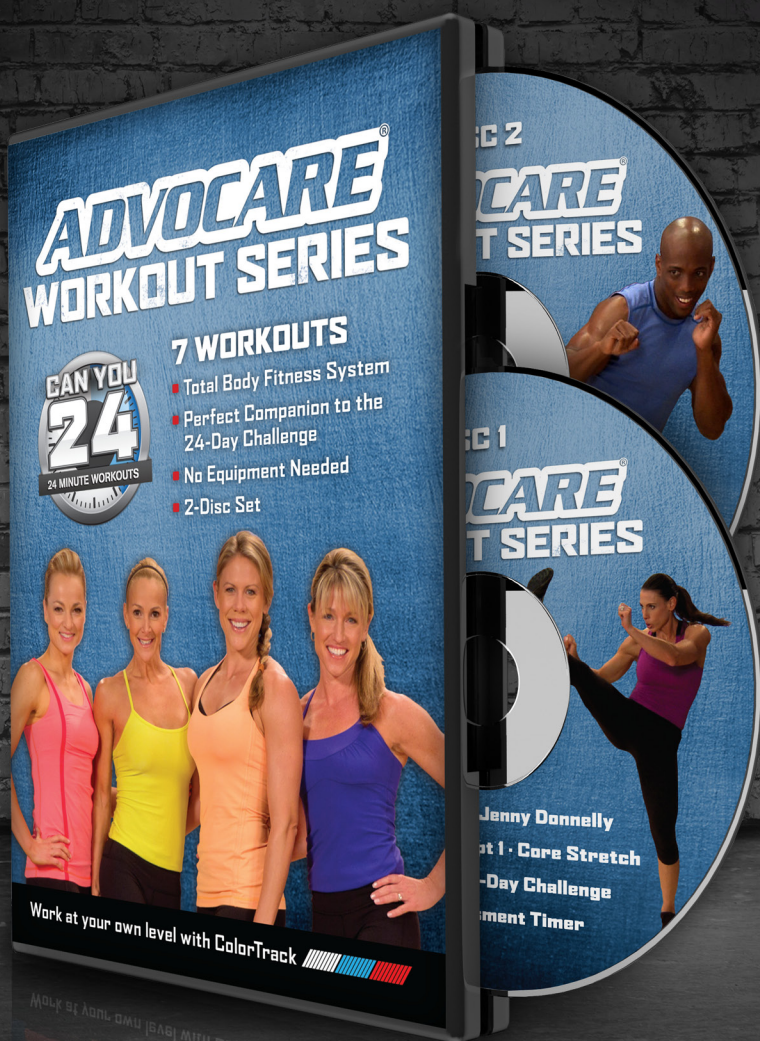


THE ULTIMATE ADVOCARE[®] FITNESS EDGE



The 24-Day Challenge Companion Workout DVD

The *Can You 24* DVD features seven workouts as part of the Total Body Fitness System. This two-disc set is the perfect companion to the 24-Day Challenge.

With no equipment required, you can customize your workout level to beginner, intermediate or advanced with the ColorTrack system. The AdvoCare Workout Series is led by AdvoCare Independent Distributors and designed to help real people get real results. Get the ultimate AdvoCare fitness edge.



Create your custom workout calendar at www.canyou24.com



The AdvoCare Can You 24 Workout Series is not a substitute for professional medical advice or a medical exam. Prior to participating in any exercise program or activity, you should seek the advice of your physician or other qualified health professional.