

A Comprehensive Weight-loss System

Before Breakfast Color Packet

Calcium Plus • 2 caplets
ActoTherm SR • 1 caplet
ProBiotic Restore™ ULTRA • 1 capsule

Before Lunch Color Packet

Calcium Plus • 2 caplets
BioTherm • 2 capsules

Take with a meal White Packet

CorePlex® • 3 caplets
CardioQ • 1 capsule

Take with a meal White Packet

OmegaPlex® • 2 softgels



◀ Before Breakfast

◀ Before Lunch

◀ With a meal

◀ With a meal



14-Day Supply

Listed below are the primary function(s) of each component that makes up MNS[®] 3:



ActoTherm SR: Based on an exclusive blend of botanicals including cinnamon, gotu kola, ginger and peppermint, this time-honored AdvoCare original product features sustained-release action to aid in preventing a spike and drop-off of energy throughout the day.*



BioTherm: A unique weight-management aid developed by AdvoCare that combines oolong tea, effective botanicals and the B vitamin, biotin, to support weight control.* The synergistic combination of ingredients in BioTherm helps your body convert fat into energy.* Biotin is also used by the body to facilitate the conversion of food to energy. It acts as a coenzyme in several metabolic reactions that aid in the metabolism of fats and carbohydrates and the conversion of amino acids from protein into energy.*



CorePlex®: Each serving of CorePlex provides 36 vitamins, minerals and nutrients in a highly absorbable form so you can enjoy the advantages of complete core nutrition.*



OmegaPlex®: OmegaPlex is a blend of EPA and DHA omega-3 fatty acids that's high in purity and effectiveness. Omega-3s are essential for a multitude of biological and physiological functions, including proper brain development, strengthened immune and cardiovascular systems, and healthier skin and hair.*



ProBiotic Restore™ ULTRA: Probiotics are beneficial microorganisms that confer health benefits on the host. ProBiotic Restore ULTRA helps replenish normal beneficial intestinal microflora to support healthy immune and intestinal function, while aiding good digestion and enhancing weight management programs.*



Calcium Plus: Bones and teeth need far more than calcium alone to stay strong and healthy. They need a balanced array of minerals including magnesium, manganese, zinc, copper, boron, silicon and potassium plus vitamins C, D, K and more. Calcium Plus is an incredibly effective way to ensure you receive enough calcium to keep bones and teeth strong and healthy.* Calcium Plus delivers two types of highly absorbable calcium, combined with other minerals, vitamins and botanicals.



CardioQ: This product combines the ingredients CoQ10, Vitamin D, and Lycopene to provide nutrition for healthy aging and cardiovascular support.* CoQ10 is a powerful antioxidant that helps support areas where energy is needed the most, such as the heart and the liver. CoQ10 levels decrease as we age, which is why the need for supplementation increases as we age. Vitamin D deficiency has been identified as a potential risk factor for cardiovascular disease. Vitamin D receptors are expressed in a variety of tissues, including cardiomyocytes, vascular and endothelial cells. Vitamin D has also been shown to affect inflammation and cell proliferation and differentiation. Lycopene is a powerful ingredient that provides cardiovascular and immune support and encourages healthy aging.

Core Nutrition Plus Energy*

Before Breakfast Color Packet

Metabolic Enhancer • 2 caplets
 Thermo P • 2 caplets
 ProBiotic Restore™ ULTRA • 1 capsule

Before Lunch Color Packet

Metabolic Enhancer • 2 caplets
 Thermo P • 2 caplets

Take with a meal White Packet

CorePlex® • 3 caplets

Take with a meal White Packet

OmegaPlex® • 1 softgel



◀ Before Breakfast

◀ Before Lunch

◀ With a meal

◀ With a meal



14-Day Supply

Listed below are the primary function(s) of each component that makes up MNS® E (Maximum Energy) +:



Thermogenesis/Energy* (Thermo P): This unique formulation of herbal ingredients helps increase energy, support metabolic efficiency and suppress appetite.* The oolong tea extract found in this product helps ignite the body's natural ability to produce energy so you feel more energized and vibrant.* The sustained energy that comes from Thermo P helps make MNS Max E a powerful source of energy and more efficient metabolism.*



Metabolic Enhancer*: This key component is a blend of safe and powerful herbal extracts, vitamins and minerals that helps boost the body's energy systems while providing appetite control.* The botanical extracts in Metabolic Enhancer support the body's ability to burn calories more effectively as well as reduce appetite.*



CorePlex®: Each serving of CorePlex provides 36 vitamins, minerals and nutrients in a highly absorbable form so you can enjoy the advantages of complete core nutrition.*



OmegaPlex®: OmegaPlex is a blend of EPA and DHA omega-3 fatty acids that's high in purity and effectiveness. Omega-3s are essential for a multitude of biological and physiological functions, including proper brain development, strengthened immune and cardiovascular systems, and healthier skin and hair.*



ProBiotic Restore™ ULTRA: Probiotics are beneficial microorganisms that confer health benefits on the host. ProBiotic Restore ULTRA helps replenish normal beneficial intestinal microflora to support healthy immune and intestinal function, while aiding good digestion and enhancing weight management programs.*

*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.

