

WEIGHT-MANAGEMENT TIMELINE

Our Trim line offers a superior and comprehensive approach to healthy, sustainable weight management.* Depending on which Trim products you use, here are some suggested times these products can be taken.

30 MINUTES BEFORE BREAKFAST	BREAKFAST	30 MINUTES BEFORE LUNCH	LUNCH	SNACK	MID-AFTERNOON BEFORE 4 P.M.	30 MINUTES BEFORE DINNER	DINNER	BEDTIME
<ul style="list-style-type: none"> MNS™ Color Packet and/or AdvoCare Slim® Catalyst™ Also consider ThermoPlus® 	<ul style="list-style-type: none"> MNS™ White Packets Healthy Meal or Meal Replacement Shake, AdvoBar® Meal or AdvoBar® A.M. 	<ul style="list-style-type: none"> MNS™ Color Packet Fibo-Trim™ Carb-Ease® Plus† Also consider Digest-Ease™ <p>† one time daily</p>	<ul style="list-style-type: none"> Healthy meal or Meal Replacement Shake or AdvoBar® Meal Also consider Digest-Ease™ MNS™ White Packets (if not already taken) 	<ul style="list-style-type: none"> Healthy Snack or AdvoBar® Snack or AdvoBar® Raw Also consider 	<ul style="list-style-type: none"> Catalyst™ AdvoCare Slim® 	<ul style="list-style-type: none"> Fibo-Trim™ Carb-Ease® Plus† LeptiLean® <p>† one time daily</p>	<ul style="list-style-type: none"> Healthy meal or Meal Replacement Shake or AdvoBar® Meal Also consider Digest-Ease™ 	<ul style="list-style-type: none"> Catalyst™ Nighttime Recovery SleepWorks®



01 AdvoCare Slim® is an entire weight-management system in a convenient stick packs, providing metabolic enhancers, thermogenics, energy and appetite suppression.*

02 AdvoBar® A.M. is a convenient on-the-go solution with only 190 calories per serving. Apple Cinnamon flavor.

03 Carb-Ease® Plus† helps inhibit the breakdown of carbohydrates and fats and encourages fat metabolism.* Supports overall body composition.*

04 Catalyst™ preserves and supports muscle tone and helps maintain muscle mass.*

05 Digest-Ease™ not only improves intestinal function and digestion, but it also increases your ability to absorb nutrients from diet and other AdvoCare products.*

06 Fiber Drink is a great solution that not only supports digestion but also enhances a weight management program.*

07 Fibo-Trim™ helps your body absorb less of the fat you consume and aids in the elimination of fatty waste materials.*

08 AdvoBar® Raw is a fruit and nut bar that contains simple ingredients and supplies 5 grams of fiber and 5 grams of protein.

09 LeptiLean® is formulated with botanicals associated with reduced appetite and feelings of fullness along with anti-inflammatory properties to help facilitate weight management.*

10 AdvoBar® Meal helps support metabolism and maintain lean muscle mass during calorie restriction. With 16 grams of protein, only 215 calories and three grams of fat, it is a superior choice.

11 Meal Replacement Shakes are a great-tasting solution with only 210-220 calories.

12 MNS™ helps you achieve your specific weight-loss goals with important core nutrition, appetite suppressants, metabolic enhancers and thermogenic ingredients to help boost energy, curb cravings and fight sluggishness.*

13 Nighttime Recovery allows your body to more effectively respond to the demands of physical activity.*

14 AdvoBar® Snack is nutritionally balanced and great tasting. It is the perfect solution whenever you need a snack. Don't settle for candy bars or cookies when you can have a healthy, delicious snack.

15 ThermoPlus® helps stimulate metabolism and contains tea and sage extracts for improved weight management.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

†Take Carb-Ease® Plus one time daily immediately before your largest starch-containing meal.