



max pack MAX PACK

Add Energy • Control Appetite • Lose Weight • Fuel Up with Core Nutrition

METABOLIC NUTRITION SYSTEM (MNS) Our top selling nutritional that does it all. Each strip pack includes probiotics, appetite control, energy, core nutrition, omega 3's, and more.

Choose Your MNS:



MNS RATINGS SCALE	MNS MAX E	MNS MAX C	MNS MAX 3
Energy	10	8	6
Appetite Control	8	10	6
Wellness	6	6	10



SPARK A mental focus and energy drink that features a high-nutrition, low-sugar profile. Contains neuroactives, amino acids and vitamins to allow for peak mental and physical performance; great replacement for coffee and soda.

Flavors - mandarin orange, fruit punch, grape, cherry and citrus



MEAL REPLACEMENT SHAKES High protein, nutrient and fiber rich shake that makes it an ideal breakfast; allows you to begin your day by fueling your muscles and brain, while supporting ideal metabolism.

Flavors - vanilla, chocolate and berry

Example Eating Plan

Breakfast	Snack (if needed)	Lunch	Snack	Dinner	Snack (if needed)
MEAL REPLACEMENT SHAKE with both White MNS Packets -or- Choose one or two: 3 or 4 whole eggs 1/2 cup oats with nuts/fruit	Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops <i>Muscle Gain AdvoCare Bar</i>	Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli, etc.)	Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops <i>Muscle Gain AdvoCare Bar</i>	Protein with vegetables* (steak, chicken or fish with veggies of choice) *Add rice or potato if needed	Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops <i>Muscle Gain AdvoCare Bar</i>
Before Breakfast: • SPARK • 1st Color MNS Packet	Before Lunch: • 2nd Color MNS Packet • SPARK if needed	MNS White Packets if not taken with breakfast	SPARK		



Suggested Keys For Success

- Be at least 90% "ON" for a minimum of 14 Days.
- Keep carbs under 30 grams per meal/snack which minimizes fat storage.
- Increase healthy fats as you decrease carbs (avocado, olives and olive oil, nuts and seeds).
- Drink 3-4 Liters (90-120 oz) of water daily.
- Exercise 30 minutes 5-6 days per week (consistency and intensity are your friends).
- Utilize your AdvoCare sponsor for support, especially the first 3 days.
- Minimize or avoid alcohol, bread, and dairy.
- Take your products correctly. Consume your entire MNS MAX 3 Pack before lunch.

Optional Add-ons



CATALYST Has a rapid toning effect and preserves lean muscle during times of weight loss and exercise.



THERMOPLUS Helps with appetite control and additional calorie burning.



OMEGAPLEX Essential fatty acids for increased overall wellness.