+When compared to MNS® 3

Core Nutrition Plus Appetite Control*

Before breakfast Color Packet

Metabolic Enhancer • 2 caplets
 Thermo T • 1 caplet
 ProBiotic Restore™ ULTRA • 1 capsule

Before lunch Color Packet

Metabolic Enhancer • 2 caplets
 Thermo T • 1 caplet

Take with a meal White Packet

CorePlex® • 3 caplets
 CitriSate® • 1 caplet

Take with a meal White Packet

OmegaPlex® • 1 softgel



◀ Before breakfast

◀ Before lunch

◀ With a meal

◀ With a meal



14-Day Supply

Listed below are the primary function(s) of each component that makes up MNS® C (Maximum Appetite Control)+ :



Metabolic Enhancer*: This component, a blend of safe and powerful herbal extracts, vitamins and minerals, help boost the body's energy systems while providing appetite control.* The botanical extracts in Metabolic Enhancer also help support the body's ability to burn calories more effectively.*



Thermo T* (Thermogenesis): A unique combination of tea extracts and other nutrients helps enhance the body's basic metabolic rate, thereby increasing the utilization of calories and fat oxidation.* This exclusive product contains extracts from oolong tea, black tea, white tea and green maté tea.



ProBiotic Restore™ ULTRA: ProBiotic Restore ULTRA helps replenish normal and beneficial intestinal organisms that support healthy immune and digestive function, while aiding and enhancing weight management programs.*



CorePlex®: Each serving of CorePlex provides 36 necessary vitamins, minerals and nutrients in a highly absorbable form.*



CitriSate®* (Appetite Suppressant): CitriSate provides a combination of ingredients for appetite control.*



OmegaPlex®: OmegaPlex is a blend of EPA and DHA omega-3 fatty acids essential for a multitude of biological and physiological functions, including proper brain development, strengthened immune and cardiovascular system, and healthier skin and hair.*

*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.

+ When compared to MNS® 3

AdvoCare Customer Service
 800-542-4800 • www.advocare.com

Healthy aging, joint protection and overall wellness*

Consume contents of 1 strip daily with food at once or throughout the day.

BioTune® • 2 capsules
 Calcium Plus • 2 caplets

Joint ProMotion™ • 3 capsules
 CardioQ • 1 capsule

CorePlex® • 3 caplets

OmegaPlex® • 2 softgels



14-Day Supply

Below are the primary function(s) of each component that makes up Advocare® Core™ :



BioTune®: The ingredients in BioTune help maintain cell integrity and protect cells from damage due to poor nutrition or environmental factors.* The ingredients in BioTune can support healthy aging and restore balance to numerous genes that regulate joint breakdown and repair.*



Calcium Plus: Calcium Plus is a great source of calcium, an essential part of maintaining the strength and health of your bones and teeth.* Calcium Plus includes two types of highly absorbable calcium along with other minerals, vitamins and botanicals.



Joint ProMotion™: This unique product combines glucosamine and other ingredients to help lubricate and protect the joints.* Glucosamine plays a vital role in the formation and support of healthy cartilage.* Collectively, the ingredients in Joint ProMotion make it a superior choice to enhance your joint health and to aid in the relief of occasional soreness after exercise.*



CardioQ: CardioQ combines CoQ10, Vitamin D, and Lycopene to provide nutrition for healthy aging and cardiovascular support.* CoQ10 is a powerful antioxidant that helps support processes where energy is needed the most, such as the heart and the liver.* Vitamin D has been shown to affect inflammation after exercise and cell proliferation and differentiation.* Lycopene is a powerful ingredient that provides cardiovascular and immune support and encourages healthy aging.*



CorePlex®: CorePlex is an optimal formulation of vitamins, minerals, antioxidants, and trace elements needed by the body to promote and sustain long-term health and well being.* This synergistic blend of 36 nutrients supports healthy bone structure, growth and provides comprehensive nutritional support for healthy muscle, connective tissue and skin.*



OmegaPlex®: Each serving of OmegaPlex contains a concentrate of 1000 mg long-chain omega-3 fatty acids (600 mg EPA and 400 mg DHA). Omega-3 fatty acids, such as those present in OmegaPlex, help support cardiovascular health in combination with a healthy diet and exercise.* These critically important oils help contribute to the body's management of inflammation after exercise, support joint health and are important for the maintenance of healthy skin.*

*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.

AdvoCare Customer Service
 800-542-4800 www.advocare.com