

weight management

TIMELINE

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 Advoca Slim® OR Advoca Slim® Caffeine Free • Catalyst™ • Also consider ThermoPlus™ 	<ul style="list-style-type: none"> • MNS® White Packet • Meal Replacement Shake OR Meal Replacement Bar OR Breakfast Bar 	<ul style="list-style-type: none"> • MNS® Color packet • Fibo-Trim™ • Carb-Ease™ Plus • Also Consider ThermoPlus™ OR LeptiLean™ 	<ul style="list-style-type: none"> • Healthy meal OR Meal Replacement Shake OR Meal Replacement Bar • Also consider Digest-Ease™ 	<ul style="list-style-type: none"> • Snack Bar OR Fruit & Fiber Bar • Also consider Fiber Drink 	<ul style="list-style-type: none"> • Catalyst™ • Advoca Slim® OR Advoca Slim® Caffeine Free 	<ul style="list-style-type: none"> • Fibo-Trim™ • Carb-Ease™ Plus • LeptiLean™ 	<ul style="list-style-type: none"> • Healthy meal • Also consider Digest-Ease™ 	<ul style="list-style-type: none"> • Consider Catalyst™ AND Nighttime Recovery

AdvoCare Slim® is an entire weight-management system in a two-ounce bottle, providing metabolic enhancers, thermogenics, energy and appetite suppression.* Take two servings daily and watch as the results will appear in no time!

Breakfast Bars are a convenient on-the-go solution and they're only 200 calories or less per serving.

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

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

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

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

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

Fruit & Fiber Bar contains five grams of fiber to help you put more fruit and fiber in your diet without packing on the pounds.*

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

Meal Replacement Bar 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.

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

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.*

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

Snack Bar 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.

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