  
Supports muscle tone\*  
Enhances strength and energy\*

CATALYST™ supplement works by providing a blend of essential amino acids to supply your body with the muscle-building components it needs. \* CATALYST™ supplement helps reduce fat, retain muscle and leaves your body more toned and better defined.



**Thermo-Plus**  
Helps stimulate metabolism\*  
Innovative weight-loss enhancer

Our body's metabolism is the engine that converts the food and calories we consume into the energy we need to function. If we maintain a healthy metabolism, we can maintain or even lose weight. Otherwise, it becomes more challenging to attain the lean and healthy body we may want. ThermoPlus supplement provides nutritional support that helps stimulate metabolism so your body uses the calories you consume more effectively. \* In addition, the sage and oolong tea extracts also help to suppress your appetite. \*

RETAIL  
\$149.75

MEMBER  
\$119.80

ADVISOR  
\$89.85

## STEP 3 CUSTOMIZE

Maintain with **MNS Supplements** of your choice.



Continue to enjoy  
**SPARK** everyday!



Remain on your **Meal Replacement Shakes**. *Your flavor of choice!*

**Thermo-Plus** helps burn your calories, not store them!



CATALYST™ is your friend. STICK WITH IT!



**NOW CUSTOMIZE to your specific needs!** Whether it's weight loss, weight gain, more energy, overall wellness or muscle building, Advocare has a solution tailored just for **YOU!**

**Trim**  
Solutions for healthy weight management

**Active**  
Vibrant energy and on-the-go nutrition

**Well**  
Nutrition for a healthy, balanced lifestyle

**Performance Elite**  
Advanced sports nutrition

**Kickstart Kids**  
Targeted nutrition especially for kids

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